



Many Britons too lazy to change TV channel

英國人懶到看電視不轉台

IDIOM POINT 重要片語



vicious circle 惡性循環

A vicious circle is a self-reinforcing state of negative events that continues to worsen unless action is taken to stop it.

Example: "Unless the government intervenes, the vicious circle of inflation will continue."

「vicious circle」指的是除非採取行動阻止，否則會不斷自行惡化的負面情況。

例如：「除非政府介入，否則通貨膨脹會惡性循環下去。」

Britons are so lazy that one in six cannot be bothered to change television channel if the remote control is not working, according to a study. More than half said they would take the lift rather than climb two flights of stairs to their workplace.

An entire generation risks being **blighted** by idleness, warned Nuffield Health, a non-profit organization which commissioned the poll.

"Ready-meals, remote controls and even Internet shopping are all contributing to a dangerously lazy and **idle** Britain," said Doctor Sarah Dauncey, its medical director.

"The nation has fallen into a **vicious circle** of laziness that we must put a stop to," she added.

And she warned: "If we don't start to take control of this problem, a whole generation will become too unfit to perform even the most **rudimentary** of tasks."

In the poll of more than 2,000 adults, 15 percent said that, if the television remote was broken, they would rather continue watching the same channel than getting up and switching to another program.

Thirty-six percent said they would not run to catch a bus, 59 percent took the elevator instead of walking up even two flights of stairs, and 52 percent of dog owners said they could not be bothered to walk their pet.

64 percent of parents were too tired to play with their children — fuelling concern over child **obesity**, which already afflicts one in six pre-school infants.

"People need to get fitter, not just for their own sake, but for the sake of their families, friends and evidently their pets too," said Dauncey. (AFP)

調查顯示，如果遙控器壞掉，每六個英國人中就有一个人會懶到看電視不轉台。超過半數的人表示，他們寧可搭電梯也不願爬兩層樓梯到工作場所。委託進行該調查的非營利組織「納菲爾德健康」警告，英國整個世代都面臨因懶惰而頹喪的危機。

該機構醫療指導莎拉·丹西醫師說：「即食食品、遙控器，甚至網路購物，都是導致英國人高度懶散又怠惰的原因。」

她說：「英國已經陷入懶散的惡性循環，我們必須遏止這個情況。」

她也提出警告：「我們若不開始控制這個情況，整個世代的健康狀況會壞到連最基本的工作都無法勝任。」

在這項針對兩千多位成人進行的民調中，有一成五的受訪者表示，若電視機遙控器壞了，他們寧願一直看同一個頻道，也不願意起身轉台。

三成六的受訪者表示，他們不願意跑步追公車；五成九的民眾即使只到二樓也要搭電梯，不願爬兩層樓梯；還有五成二的狗主人表示，他們懶得遛狗。

六成四的父母累到沒力氣陪小孩玩，進而導致孩童肥胖問題；英國有六分之一的學齡前幼兒有過胖問題。

丹西醫師說：「英國人應該要讓自己更健康，這不僅是為了他們自己、他們的家人朋友，更是為了他們的寵物好。」 (法新社/翻譯：袁星慶)

TODAY'S WORDS 今日單字

1. **blight** /blart/ v.
頹喪 (tui2 sang4)

例：Since the skiing accident, Ben's life has been blighted by injury.
(自從滑雪意外受傷後，班的生活就一直過得很頹喪。)

2. **idle** /'aidl/ adj.
懶惰的 (lan3 duo4 de5)

例：My cousin is so idle — he just sits around playing computer games all day.
(我表弟超懶的，他整天就坐在電腦前打電動。)

3. **rudimentary** /,rudə'mentəri/ adj.
基本的 (ji1 ben3 de5)

例：Despite his frequent boasts, Andre only had a rudimentary knowledge of world history.
(儘管安得烈老是吹噓，他了解的也只是世界史的皮毛而已。)

4. **obesity** /o'bisəti/ n.
過胖 (guo4 pang4)

例：Unless something changes, child obesity is set to increase.
(除非有所改變，否則兒童肥胖問題只會日益加劇。)

Top left: An obese woman smokes outside a store in North Windham, Maine, on July 31, 2009.

Top center: A boy exercises during a weight-losing summer camp in Shenyang, Liaoning province, China on Aug. 3, 2009.

PHOTOS: REUTERS

Top right: This file photo taken on Sept. 4, 2006 shows a man walking through central Sydney.

PHOTO: AFP

上左圖：七月三十一日，一位過胖的女性在緬因州北溫德罕的一間商店外吸菸。

上中圖：八月三日，中國遼寧省瀋陽市一位參加暑期減肥營的男孩正努力運動。

照片：路透

上右圖：這張攝於二〇〇六年九月四日的資料照片中，一名男子行經雪梨市中心。

照片：法新社