

讲义

## Bartleby

巴托比

## What's wrong with Mondays?

星期一怎么了？

The most **detested** day of the week is misunderstood

人们对一周中最烦人一天有误解

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Many bosses argue that starting off the week in person in the office creates good energy. Plenty of employees **beg to differ**. A paper published in 2021 by the Journal of Applied Psychology, found that people tend to be more **ill-mannered** on Mondays, and grow more **courteous** as the week unfolds.

A paper from 2015 by Yun Tae Hwang and Amy Kang published in the Medical Journal of Australia goes so far as to diagnose a new condition, **Mondayitis**. The authors define it as “a **systemic** illness with a non-specific **constellation** of symptoms including **fatigue**, **lethargy** or **asthenia**, **dysthymia**, **irritability**, **light-headedness**, **photophobia**, dry mouth, **myalgia** and headache in the absence of another **focal** or systemic illness”.

许多老板认为，亲自在办公室开始一周的工作会产生积极能量。很多员工却不这么认为。2021年，《应用心理学杂志》发表的一篇论文发现，在周一，人们更容易情绪化，而随着一周的慢慢开展，他们待人接物的态度会越来越越好。

2015年，Yun Tae Hwang 和 Amy Kang 在《澳大利亚医学杂志》上发表的一篇论文竟然诊断出了一种新病症——周一综合症。作者将其定义为“这是一种全身性疾病，伴有非特异性症状，包括疲劳、嗜睡或气喘、抑郁、易怒、头晕、畏光、口干、肌痛和头痛等，但不包括其他局灶性或全身性疾病”。

## 【词汇】

1. **detest** /di'test/ v. 雅思/托福/GRE/专八 to hate somebody/something very much 厌恶；憎恨；讨厌

例：They detested each other on sight.

他们互相看着就不顺眼。

<同义替换> loathe

2. **ill-mannered** /,ɪl 'mænərd/ adj. not behaving well or politely in social situations 举止粗鲁的；不礼貌的

例：Chantal would have considered it ill-mannered to show surprise.

钱特尔会认为表现出吃惊是失态的。

<同义替换> rude

3. **courteous** /'kɜ:rtiəs/ adj. 六级/托福/专八 polite, especially in a way that shows respect 有礼貌的；客气的；（尤其指）恭敬的，谦恭的

例：a courteous young man

彬彬有礼的年轻人

<同义替换> polite

4. **-itis** /aɪtɪs/ suffix a disease of...病

例：tonsillitis

扁桃体炎

\*Mondayitis 指“周一综合症”

5. **systemic** /sɪ'stemɪk/ adj. affecting or connected with the whole of something, especially the human body 涉及全系统的；系统的；影响全身的；全身的

例：a systemic disease 一种全身性疾病

6. **constellation** /,kɔ:nstə'leɪʃn/ n. 托福/GRE/专八 a group of related ideas, things or people 一系列（相关的想法、事物）；一群（相关的人）

例：a constellation of Hollywood talent

一群好莱坞天才

7. **fatigue** /fə'ti:g/ n. a feeling of being extremely tired, usually because of hard work or exercise 极度疲劳；极度劳累

例：physical and mental fatigue

精疲力竭

<同义替换> tiredness

8. **lethargy** /'leθərdʒi/ n. GRE the state of not having any energy or enthusiasm for doing things 无精打采；没有热情；冷漠

例：New mothers often complain of lethargy and mild depression.

初为人母者经常抱怨说身体疲倦乏力，有轻微的抑郁。

9. **asthenia** /əs'ti:nɪə/ n. abnormal physical weakness or lack of energy 无力；衰弱

例：mental asthenia

心力衰弱

10. **dysthymia** /dis'thaimiə/ n. a milder, but long-lasting form of depression 心境恶劣,心情恶劣,精神抑郁(症)

例: Dysthymia is mild, chronic depression.

情绪障碍是轻度,长期的抑郁。

11. **irritability** /,ɪrɪtə'bɪləti/ n. the fact of tending to get annoyed easily 烦躁

例: Lack of vitamin B in the diet causes irritability.

饮食中缺乏维生素 B 会引起烦躁。

12. **light-headedness** /,laɪt 'hedɪdnəs/ n. the fact of being not completely in control of your thoughts or movements; slightly faint 头晕; 眩晕

例: When you begin to feel things like tingling in the legs or fingers or light headedness, gently exhale and hold your breath, don't breathe in.

