



Lesson Fifteen

How to say

"起床病"

in real American English?

(第一讲)



首先 ,let's warm up. 我们先来热热身 ,进入我们的 'Review' 环节。

大家还记得我们在第 14 课中讲到的 “表示小瞧 , 轻视 , 小看 , 贬低 , 低估 (某人或某事或某物)” 的表述法吗 ? 它们分别是 : sell something short , sell somebody short.

在 sell somebody short 中 , somebody 是反身代词的话 , 即 : sell oneself short , 意思就是 “妄自菲薄”。那么 “妄自菲薄” 还有更多的表述法 , such as : feel oneself inferior, self-abased , unduly humble oneself, belittle oneself a lot, underestimate one's own capabilities.

Sell...short 有 “小看 , 轻视” 之意源于股市的交易方式 , 那么 sell short 仍然使用在股市中 , 在股市领域中是 “卖空” 的意思。

I am in a bad mood this morning and I don't know why? 我今天早上起来莫名其妙地感到压抑 , 烦躁 , 怕事得了 “起床病” 了。 And how about you? 我的朋友 , 您呢 ? 早上睡醒后会心情不好、对人发脾气、无精打采、心理阴暗、对叫醒你的人怒目相视甚至大骂.....恭喜你 , 这些都是 “起床病” 的症状。很多动漫中的人物也有起床气 , 比如《纯情罗曼史》中的宇佐见秋彦..... “起床气” 其实是个很普遍的症状。 If you feel down or feel blue too this morning, how do you say it in real American English? 如果您也感到心绪不好 , 情绪不佳的话 , we have a colorful expression. So , what's it? 那么 , 想知道 , 现在就进入我们今天的课题 : Lesson Fifteen How

to say "起床病" in real American English!

Let's look at matters of a man's heart to get it: I'm sorry I'm in such a bad mood today - I just got up on the wrong side of the bed. But our baby cried all night long. And I forgot to set the alarm so I had no time to eat breakfast. After a good night's sleep I'll be okay again!

听完了这个人的内心表白。这个人还是有自知之明的，对他过激的言行而道歉。我们来看看他在道歉中说了些什么东西。I'm sorry I'm in such a bad mood today. 对不起，我今天脾气真糟糕。I just got up on the wrong side of the bed. 我一整天都情绪不好。But our baby cried all night long. 我们的孩子昨晚哭闹了一夜，And I forgot to set the alarm so had no time to eat breakfast. 而我又忘了上闹钟，所以今天早上早饭都来不及吃。After a good night's sleep I'll be okay again!只要晚上好好睡一觉，我就会恢复正常的。

说到这里，我想大家都只知道了是用“get up on the wrong side of the bed”来表述“起床病”。In America, someone who is having a bad day is said to have gotten up on the wrong side of the bed. 要是直译就是“起床的地方不对头”或者是“起床的方式不对”。这是个在美国通用的习惯用语，从二十世纪三十年代起一直沿用到今天。

And now let's go back to that time. 我们现在就回到那个时代去了解一下它的起源。为何 get up on the wrong side of the bed

是表示“整天情绪不好，心绪烦乱”之类的意思呢？

E. Cobham Brewer, a writer who lived in 1870, published the book *Brewer's Dictionary of Phrase and Fable*. In it, he claims the saying "getting up on the wrong side of the bed" originated from an ancient superstition that getting out of bed with your left leg first was unlucky. Many Romans, were cautious when getting out of bed, making sure it was on the right side. This expression was usually used by saying, "You got out of bed the wrong way." or "You got out of bed with the left leg foremost." This developed into the idiom, "get up on the wrong side of the bed", we know and use today.

作家 E. Cobham Brewer 出版了一部习语和寓言的词典。词典中说“getting up on the wrong side of the bed”起源于古时候的迷信。古时候，如果你用左腿下床的话，就示意这不幸运，相信迷信的人如果知道自己违背了迷信的条规，那么会因此整天心绪不安，情绪不佳。很多罗马人在下床时非常谨慎，一定要确定了是用右腿从右边下床才下床。最初的说法是：“You got out of bed the wrong way.” 或者是 “You got out of bed with the left leg foremost.” 这些说法后面就发展为我们现在所知道以及运用到的习语了，即：get up on the wrong side of the bed.

在今天的课堂上，我们学了“表示一个人整天情绪不安”的非常有趣的说法：get up on the wrong side of the bed。这个说法是

源于古代英国人以及罗马人的迷信，所以我们还追踪了历史，了解了这个说法的起源。

课后习题

请用 “get up on the wrong side of the bed” 翻译下面的句子。

- 1 天晓得是什么事使得她心烦意乱，她整天心绪不佳。
- 2 他现在情绪很坏。我们最好不要打搅他。
- 3 我心情不好是因为昨天晚上睡得太少。
- 4 这件事使她心情很不好。
- 5 女仆告诉她罗力和罗老先生起争执，两人现在心情都很糟。
- 6 我近来很不舒服，一者我心情不好，一者我身体也不好。
- 7 他今天情绪很坏，跟谁说话都动气。
- 8 别烦我，我的心情不好。

参考翻译答案：

- 1 Heaven only knows what has upset her, she's gotten up on the wrong side all day.
- 2 He's gotten up on the wrong side. We better leave him alone.
- 3 I got up on the wrong side because I hadn't gotten very much sleep last night.
- 4 The incident put her get up on the wrong side of the bed.
- 5 The maid told her that Laurie and old Mr. Laurence had argued and both of them got up on the wrong side of the bed.

6 I've been feeling uncomfortable recently, I've gotten up on the wrong side of the bed and have had poor health.

7 He gets up on the wrong side of the bed today, growling at everyone.

8 Don't get in my hair , I get up on the wrong side of the bed.

Please translate the following sentences into English with "get up on the wrong side of the bed".

Written by Juliet

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