

- 請注意：中文文字内容只提供簡體版

Vocabulary: *humour* 词汇: 幽默

Everybody likes to laugh sometimes, whether at a funny joke, an **amusing** incident or a **hilarious** photograph or sound. Comedians who **parody** well known people always **tickle my funny bone!** The great thing is that once we've had a good laugh, we feel happier. It would seem therefore, that bringing a bit of humour into more serious situations might be good for us.

Places like a **humourless** office or a tense classroom could sometimes do with a good **dose** of laughter. I know that in my workplace, a bit of **hilarity** can go a long way towards making it a more enjoyable place to spend eight or so hours a day. Seeing **the funny side** of things can certainly **lift our spirits** and that in turn can make us feel better about what we're doing.

Maybe we should get **inspiration** from Steve Carlisle, president of General Motors of Canada. When he walks around the firm's Ontario headquarters he shares his **sense of humour to bond** with his staff. He says "It can help people feel more relaxed, more comfortable and thus be more effective at what they do." Humour can be used by teachers in the classroom too. It's a good way to **break the ice** with students and create a more relaxed atmosphere which is good for learning, as long as everyone doesn't spend all their time in **hysterics!**

But we have to be careful; not everyone laughs at the same things. While some of us may admire a work colleague or fellow student for their clever and well-told joke, others may consider them **sarcastic, offensive** or just an idiot! According to Professor Schweitzer, from the University of Philadelphia's Wharton School, a worker or boss who successfully uses humour is seen as both confident and **competent**, which in turn increases his or her status. He says "Being funny is taking a risk, and being risky shows confidence." His study 'Risky Business: When Humour Increases and Decreases Status' also found that someone who tells **inappropriate** jokes is also seen as confident but they're also regarded as incompetent.

So telling the right jokes in the office or classroom can spread some happiness but if you still think working and studying is **no laughing matter**, take note of a study published in The Journal of Behavioural and Applied Management in 2006, that found for healthcare workers, emotional exhaustion was significantly lower among those who experienced greater levels of fun at work. And other research has discovered that teams who share more jokes gave more **supportive** and **constructive** statements to each other – and that's no joke!

词汇表

amusing	引人发笑的，好笑的
hilarious	非常滑稽的
parody	滑稽地模仿
tickle someone's funny bone	令某人发笑
humourless	缺乏幽默感的
dose	一剂
hilarity	欢乐，欢闹
the funny side	(事物)有趣的一面
lift somebody's spirits	提高某人的兴致
inspiration	灵感
sense of humour	幽默感
bond	亲近，团结
break the ice	打破沉默、冷场
hysterics	狂笑
sarcastic	讽刺的，挖苦的
offensive	令人不愉快的，讨厌的
competent	有能力的
inappropriate	不恰当的，不合适的
no laughing matter	严肃的事情，不是开玩笑的事
supportive	鼓励的，支持的
constructive	积极的，有用的

测验与练习

1. 阅读课文并回答问题。

1. How does Steve Carlisle, president of General Motors of Canada, try to get along with his employees?
2. According to Professor Schweitzer, from the University of Philadelphia's Wharton School, how does a worker have to use humour if he or she is to appear confident and competent?
3. True or false: *A study found health workers got greater levels of emotional exhaustion when they had fun at work.*
4. Which word used in the article means 'respect and approve of someone or their behaviour'?
5. How competent is someone seen as when they tell inappropriate jokes?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Everyone was laughing at the comedian, but I didn't find his type of humour very _____.

amusement	amused	amusing	hilarity
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2. The famous actor was arrested at midnight in his underpants – but has since said he sees _____ of the case of mistaken identity.

sense of humour	the funny side	no laughing matter	break the ice
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3. I think my boyfriend was being _____ when he said I've put on weight; he knows I'm pregnant so that's not funny!

sarcastic	supportive	hilarious	competent
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4. When you want to make new friends, it's a good idea to invite them for coffee to _____.

break the ice	breaking the ice	break ice	break the ice
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5. The radio presenter was reduced to _____ by an unfortunate rude slip of the tongue while trying to read the news!

amusing	hysterics	humour	parody
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答案

1. 阅读课文并回答问题。

1. How does Steve Carlisle, president of General Motors of Canada, try to get along with his employees?

He uses his sense of humour (he tells jokes) to bond with his staff.

2. According to Professor Schweitzer, from the University of Philadelphia's Wharton School, how does a worker have to use humour if he or she is to appear confident and competent?

A worker or boss who successfully uses humour is seen as both confident and competent.

3. True or false: *A study found health workers got greater levels of emotional exhaustion when they had fun at work.*

False: A study published in The Journal of Behavioural and Applied Management in 2006, that found for healthcare workers, emotional exhaustion was significantly lower among those who experienced greater levels of fun at work.

4. Which word used in the article means 'respect and approve of someone or their behaviour'? **admire. (Some of us may admire a work colleague or fellow student for their clever and well told joke.)**

5. How competent is someone seen as when they tell inappropriate jokes?

Not competent at all. ("Someone who tells inappropriate jokes is also seen as confident but they're also regarded as incompetent.")

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Everyone was laughing at the comedian, but I didn't find his type of humour very **amusing**.

2. The famous actor was arrested at midnight in his underpants – but has since said he sees **the funny side** of the case of mistaken identity.

3. I think my boyfriend was being **sarcastic** when he said I've put on weight; he knows I'm pregnant!

4. When you want to make new friends, it's a good idea to invite them for coffee to **break the ice**.

5. The unfortunate radio presenter was reduced to **hysterics** by an unfortunate rude slip of the tongue while trying to read the news!