当手脚微觉刺痛,或者感到轻微头晕眼花时,轻轻地呼气并屏住呼吸,不要吸气。

13. **photophobia** /,fəʊtəu'fəubiə/ n. extreme sensitivity to light 畏光,羞明,昼盲,光恐怖,恐光症

例: The woman presented with photophobia and reduced vision.

该妇女表现为畏光和视力下降。

14. **myalgia** /maɪ'ældʒə/ n. pain in a muscle 肌痛

15. **focal** /'fəʊkl/ adj. central; very important; connected with or providing a focus 中心的; 很重要的; 焦点的; 有焦点的

例: This issue has now become the focal centre of interest.

这一问题现已成为关注的焦点。

### 【短语】

1. **beg to differ** : used to say that you disagree with someone 恕我不同意; 抱歉,我不赞同

例: But there's someone here who begs to differ.

但有个人不这么认为。

These symptoms typically appear on the first working day after a period off work, which could be a weekend or a longer holiday. They can lead sufferers to **call in** sick, decide to work from home or, if they do show up in the office, come across as **detached** and unavailable. So much

这些症状通常出现在休假(可能是周末或小长假)后的第一个工作日。这些症状可能会导致患者请病假、申请在家办公,或者即使在办公室办公,也会给人一种冷漠、心不在焉的感觉。哪还有什

for good energy.

么精神头呢!

### 【词汇】

1. **detached** /di'tætʃt/ adj. 托福/GRE/专八 showing a lack of feeling 不带感情的; 超然的; 冷漠的

例: She wanted him to stop being so cool, so detached, so cynical.

她希望他不再那么冷酷无情, 那么无动于衷, 那么愤世嫉俗。

### 【短语】

1. **call in**: to phone a place, especially the place where you work 打电话来 (工作单位等)

例: Several people have called in sick today.

今天有几个人打电话请病假。

Mondayitis appears to be **contagious**, infecting other days of the week. Some Americans now complain of “Sunday scaries”, when pre-Monday dread **sets in** as the weekend draws to a close. Both conditions can be **aggravated** by a weekend **hangover**, a **looming** deadline or painful memories (double science in secondary school first thing in the morning?). They are likely to be particularly acute among the nearly half of American workers who, according to a poll from 2022 conducted by UKG, an hr-software company, hate their jobs.

周一综合症似乎具有传染性, 会影响到一周中的其他日子。现在, 一些美国人抱怨“周日恐惧症”, 即在周末即将结束时, 就产生了一种对下周一来临前的恐惧感。这两种情况都可能因周末宿醉、迫在眉睫的任务提交最后期限或痛苦的回忆等加重(比如说, 中学时早上一来就是两节理科课?)。人力资源软件公司 UKG 在 2022 年进行的一项民意调查显示, 近一半的美国员工讨厌自己的工作, 以上情况在他们之中更严重。

### 【词汇】

1. **contagious** /kən'teɪdʒəs/ adj. a contagious disease spreads by close contact between people (疾病) 接触传染的

例: Scarlet fever is highly contagious.

猩红热的接触传染性很强。

<同义替换> infectious

2. **aggravate** /'ægrəveɪt/ v. 雅思/托福/GRE/考研/专八 to make an illness or a bad or unpleasant situation worse 使严重; 使恶化

例: Pollution can aggravate asthma.

污染会使哮喘加重。

3. **hangover** /'hæŋəʊvər/ n. a pain in your head and a feeling of sickness that you get the day after you have drunk too much alcohol 宿醉

例：I had a terrible hangover the next day.

第二天我的宿醉反应很厉害。

4. **loom** /lu:m/ v. if a problem or difficulty looms, it is likely to happen very soon [问题或困难] 逼近，临近

例：An economic crisis is looming on the horizon.

经济危机正在逼近。

### 【短语】

1. **set in** : (of rain, bad weather, infection, etc. 雨、恶劣天气、感染等) to begin and seem likely to continue 到来；开始

例：The rain seemed to have set in for the day.

这雨好像要下一天了。

### 【长难句】

They are likely to be particularly acute among the nearly half of American workers who, according to a poll from 2022 conducted by UKG, an HR-software company, hate their jobs.

