
BBC LEARNING ENGLISH

Authentic Real English 地道英语

That'll put hairs on your chest!

那会使你健康强壮!



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Rob

Hello and welcome to *Authentic Real English*. I'm Rob.

Feifei

大家好！我是冯菲菲。欢迎加入《地道英语》节目。在这期节目里我想请 Rob 给大家讲一讲一个我刚听到的表达。Rob, I have a question about a saying that I heard recently. Can we talk about it in this programme?

Rob

Yes, Feifei, of course we can - what is it?

Feifei

我听到这个表达的过程是这样的：昨晚我和几个朋友在酒馆里小聚，大家喝得很高兴，后来他们提议烈酒吞杯，我不想参与，于是其中的一位朋友就说了“**Drink it, it'll put hairs on your chest!**”我只听懂了前半句的意思是“让我喝”，可是“it'll put hairs on your chest”是什么意思？I don't want hairs on my chest!

Rob

Ha ha! I'm sure you don't. That's a very funny saying, isn't it Feifei? 'It'll put hairs on your chest' in that context means it's good for you, it'll make you a strong man, or a woman!

Feifei

To have hairs on my chest means I'm a strong person? What a strange expression!

Rob

Yes, I suppose it is a little strange. Traditionally, we say 'that'll put hairs on your chest' to someone when they are about to have a very strong alcoholic drink or a very satisfying hearty meal. It is used in a humorous way.

Feifei

原来是这样 - 以前，人们会半开玩笑的、幽默的对准备喝烈性酒或要饱餐一顿的人说“that'll put hairs on your chest”，以示鼓励。那么现在我们还能怎么使用这个表达呢？ Can we use this saying in any other context?

Rob

Yes, we can. These days we can use this saying in many contexts. For example, we can use it to mean something that will make you healthy, strong and tough.

Feifei

Can we hear some examples, please?

Rob

Of course, we can.

Examples

Have another drink! It'll put hairs on your chest.

Why don't you try the spicy fish dish? That'll put hairs on your chest.

I was told eating dates everyday would put hairs on my chest.

Have some more green vegetables – they'll put hairs on your chest.

Feifei

在现代生活中，我们可以用 put hairs on one's chest 来形容某物对人有好处，或使人健康、强壮。

Rob

Yes. So Feifei, would you like to try some sloe gin that I've made for Christmas?

Feifei

Sloe gin? 黑刺李金酒。Mmm, I will only have some if it doesn't puts hairs on my chest.

Rob

Ha, I am sure it won't...

Feifei

Thank you! See you next time.

Rob

Bye!