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Grumpy Londoners 情绪不好的伦敦人

Helen: Hello, welcome to BBC Learning English, I'm Helen.

Sun Chen: Hi, I'm Sun Chen.

Helen: (Sound effect) Do you ever feel a bit like this in the morning?

Sun Chen: Yes, quite often I'm a bit like that! 我怎么说, 也不是那种喜欢早起的人。

Helen: Well you're not the only one and it's now official, Londoners are the most grumpy people in England when it comes to getting up in the mornings.

Sun Chen: To be grumpy 就是情绪不好的意思。

Helen: When I'm feeling grumpy, I find everyone else really annoying and get very cross when my bus to work is late – like it was this morning.

Sun Chen: 这么说, 我要是在早上见到你的时候, 看来可得小心点儿了。

Helen: Well, a new survey by the Sleep Council shows that people living in London are more grouchy in the morning than people in the rest of the country.

Sun Chen: 这里有一个新词 'grouchy', 它和 grumpy 的意思一样, 都是脾气不好的意思。

Helen: Listen to this news report. What percentage of people in London spend most of their morning in a bad mood?

Insert

Londoners are the grumpiest in the morning compared to anyone else in the country. That's according to researchers at the Sleep Council, who say nearly twenty per cent of us in the capital stay in a bad mood for up to four hours after waking up.

Helen: Did you catch that figure?

Sun Chen: 有将近百分之二十的伦敦人, 能把这种不好的情绪持续四个小时。 That's a lot of people!

Helen: I asked two people, who moved to London in the past few years, whether they agreed that Londoners are especially irritable.

Sun Chen: What did they have to say? 这里可还有更多的词，意思都是 'grumpy'.

Insert

Londoners are definitely more grumpy.

I don't know about grumpy, but I find them kind of quiet and like, sullen and surly and sort of sulky, even.

As long as anyone's had a cup of coffee they're not too bad, but I don't think you should speak to anyone before they've had their morning cup of coffee.

Helen: Well, that's pretty unanimous; we are a miserable bunch here in the capital!

Sun Chen: 这个听起来倒是挺对的。伦敦人老是让人感觉特别郁闷。

Helen: Did you spot any new words? We heard 'sullen', 'surly' and 'sulky' – all good words to describe someone who is grumpy.

Sun Chen: Sullen, surly and sulky, 这几个以 'S' 开头的单词，他们的意思都是形容人的情绪非常不好。

Helen: So what is it that makes people miserable in the early hours of the day?

Insert

Well, I'm pretty good in the mornings, I don't really get too grumpy but I think if my routine is disturbed in any way, I can get quite grouchy about that.

If I can't get into the bathroom in the morning, that makes me grumpy... and if I'm late – if I'm running late.

Helen: If routines are disturbed.

Sun Chen: 生活常规的事情被打破。

Helen: Not being able to get into the bathroom.

Sun Chen: 想上厕所的时候，厕所又偏偏被人给占了。

Helen: And being late.

Sun Chen: 迟到了。

Helen: All things that get people into a sulk.

Sun Chen: Life just seems too difficult sometimes!

Helen: Another finding in the research was that women are generally more grumpy in the morning than men.

Sun Chen: 听起来女性在早晨起来的情绪，比男的还不好。 Why could that be? 我们来听听 Judith Holder, 怎么说, 她刚刚出版了一本书, 叫做, 'The Diary of a Grumpy Woman'.

Helen: So why does she think women are more grumpy in the mornings?

Insert

Well I'm not surprised that women are more grumpy - are you, really? I mean, we've got so much more to do! And I think most women actually feel if they don't do absolutely everything then it's not going to get done, nobody else is going to do it.

Sun Chen: 她认为女性在早晨起来的时候, 更容易动怒 **more irritable** 因为她们有很多事情要做。

Helen: What sorts of things have they got to do?

Insert

We are our own worst enemy because we've got to have the beds made and the dishwasher on; and I'm sort of like a bad tempered Mary Poppins in the morning, kind of doing all these things that really I'm the one that cares about.

Sun Chen: **Judith** 跟我们抱怨说, 女性得干很多家务活儿, 像收拾床铺, 把洗碗机开开什么的。

Helen: She does admit that women are their own worst enemies. Now that's an interesting expression.

Sun Chen: 在这儿也就是说自己给自己找麻烦, 和自己过不去。 **Judith** 说, 其实床不是一定要收拾, 洗碗机也不是一定要开。这些事儿都是女性自找的。

Helen: Women are their own worst enemies. Now let's hear from another author, Mike Gayle. What's his advice?

Insert

I leap out of bed with a smile on my face and I'm ready for the day. I think it's just about being a bit more chilled. You don't have to get everything perfect, you don't have to get everything done.

Helen: Some good advice from Mike here: just be a bit more chilled – relax!

Sun Chen: I like Mike's advice too. 就算是没收拾床铺, 也不会是世界末日。享受生活, 才更为重要。

Helen: Now that's it from both of us today on BBC Learning English.

Sun Chen: 我们下次节目再见!

Helen: Bye bye.