句子的主干部分为：They are likely to be particularly acute among the nearly half of American workers，意思是：以上情况在近一半的美国员工之中更严重

according to a poll from 2022 conducted by UKG, an HR-software company 为状语，其中 an HR-software company 使同位语解释说明 UKG 为一家人力资源软件公司，意思是：人力资源软件公司 UKG 在 2022 年进行的一项民意调查显示

who hate their jobs 为定语从句，修饰 workers，意思是：他们讨厌自己的工作

Still, the sudden shift from non-work to work affects everyone, not just those who despise what they do for a living. The covid-19 pandemic has led many people to re-evaluate their work-life balance. A barrister in London who spends weekends working on cases likes to ease into the formal workweek with an elegant breakfast at The Delaunay and lunch in Inner Temple

尽管如此，从休假到工作的突然转变不仅影响着那些厌恶自己职业的人，还影响着每一个人。新冠大流行导致许多人重新考虑他们工作与生活的平衡。伦敦的一位大律师利用周末时间处理案件，他喜欢在德劳内餐厅享用一顿优雅的早餐，然后在内殿厅（Inner Temple Hall）享用午餐，这样就可以轻松

Hall. A broader movement is promoting the idea of a four-day workweek, one **permutation** of which would make Monday part of the weekend (though this may lead to an epidemic of Tuesdayitis instead). Less ambitiously, and more realistically, a social-media campaign for “bare-minimum Mondays” argues for a gentle start to the week.

自如进入正式的工作周。一场更传播广泛的运动正在推广每周四天工作制,其中一个说法是将周一纳入为周末的一部分(不过这可能会引发周二综合症)。在社交媒体上发起的“最低限度的周一”运动则不那么雄心勃勃,但也更现实,它主张作为一周的开始,周一的工作量应该要“温和”一些。

### 【词汇】

1. **despise** /dɪ'spaɪz/ v. 四级/雅思/托福/考研 to dislike and have no respect for somebody/something 鄙视; 蔑视; 看不起

例: She despised gossip in any form.

她对任何形式的流言蜚语都嗤之以鼻。

2. **barrister** /'bærɪstər/ n. a lawyer in the UK who has the right to argue cases in the higher courts of law 出庭律师, 大律师, 辩护律师 (在英国资格出席高等法庭进行辩护)

3. **permutation** /,pɜːrmju'teɪʃn/ n. GRE any of the different ways in which a set of things can be ordered 排列(方式); 组合(方式); 置换

例: a sandwich shop that sells every possible permutation of meat and bread

出售各种肉类和面包组合的三明治店

### 【短语】

1. **ease into** : to become or help somebody to become familiar with something new, especially a new job 熟悉, 使熟悉 (新事物, 尤指新工作)

例: It will take a little time for him to ease himself into his new role.

他需要一点时间才能使自己适应新的角色。

### 【长难句】

A barrister in London who spends weekends working on cases likes to ease into the formal workweek with an elegant breakfast at The Delaunay and lunch in Inner Temple Hall.

句子的主干部分为: A barrister in London likes to ease into the formal workweek with an elegant breakfast at The Delaunay and lunch in Inner Temple Hall.意思是: 伦敦的一位大律师利用周末时间处理案件, 他喜欢在德劳内餐厅享用一顿优雅的早餐, 然后在内殿厅 (Inner Temple Hall) 享用午餐

who spends weekends working on cases 为定语从句, 修饰 barrister, 意思是: 他利用周末时间处理案件

All this reflects a deep human **instinct** towards **self-indulgence** and **procrastination**; there is a reason why “Thank God it’s Monday” does not **feature** on many **bumper stickers** or t-shirts. Still, on that first day of the week employees do not have to be **mired** in **apathy**, **weariness** and desire that things were otherwise. As Robert Frost **counselled** in his poem, “A Servant to Servants”, “the best way out is always through.”

