
词汇: *laziness* 懒惰

Would you call yourself lazy? If you live in a messy house and are reluctant to **lift a finger** to help out, maybe you are. But laziness is a subjective thing – **sloppiness** to one person might be a form of **relaxation** to another. And if you can be bothered to read on, you'll see that opinion is divided on whether **laziness** is a bad thing.

Generally speaking, we tend to look on our laziness as a negative thing. **Inertia**, **slothfulness**, **idleness** and **apathy** are used as criticisms and insults against individuals and groups of people. We think of lazy people as **unproductive** or that they don't really care about things. And when we find ourselves doing nothing, we feel guilty about it. Could this be because we are not instinctively lazy creatures? And is that why we often do things we don't need to do and which are sometimes painful – like running a marathon? Writing for BBC Future, Claudia Hammond explains that "enforced and extended rest, unless we are ill and our bodies demand it, leads not to feelings of being relaxed but of **restlessness** and **irritability**."

Others may suggest we are naturally lazy, and that we can't help **taking it easy**, though it's hard to believe because we're constantly told to do more. But **kicking back** and living **life in the slow lane** could be better for our health. A study by psychologist Dr Robert Levine in 1999, for example, concluded that people living in cities with a fast pace of life had the highest rates of **coronary heart disease**.

Laziness has also been shown to be good for our mental health, so having a **nap** or some **downtime** shouldn't be frowned upon. And there are other possible benefits too. Dr Masud Husain, Professor of Neurology at the University of Oxford, told the BBC: "We found that people who have tended to be more **apathetic** might in some ways be more creative, so that although they might be a **couch potato**, they might be coming up with one great idea that might be very interesting and useful." So, in our **frenetic** lives, maybe we should **chill out**, get into **goblin mode** and contemplate the benefits laziness can bring.

词汇表

lift a finger	帮忙，尽举手之劳
sloppiness	懒散
relaxation	消遣，放松
laziness	懒惰
inertia	惰性
slothfulness	懒散，懈怠
idleness	懒散，无所事事
apathy	漠不关心，懈怠
unproductive	效率低的，徒劳的
restlessness	焦躁不安
irritability	烦躁，易怒
take it easy	放松，休息
kick back	放松
life in the slow lane	慢半拍的生活
coronary heart disease	冠心病
nap	小睡，打盹
downtime	休养期
apathetic	懈怠的，（对重要的事情）无动于衷的
couch potato	“沙发土豆”，总看电视的人， 懒惰的人
frenetic	极为忙碌的，疯狂的
chill out	放松一下
goblin mode	“躺平模式”，心安理得地好吃懒做的 行为和生活态度

测验与练习

1. 阅读课文并回答问题。

1. According to one idea, why do we do things we don't need to do?
2. True or false? *According to Claudia Hammond, doing nothing for a period of time makes us feel relaxed.*
3. According to some experts, how can being lazy help us?
4. According to a study by psychologist Dr Robert Levine, where did people with the highest rates of coronary heart disease live?
5. What kind of idea might a couch potato come up with?

2. 选择意思恰当的单词或词组来完成下列句子。

1. My brother is so lazy, he never _____.

relaxation	relaxing	lifts a finger	lifts his finger
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2. I can't wait for my holiday when I can _____ on the beach.

couch potato	downtime	kick back	restlessness
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3. Sorry for being late. It's been quite _____ at work today.

apathetic	frenetic	unproductive	idleness
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4. There's so much on TV to watch these days, I've become a _____.

goblin mode	irritability	chill out	couch potato
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5. Since I retired, I've been taking _____.

life in the fast lane	a slow lane life	life in the slow lane	live in the slow lane
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答案

1. 阅读课文并回答问题。

1. According to one idea, why do we do things we don't need to do?

We often do things that we don't need to do and which are sometimes painful because we are not instinctively lazy creatures.

2. True or false? *According to Claudia Hammond, doing nothing for a period of time makes us feel relaxed.*

False. Claudia Hammond explains that "enforced and extended rest, unless we are ill and our bodies demand it, leads not to feelings of being relaxed but of restlessness and irritability."

3. According to some experts, how can being lazy help us?

Being lazy might help our mental health, and, according to Dr Masud Husain, could make us more creative.

4. According to a study by psychologist Dr Robert Levine, where did people with the highest rates of coronary heart disease live?

The study found those living in cities with a fast pace of life had the highest rates of coronary heart disease.

5. What kind of idea might a couch potato come up with?

A couch potato might come up with one great idea that might be very interesting and useful.

2. 选择意思恰当的单词或词组来完成下列句子。

1. My brother is so lazy, he never **lifts a finger**.

2. I can't wait for my holiday when I can **kick back** on the beach.

3. Sorry for being late. It's been quite **frenetic** at work today.

4. There's so much on TV to watch these days, I've become a **couch potato**.

5. Since I retired, I've been taking **life in the slow lane**.