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Neil

Hello and welcome to Authentic Real English. I'm Neil and joining me today is Li.

Li

Hello everyone. The expression that Neil and I will talk about today is 'out for the count'.

Neil

This expression comes from the sport of boxing and describes a boxer who has been knocked unconscious who can't stand up within a count of ten seconds. The boxer is said to be "out for the count" and loses the match.

Li

这个短语我知道, 是和拳击运动有关的。当运动员被击倒后, 裁判会数十下, 如果倒地的拳击手在这十秒钟内站不起身来, 他就输了, 对吧?

Neil

Yes. But the expression can also be used in another way...

Li

Oh, how? Neil 说这个短语还有其他用法, 我怎么不知道。

Neil

Well, I had a really active weekend. I went hiking in Wales with my wife and our two children.

Li

Hiking in Wales, that sounds like hard work. 在威尔士爬山, 听着都累。

Neil

Well, not for my kids. They loved it. They were racing each other, running up and down the hills... then we went to the zoo where they had even more fun.

Li

So you had a nice day out then?

Neil

Definitely. The evening was even nicer for us, me and my wife. There was no reading of bedtime stories and no computer games. By 7 o'clock, the kids were in bed and the next thing we knew, they were out for the count!

Li

Oh I think I've got it. 不用讲故事也不玩电子游戏，孩子们7点钟就上床睡觉了，而且立刻就 out for the count... 啊，我猜出来了。这个短语也可以表示一个人筋疲力尽，头一碰枕头就睡着了。

Neil

Yes, that's right. Let's hear some examples of how this expression is used:

Examples

Jack had so much to drink last night that when he got home he was out for the count.

There was some trouble outside my house last night but I didn't hear it: I was so tired I was out for the count.

Li

Oh, how I wish I could fall asleep quickly. 我多希望也有这般的好睡眠呀。

Neil

You should try doing some exercise to make you tired: how about jogging?

Li

跑步? Oh no, it's boring, it's too monotonous.

Neil

What about relaxing exercise like yoga?

Li

瑜伽? No, I'm not very flexible, I never have been.

Neil

Well, what about boxing? It's exciting and you could be knocked unconscious - out for the count!

Li

Very funny!

Neil

Anyway you have learned a good expression and it's time to say goodbye.

Li

Bye!