

## Tears & Crying 眼泪与哭泣 - 12 月 16 日

Hello and Welcome. You are listening to English World.

《英语世界》，欢迎你的收听。

This is your friend Mark.

And I am your friend Wen-Jie.

Wen-Jie, on our last lesson, we talked about grief and sorrow.

在上次节目里，我们谈到悲痛与哀伤。

Grief and sorrow are strong emotions that we all share.

哀痛，伤悲是我们人类共有的强烈情感。

When we experience a loss,

当我们有了失落，

Or are feeling anger,

或是感到愤怒，

or disappointment,

感到失望时，

In our grief and sorrow, there's something many of us experience.

在悲痛和哀伤中，我们都会经历一件事。

That is shedding tears.

那就是掉眼泪。 That's true.

Crying is a natural thing.

哭泣是很自然的事。 Mark, is this our topic for today?

Why not? We can talk about smiles and laughter.

我们既能够谈微笑和大笑。

Of course we can also talk about Tears and crying, too.

当然也能谈流泪和哭泣。 Well, I have heard that "real men don't cry". 是否真正男子汉不掉泪呢？

That used to be true. "Real men don't cry".

以前是有这样的观点。

But nowadays: those men who do cry are considered the real men

但到了现今，会掉泪的才被认为是真男子汉。

### Vocabulary 123 生词点滴

Tears, t-e-a-r-s, tears 眼泪

In tears 哭泣

She was in tears after she heard the news.

她听了消息后，哭了。

To shed tears 流眼泪

Don't shed tears for him.

不要为了他掉眼泪。

To burst into tears 哭了出来

The child burst into tears after getting hurt.

那个孩子受伤了之后哭了出来。

In tears, shed tears, burst into tears

Wen-J, do you know, we shed tears continuously.  
你可知道，我们是不停的流眼泪的。  
Our eyes need tears to lubricate.  
我们的眼睛需要眼泪来滋润。  
And when something gets into our eyes,  
如果有东西跑到眼里了。  
Or something irritates our eyes.  
或是有东西刺激我们的眼睛时，  
We usually have reflex tears.  
我们通常会本能的流下反射性的泪水。 reflex tears  
But then, there is the other kind of tears we all know.  
当然了，也有另一种我们都知道的眼泪。  
That's produced when we react emotionally to something.  
那是当我们对一些事有情绪上的反应时会产生。  
When we are sad or lonely.  
当我们哀伤寂寞时，  
When we are angry.  
当我们生气时，  
When we are frustrated.  
当我们饱受挫折时，  
When we are in pain.  
当我们身体感到疼痛时，  
We cry and shed tears.  
我们会哭，会流泪。  
We also cry when we are happy and joyful.  
当我们快乐喜乐时，我们也会流下眼泪。  
We cry tears of sorrow and tears of joy.  
我们流的，有悲伤的泪水，也有欢笑的泪水。

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Coming up next, we are going to hear today's Everyday Dialogue.  
紧接下来，是我们今天的「日常会话」时间。  
Two friends just finished watching a movie.  
两位朋友刚刚看完电影。

\*Dialogue (A: Woman, B: Man)

A: Are you all right? You cried so much during the show.  
B: I couldn't help it. It was so moving and sad.  
A: Yes. I was quite moved myself. But I try not to cry.  
B: Why hold back your tears? You should let them out.  
A: Well, I was taught not to cry in public.  
B: I say, you need to be in touch with your feelings.  
A: Mmm... There are plenty of things in life that bring tears to my eye. But I  
won't cry over a sad movie.  
B: Well for me, whenever I feel like it, I just cry my heart out.

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现在我们带你来了解这段会话的内容。

Are you all right? You cried so much during the show.  
你还好吧？看电影时你哭个不停。

I couldn't help it. It was so moving and sad.

我是忍不住。电影实在太感人，太感伤了。

Yes. I was quite moved myself. But I try not to cry.

的确是。我也很感动。但是我试着不哭。

Why hold back your tears? You should let them out.