所有这些都反映了人类自我放纵和拖延的本能；“谢天谢地，今天是星期一啊。”这句话并没有出现在许多保险杠贴纸或T恤衫上，这是有原因的。尽管如此，在一周的第一天，员工们并不一定要陷入冷漠、倦怠和对其他事情的渴望中。正如罗伯特·弗罗斯特（Robert Frost）在他的诗歌《仆人们的仆人》（A Servant to Servants）中所劝诫的那样，“最好的出路永远都是勇往直前”。

### 【词汇】

1. **instinct** /'ɪnstɪŋkt/ n. a natural quality that makes people and animals tend to behave in a particular way using the knowledge and abilities that they were born with rather than thought or training 本能；天性  
例：Children do not know by instinct the difference between right and wrong.  
儿童并非生来就会分辨是非。
2. **self-indulgence** /,self ɪn'dʌldʒəns/ n. the fact of allowing yourself to have or do things that you like, especially when you do this too much or too often 放纵自己的；任性的  
例：the self-indulgence of the wealthy middle classes  
富裕的中产阶级的自我放纵
3. **procrastination** /prə,kɹæstɪ'neɪʃn/ n. the act of delaying something that you should do, usually because you do not want to do it 拖延；耽搁  
例：After weeks of procrastination, the president finally resigned.  
经过数周的拖延，总统终于辞职了。
4. **feature** /'fi:tʃər/ v. to have an important part in something 起重要作用；占重要地位  
例：Olive oil and garlic feature prominently in his recipes.  
橄榄油和大蒜在他的食谱中是重要的材料。
5. **mired** /'maɪəd/ adj. in a difficult or unpleasant situation that you cannot escape from 陷入困境；处境艰难  
例：The country was mired in recession.  
这个国家陷入了经济衰退的困境。
6. **apathy** /'æpəθi/ n. GRE/专八 the feeling of not being interested in or enthusiastic about something, or things in



general 冷漠; 淡漠

例: There is widespread apathy among the electorate.

选民普遍态度冷淡。

7. **weariness** /'wɪrɪnəs/ n. the feeling of being very tired 疲倦

例: The old woman's body drooped with weariness.

老妇人的身体疲惫衰弱。

8. **counsel** /'kaʊnsəl/ v. 六级/雅思/托福/考研/专八 to advise somebody to do something 建议, 劝告 (做某事)

例: Most experts counsel caution in such cases.

大多数专家建议在这样的情况下要谨慎从事。

### 【短语】

1. **bumper sticker** /'bʌmpər stɪkər/ a sign with a message on it that people stick on the back of their car 保险杠贴纸

例: You can't drive across town without spotting a UAW bumper sticker.

当你开车穿过城市时, 你一定会看到汽车联合汽车工会的保险杠贴纸。

The **preceding** 60 hours or so were probably spent with people who have nothing to do with your job. You may have prepared—or merely enjoyed—a more **elaborate** meal than an **al desko** sandwich. You may have gone for a walk in the park or simply **lounged** in bed. Either way, you almost certainly cleared your head. Unless you **capped** the weekend off by going on a bender, this means that the following morning could be your most productive time of the week.

工作前的 60 个小时左右的时间可能是与那些与你的工作毫不相干的人一起度过的。你可能准备了一—或者仅仅享用了一—比办公桌上的三明治更精致的一餐。你可能去公园散步, 或者干脆躺在床上。无论哪种方式, 你都几乎可以肯定自己头脑清醒了。如果你不是以狂欢的方式结束了周末, 那么这意味着第二天早上可能是你一周中效率最高的时候。

### 【词汇】

1. **preceding** /prɪ'si:dɪŋ/ adj. happening before something; coming before something/somebody in order 之前: 在某事之前发生; 在某事之前

例: See the preceding chapter.

参见前一章。

2. **elaborate** /ɪ'læbərət/ adj. very complicated and detailed; carefully prepared and organized 复杂的; 详尽的; 精心制作的



例: elaborate designs

精心的设计

3. **al desko** /æɪ 'deskəʊ/ adj. (of food or meals) while working at your desk in an office 办公桌: 在办公室的办公桌前工作时

例: Boredom was the most common excuse for al desko snacking.

厌倦是桌上小吃的最常见借口。

4. **lounge** /laʊndʒ/ v. 六级/雅思/GRE/考研/专八 to stand, sit or lie in a lazy way 懒洋洋地站(或坐、躺)着

例: Several students were lounging around, reading newspapers.

有几个学生懒洋洋地坐着看报。

5. **cap** /kæp/ v. to say or do something that is funnier, more impressive, etc. than something that has been said or done before 胜过; 超过; 比...更...

例: What an amazing story. Can anyone cap that?

这真是个精彩的故事! 还有人能讲得更精彩吗?

