



**How to say  
"不要妨碍" in American English?**

**Written by Juliet**

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## Lesson Five

### How to say

#### "不要妨碍" in American English?

各位亲爱的听众朋友这里是晨间 7 点档“话说地道美语”。我是 Juliet。非常高兴在这个美丽的清晨和您见面了。First of all , let's have a review. 您还记得第四课中所讲的表述“放松”的一个地道的祈使句的说法吗？它是：Let one's hair down.

现在我们开始第五课的学习。Lesson Five: How to say "不要妨碍" in American English. 第五课：“不要妨碍”，美语怎么说？

一提到“妨碍”，大家立马会想到表述这个意思的代言词“disturb”，“不要妨碍”就是“not disturb”了。但是您现在走进的是“话说地道美语”课堂，毋庸置疑，我当然要教个您一个地道的说法了。So , what's it. You might as well listen to the following sentence: Get out of my hair, and let me do my work. 不要妨碍我，让我工作。在这个句子中用了含有 hair, h- a-i-r（头发）这个单词的一个短语来表述“不要妨碍”“不要打搅”“不要打扰”。"Get out of one's hair" mean "not to annoy somebody by being always near him or asking him questions, etc.".

Let's look at tow more sentences to learn "get out of one's hair". 1 I'm sorry to get out of your hair, but can I talk to you for a moment? 对不起,打搅一下,我能和您谈一下吗?

2 If you get up early, try not to get out of other's hair. 如果您起得早,尽量不要打搅到别人。

当那些喋喋不休的推销员缠着您买产品或者是工作中,你要让不停和您说话的同事住嘴时,这个短语就发挥作用了。如果要使一个推销员不缠着你,那又该何表达呢?

我想您会使用到使役动词: make, let, have 等等。但是其实很简单,我们就在 get out one's hair 的基础上加上 somebody, 它放于 get 和 out 之间,即: get somebody out

of one's hair.

Let's look at the following sentences to learn this phrase. 1 She's been crying for hours.

My God, how can I get her out of my hair! 她已哭了几小时了, 我的天哪, 我如何才能摆脱她对我的烦扰! I'd be delighted to get you out of my hair for a few hours. 没有你在我耳边唠叨几小时的话, 我会感到高兴的。

Let's have a summary. 在今天的课堂上, 我们学到了跟正式书面语 “not disturb” 同意的一个口头语: get out of one's hair 不要妨碍, 不要打搅, 不要打扰。还有由 get out of one's hair 引申出来的短语, 它是: get somebody out of one's hair 不让某人打搅..... 不让某人妨碍.....。In addition , we'd better use "get out one's hair" in Business English. 此外, “get out one's hair” 不适用于商务英语。亲爱的听众朋友, 您记住了吗? I am sure you have a good memory and keep all of them my heart. 那么, 下次 Juliet 再和您相会了。See you!