为什么要忍住你的泪水？你应该让它们流下来。

Well, I was taught not to cry in public.

嗯，小时候就被人教不能在公众场合哭。

I say, you need to be in touch with your feelings.

我说，你需要跟你的情感有共鸣。

Mmm...There are plenty of things in life that bring tears to my eye. But I won't cry over a sad movie.

嗯，生活中有许多事会让我掉泪，但我可不愿意为了一部感伤的电影来哭。

Well for me, whenever I feel like it, I just cry my heart out.

对我来说，当我想要哭时，我就尽情的大哭。

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Wen-Jie, many people think tears can convey a lack of courage.

许多人认为，流眼泪表示这人缺乏勇气。

Or a lack of stability.

或这人情绪不稳定。

But scientists say tears and crying are actually good for you.

但科学家说，哭和掉眼泪实际上对你有帮助。

But of course, crying is not a show.

当然了，哭并不是做给人看的。

The tears have to be genuine.

眼泪必须是真实自然流露的。

Now, let's review the Everyday Dialogue once again.

我们再次来复习日常会话。

A: Are you all right? You cried so much during the show.

B: I couldn't help it. It was so moving and sad.

A: Yes. I was quite moved myself. But I try not to cry.

B: Why hold back your tears? You should let them out.

A: Well, I was taught not to cry in public.

B: I say, you need to be in touch with your feelings.

A: Mmm...There are plenty of things in life that bring tears to my eye. But I won't cry over a sad movie.

B: Well for me, whenever I feel like it, I just cry my heart out.

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Only humans shed emotional tears.

只有人类才会流下情感的泪水。

Did you know that Jesus also shed tears?

你可知道耶稣也曾流泪呢？

The Bible tells us about an incident.

圣经说到了一个事件。。

Jesus' friends, Mary and Martha, cried over the death of their brother.

耶稣的朋友马大和马利亚，为了她们兄弟的死而哭泣。

When Jesus saw them weeping,

当耶稣看到他们众人哭泣。

He was deeply moved in spirit and troubled.

他心里悲叹，又甚忧愁。

Jesus saw where their brother was buried,

耶稣看到她们兄弟被埋之地，

And he wept.

他就哭了。

His tears showed deep love and concern.

他的掉泪显示了祂深刻的爱和关怀。

### **Verse of the Week 每周金句**

He will wipe every tear from their eyes.

神要擦去他们一切的眼泪。

There will be no more death or mourning or crying or pain,

不再有死亡、也不再有悲哀、哭号、疼痛、

for the old order of things has passed away."

因为以前的事都过去了。

Revelation 21:4 启示录

Living on this earth, we will have tears.

生活在这世上，我们会掉眼泪。

Because there are all kinds of sufferings.

因为要遭遇各样的苦难。

But God has promised a new world for us.

但神应许，为我们预备一个新天新地。

There He will be with us forever.

在那儿神将与我们同在。

Jesus, God's son has overcome death.

神的儿子耶稣，已经战胜了死亡。

And all who put their trust in him will have this hope.

凡信靠耶稣的人，都能有这样的盼望。

God will wipe every tear from our eyes.

神要擦去我们一切的眼泪。

There will be no more death or mourning or crying or pain,

不再有死亡、也不再有悲哀、哭号、和疼痛。

Praise and Thanks Be to God.

赞美感谢归给神！

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Listener friends, our time is up once again .

听友，我们时间又要结束了。

We do invite you to write us.

欢迎你写信来给我们。

We'd like to hear from you and we want to be your friends.

我们乐意收到你的信，也希望成为你的朋友。

Today's lesson is #394.

今天这一课，是编号 394。

Thanks for joining us.

谢谢你和我们在一起。

Until next time, this is English World,

直到下回英语世界时间,

May God Bless You.

愿神祝福你。

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Mark, do you think women cry more than men?

Of course. I have seen you cry.

But I have never seen you shed tears.

Well, Just wait a little while longer. Maybe –