For one banker, Monday is the day to cross items off their to-do list. Your columnist, a guest Bartleby, feels **crisp** and **invigorated** on Monday mornings (which is when the **editorial** meetings take place at The Economist, planning and discussing the coming week's issue). The first shower, coffee and commute after the weekend do not have to feel like a hike with a **rucksack** full of stones. They can instead be **imbued** with a renewed sense of purpose and, as such, act as a **tonic**. It is on Friday afternoons when Bartleby feels **depleted** and cannot wait to go home—until Monday morning, when revived and spirited, she is ready to do it all over again.

对于一位银行家来说,周一在完成待办事项的日子。本期巴托比的专栏作家在周一早晨精神抖擞地参加会议(《经济学人》的编辑会议就周一的早晨召开,计划和讨论下周的刊物)。周末后的第一次淋浴、喝咖啡和上下班,并不像是背着装满石头的背包徒步旅行那样疲倦。相反,它们可以是满满的新目标,从而成为一剂良药。正是在周五下午,巴托比感到十分疲惫,迫不及待地想要回家,直到周一早上,她重新振作起来,精神抖擞,准备好重新开始一周的工作。

### 【词汇】

1. **crisp** /krɪsp/ adj. (of the air or the weather 空气或天气) pleasantly dry and cold 凉爽的; 清新的; 干燥寒冷让人舒畅的

例: It was a crisp winter morning.

那是一个清冷干爽的冬日早晨。

2. **invigorate** /ɪnˈvɪɡəreɪt/ v. GRE/专八 to make somebody feel healthy and full of energy 使生气勃勃；使精神焕发

例：The cold water invigorated him.

冷水让他打起了精神。

<同义替换> revive

3. **editorial** /ˌedɪˈtɔːriəl/ adj. connected with the task of preparing something such as a newspaper, a book or a television or radio programme, to be published or broadcast 编辑的；编者的；主编的

例：the magazine's editorial staff

杂志的全体编辑人员

4. **rucksack** /ˈrʌksæk/ n. a bag that you carry on your back, made of strong material and often used by people who go climbing or walking (尤指登山者或远足者使用的) 背包，旅行包

例：I bought a frame rucksack with belt yesterday.

我昨天买了一个带有腰带的有架帆布背包。

5. **imbue** /ɪmˈbjuː/ v. 托福/专八 to fill somebody/something with strong feelings, opinions or values 使充满，灌输，激发（强烈感情、想法或价值）

例：Her voice was imbued with an unusual seriousness.

她的声音里充满着一种不寻常的严肃语气。

<同义替换> infuse

6. **tonic** /ˈtɒnɪk/ n. anything that makes people feel healthier or happier 使精神振奋的东西

例：The weekend break was just the tonic I needed.

周末休息正是我所需要的养精蓄锐的机会。

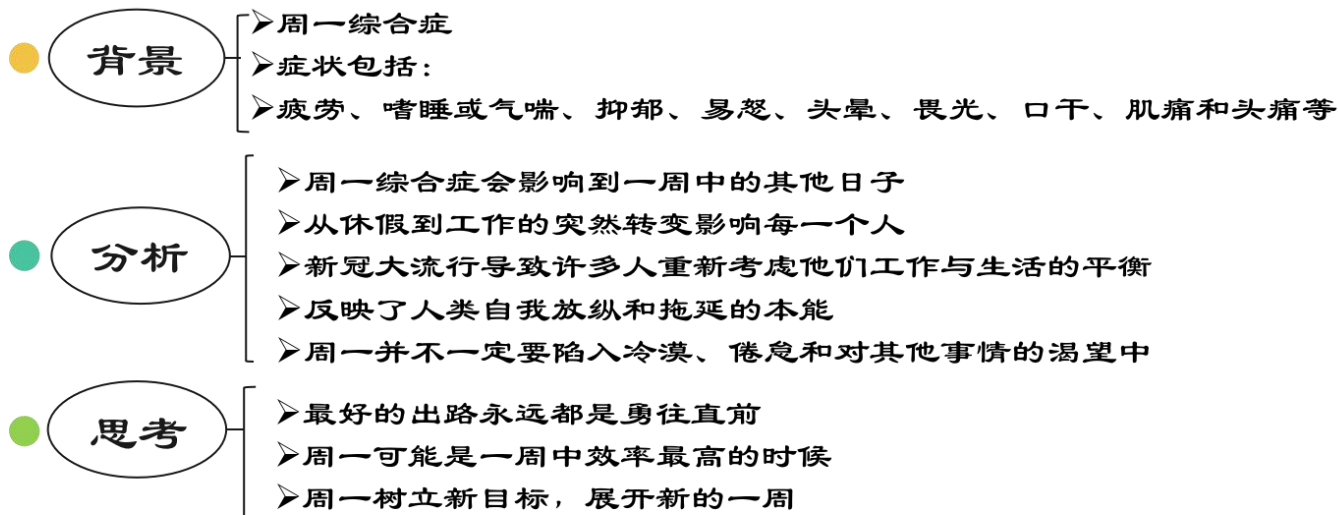
7. **deplete** /dɪˈpliːt/ v. to reduce something by a large amount so that there is not enough left; to be reduced by a large amount 大量减少；耗尽；使枯竭

