

Race Against Time 与时间赛跑

英语学习点: *Old Age Vocabulary* 和老齡有关的词汇

When it comes to running marathons, eight hours, 25 minutes and 16 seconds is not a world record.

This was the time it took Fauja Singh to complete the Toronto Waterfront Marathon on Sunday.

But Singh, born in India, is no spring chicken – he's 100 years old and his recent feat has made him the world's oldest marathon runner.



Could they be marathon runners too?

As an athlete, Singh was a late starter. In his late 80s, after the deaths of his wife and son, he decided he was not yet over the hill and took up running.

For Singh, being 100 is just a number. There aren't many centenarians in quite such rude health, but they are on the increase. Life expectancy in the UK today is around 80 but a total of 12,640 men and women are now centenarians compared with just 2,500 in 1980, according to official statistics.

In Britain, pensioners that reach this landmark age receive a congratulatory telegram from the Queen, herself an 86-year-old senior citizen.

Retailers and public services are having to adapt to this aging society. New figures reveal the amount of money spent annually by people over 65 in the UK is nearing the £100 billion (1 trillion yuan) mark. A whole sector of the economy is now catering to the needs of the grey pound.

Why do some people live to such a ripe old age? Scientists in Amsterdam may have come a little closer to discovering the secret to longevity; they've encoded the entire DNA sequence of a woman who lived to 115.

Of course, they could just ask Fauja Singh what his secret is. The old boy puts his long life down to ginger curry, tea and "being happy".

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. Has Fauja Singh broken a world record for speed?
2. Did Mr Singh feel old when he started running?
3. Is this statement true, false or not given: *People who reach 86 years old send a telegram to the Queen to congratulate her?*
4. What expression uses the colour of old people's hair to refer to their age?
5. What role does ginger curry play in Fauja Singh's life?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Mary wanted to impress her mother-in-law so she decided to _____ cooking.

move over	get over	take away	take up
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2. Scribbles the pony may have lost most of his teeth, but he's still going strong at the _____ old age of 51. It's possible that he's also the oldest pony in the world.

green	ripe	wilted	mellow
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3. The goalkeeper was no _____ but he managed to catch all the balls during last Saturday's football match.

winter turkey	summer dove	spring chicken	autumn duck
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4. My grandmother's almost 80 but she's still _____ health.

in rude	has angry	on ill-mannered	of naughty
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5. You might think that in his 70s a man would be _____ but Winston Churchill was the British Prime Minister until the age of 80.

over the rainbow	under the weather	under the sun	over the hill
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Answers and Glossary 答案与词汇

Quiz 小测验

1. Has Fauja Singh broken a world record for speed? No. Fauja Singh's record is for being the world's oldest marathon runner.
2. Did Mr Singh feel old when he started running? No. In his late 80s he decided that he was not yet over the hill and took up running.
3. Is this statement true, false or not given: *People who reach 86 years old send a telegram to the Queen to congratulate her?* It is false. People who reach 100 years old receive a telegram from the Queen to congratulate them on their birthday.
4. What expression uses the colour of old people's hair to refer to their age? The grey pound.
5. What role does ginger curry play in Fauja Singh's life? He believes that it could be one of the secrets of his longevity.

Exercise 练习

1. Mary wanted to impress her mother-in-law so she decided to take up cooking.
2. Scribbles the pony may have lost most of his teeth, but he's still going strong at the ripe old age of 51. It's possible that he's also the oldest pony in the world.
3. The goalkeeper was no spring chicken but he managed to catch all the balls during last Saturday's football match.
4. My grandmother's almost 80 but she's still in rude health.
5. You might think that in his 70s a man would be over the hill but Winston Churchill was the British Prime Minister until the age of 80.

Glossary 词汇表

no spring chicken 原意指童子鸡，(喻)上了年纪的人	a late starter 起步较晚的人
to be over the hill 不礼貌的表达，指走下坡路，走向衰老	(age) is just a number 年龄只是一个数字，喻年龄不代表什么，关键的是一个人的心态
a centenarian 百岁老人	to be in rude health 身体健壮
life expectancy 平均寿命	a pensioner 领养老金者，委婉指老年人
a landmark age 有特殊意义的岁数	a senior citizen 65岁以上的老年公民
the aging society 老年社会	the grey pound 灰色英镑，指老年群体的消费力
a ripe old age 老年，晚年	longevity 长寿
an old boy 男性老人	to put something down to something 为什么事情做出解释