
BBC LEARNING ENGLISH

Authentic Real English 地道英语

To blow the cobwebs away 吹走蜘蛛网怎么能让人“振作精神”？



- 关于台词的备注:
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Feifei

大家好，欢迎收听 BBC 英语教学制作的《地道英语》节目。我是冯菲菲。

Neil

Hello, I am Neil. Are you feeling OK, Feifei – you don't look very happy?

Feifei

Oh Neil, it's been a stressful week – I've been working late, I'm so tired - and I've had no time to do any housework. 我家里简直乱的一塌糊涂。

Neil

Isn't your house always a mess?!

Feifei

Erm... very funny!

Neil

Seriously, you need a break. Take some time off.

Feifei

休假？Easier said than done – but how will that help?

Neil

Well, having a break from work, will help blow away the cobwebs.

Feifei

Excuse me? Are you saying I should take some time off so I can do my housework – and get rid of all the cobwebs in my house? 我家里是有点儿乱，但还不至于到处挂满蜘蛛网。

Neil

I never said you said had cobwebs in your house – what I meant was, get some fresh air – do some exercise – get rid of that tired feeling – that's 'blowing away the cobwebs'!

Feifei

原来是这个意思，我懂了。说法“to blow away the cobwebs 吹走蜘蛛网”实际要表达的意思是“消除疲劳，振作精神”。So no spiders involved?

Neil

Absolutely not. Let's hear some examples of this phrase in action.

Examples

Do you want to go hillwalking this weekend? It might help you blow the cobwebs away.

I've been stuck indoors for days, I need to blow the cobwebs away and go for a run.

I know studying is hard, why don't you go for a walk in the park to blow the cobwebs away? It might help you think more clearly.

Feifei

“To blow the cobwebs away”和“to blow away the cobwebs”两个说法都对。意思是人们通过呼吸新鲜空气或锻炼的方式来消除疲劳，从而使精神抖擞，头脑敏锐，思路清晰。So it's about feeling more lively and alert?

Neil

Yes.

Feifei

Now how about blowing the cobwebs away with me and going for a run?

Neil

Running? Erm... I don't know... You know I'm feeling a little tired now.

Feifei

别找借口了！Come on, it's time to blow away your cobwebs too!

Neil

Maybe I could do your housework instead?

Feifei

Bye.

Neil

Bye.