例：Food supplies were severely depleted.

食物供应已严重不足。

总结

## 1) 文章架构



## 2) 同义替换

## ✓ 影响

**infect**

Mondayitis appears to be contagious, infecting other days of the week.

周一综合症似乎具有传染性，会影响到一周中的其他日子。

**affect**

Still, the sudden shift from non-work to work affects everyone...

尽管如此，从休假到工作的突然转变还影响着每一个人。

**其他: influence/impact**

例: His writings have influenced the lives of millions.

他的作品影响了千百万人的一生。

## ✓ 疲倦

**fatigue**

...a systemic illness with a non-specific constellation of symptoms including fatigue...

...这是一种全身性疾病，伴有非特异性症状，包括疲劳...

**weariness**

Still, on that first day of the week employees do not have to be mired in apathy, weariness...

尽管如此，在一周的第一天，员工们并不一定要陷入冷漠、倦怠...

**其他：tiredness**

例: Tiredness can seriously impair your ability to drive.

疲劳会大大影响你的驾驶能力。

**3) 一词多义**✓ **hangover**

- ✓ 文章原句：Both conditions can be aggravated by a weekend hangover... 这两种情况都可能因周末宿醉变得更严重...

## ✓ 释义：

① **the headache and sick feeling that you have the day after drinking too much alcohol** 宿醉  
(过量喝酒后第二天的头痛以及恶心反应)

She woke up with a terrible ~.

她醒来时宿醉反应很厉害。

② **a feeling, custom, idea, etc. that remains from the past, although it is no longer practical or suitable** 遗留的感觉；沿袭下来的风俗（或思想等）

~ laws from the previous administration

从上一届政府沿袭下来的法律

✓ **detached**

- ✓ 文章原句：...come across as detached and unavailable. ...也会给人一种冷漠、心不在焉的感觉。

## ✓ 释义：

① **showing a lack of feeling** 不带感情的；超然的；冷漠的

She wanted him to stop being so cool, so ~, so cynical.

她希望他不再那么冷酷无情，那么无动于衷，那么愤世嫉俗。

② **not influenced by other people or by your own feelings** 客观的；公正的；无偏见的

She tries to remain emotionally ~ from her patients.

她努力使自己的情绪不受病人的影响。

③ **(of a house 房子) not joined to another house on either side** 单独的；独立的；不连接的

~ houses

独栋住宅

#### 4) 仿写训练

✓ 描述突然转变

✓ 文章原句：

Still, the sudden shift from non-work to work affects everyone, not just those who despise what they do for a living. The covid-19 pandemic has led many people to re-evaluate their work-life balance.

✓ 句型及表达：

Still, the sudden shift from...to...affects..., not just... 尽管如此，从...到...的突然转变不仅影响着...，还影响着...

The...has led...to re-evaluate... 这导致...重新考虑...

✓ 仿写示例：

Still, the sudden shift from cash to digital payment affects everyone, not just customers who purchase items for daily use. The shift has led many buyers to re-evaluate their consumption.

✓ 仿写作业——描述突然转变

尽管如此，从面对面学习到在线学习模式的突然转变影响了教育的方方面面，而不仅仅是教育环境。根据一项研究，在线学习模式有助于提高学生的学习成绩，因为他或她可以更有效地利用时间。这种转变导致许多学校重新评估他们的教育方法。

## 5) 主题词总结

今日主题——工作制	
1. Mondayitis	周一综合症
2. a systemic illness	一种全身性疾病
3. procrastination	拖延
4. Sunday scaries	周日恐惧症
5. Tuesdayitis	周二恐惧症