

BBC LEARNING ENGLISH

Take Away English 随身英语

Too much stuff

物质主义和简约主义

BBC
LEARNING
ENGLISH

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Vocabulary: Possessions 词汇：个人物品、财产

Do you have too many pairs of shoes or old gadgets lying around your home? I'm sure many of us have too much stuff that we don't really use and when it starts **getting out of hand**, it really is time to do some **spring cleaning** to **declutter** our lives.



Are your possessions taking over your life?

However, deciding which items to **get rid of** can be tricky especially if you are **materialistic**, believing that physical possessions are the most important thing in life. Also, some people are **sentimental** about letting go of their personal property. But if you haven't got room in your house to move, it's time to evaluate what is really important to you and decide what are your **prized possessions** and what is just **junk**.

Instead of just **chucking it away** and filling up **landfill sites**, items could be **recycled** or given to a charity to re-sell. You could also make some money by using websites where people are willing to pay for second-hand goods. Some people have taken a **minimalist** approach, deliberately trying to keep life simple. Bea Johnson, author of *Zero Waste Home*, has done this. She says "we've asked really true questions, and evaluated every single thing that we have. There is nothing that we **overlooked**. I even came to look at my vegetable peeler for example and asked myself, 'do I really need that vegetable peeler?'"

Of course, if you're a **shopaholic** or a **fashion-victim** it's hard to stop buying and shopping online makes purchasing stuff very easy. James Wallman is a writer and journalist – he questions what we actually need. He says "I'm not anti-stuff – stuff is good. I'm anti too much stuff and I'm anti the wrong stuff. Don't go out and buy that **labelled** good that you think is going to make people think something more of you. That's not going to make you happy."

This sounds like good advice. It's good to **take stock** of what we have and what we really need. But there are still some things I just can't face **parting company** with; my CD collection, even though I now download my music, and my childhood teddy bear. What about you – have you got something that you just can't throw away?

词汇表

getting out of hand	失去控制
spring cleaning	彻底打扫、大扫除
declutter	整理, 清除杂物
get rid of	扔掉、丢弃
materialistic	追求物质的, 拜金的
sentimental	感情用事的, 多愁善感的
prized possessions	珍贵的财产、物品
junk	垃圾、没用的东西
chucking it away	把它扔掉
landfill sites	垃圾填埋场
recycled	回收利用的
minimalist	简约主义的
overlooked	忽略了, 没有考虑到的
shopaholic	购物狂
fashion-victim	盲目追求时尚的人
labelled	贴了(名牌)标签的
take stock	仔细考虑, 作出判断
parting company	与...分离

测验与练习

1. 阅读课文并回答问题。

1. Is this true or false? *If you are sentimental you attach an emotional or personal feeling to something.*
2. Name something you could do with your unwanted possessions?
3. What do you call someone who is addicted to shopping?
4. What phrase is used to describe goods or items that are not new and have already been used by someone else?
5. Why does James Wallman think buying branded or designer goods won't make you happy?

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Look at all this _____, I can hardly move in this house!

declutter	minimalism	clutter	spring cleaning
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2. The photographs we lost in the fire were of great _____ value; we'll never be able to replace them.

sentimental	sentimentalistic	sentiment	mental
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3. Mum really wanted to keep hold of the old black and white TV but I told her to _____, it didn't work anymore!

overlook it	part company	chuck it away	take stock
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4. My life is going so quickly, I really need to stop and _____ before I move on.

stock take	take stock	took stock	take stockings
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5. Jane is such a fashion victim, she like to wear all the latest _____ but to be honest, they don't suit her!

lapels	labelled	stock	labels
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答案

1. 阅读课文并回答问题。

1. Is this true or false? *If you are sentimental you attach an emotional or personal feeling to something.*

True. This is the meaning of sentimental.

2. Name something you could do with your unwanted possessions?

Recycle them, sell them, give them to a charity or just throw them away.

3. What do you call someone who is addicted to shopping?

A shopaholic.

4. What phrase is used to describe goods or items that are not new and have already been used by someone else?

Second-hand.

5. Why does James Wallman think buying branded or designer goods won't make you happy?

He says you think it is going to make people think something more of you – or like you – but it won't.

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Look at all this **clutter**, I can hardly move in this house!

2. The photographs we lost in the fire were of great **sentimental** value; we'll never be able to replace them.

3. Mum really wanted to keep hold of the old black and white TV but I told her to **chuck it away**, it didn't work anymore!

4. My life is going so quickly, I really need to stop and **take stock** before I move on.

5. Jane is such a fashion victim, she like to wear all the latest **labels** but to be honest, they don't suit her!