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Vocabulary: binge-watching 词汇: 连续看剧

Have you ever loved a TV show? I mean really loved it? Like, you can't wait to get to work to talk about it loved it? What about the **cliffhanger**? That's the unresolved situation at the end of the episode which makes you want to watch the next one. But, when will the next one be? In the past, viewers had to wait up to a week for the next episode of their favourite shows. What **agony**! But, that's not the case any more. And hand in hand with that comes a, possibly dangerous, growing social trend. We speak of **binge-watching**.

Binge-watching is when a person watches more than one episode of a show **in quick succession**. With developments in the speed and connectivity of the internet, increases in technology and the rise of **on-demand** entertainment companies, people can now have their favourite shows **streamed** directly to their television at their convenience.

This behaviour is nothing new. In fact, 'binge-watching' has been officially listed in dictionaries since 2015. The entertainment companies recognise this behaviour and many take steps to **encourage** it. Often, instead of releasing each episode on a week-by-week basis, an entire series will become available **concurrently**. Once the episode finishes, many platforms will display **pop-ups** with 'you might like' suggestions, or will automatically play the next episode.

However, this **wondrous** gift may in fact be a **poisoned chalice**. Recent research from British media **watchdog** Ofcom suggests that this behaviour may have become **ahindrance**. Out of the more than half of British adults who watch more than one episode of a show **back-to-back**, almost a third have admitted missing sleep or becoming tired as a result; and one quarter have **neglected** their household chores. Next we'll be missing work! Bingeing has other connections – binge eating, binge drinking and binge smoking. All of which are often associated with **compulsive** behaviour, a lack of control and a possible route to addiction. Lindsey Fussell, consumer group director at Ofcom, said: "The days of waiting a week for the next episode are largely gone, with people finding it hard to **resist** watching multiple episodes around the house or on the move." If people find binge-watching hard to resist, coupled with the fact that it has shown to lead to **negligence** in many, are we witnessing the birth of a new type of addiction?

The **myriad** of information and entertainment that television and online media can bring us is, many would say, a good thing. It offers us opportunities to better understand the world we live in, educate ourselves and enjoy much needed downtime. However, like any behaviour done to **excess**, it can become dangerous. And when the activity begins to **bleed** into other areas,

causing us to stop functioning – then it becomes a problem. So, what's the answer? **Moderation!** Neither a tiny amount, nor too much. After all, as the old proverb says... a little of what you fancy does you good.

词汇表

cliffhanger	(故事) 悬念, 扣人心弦的部分
agony	煎熬、痛苦
binge-watching	无节制地、连续地看电视剧
in quick succession	紧接着, 接连不断地
on-demand	按需提供服务的
streamed	可供在线收看
encourage	激励、促使 (行为)
concurrently	同时地
pop up	弹出式窗口
wondrous	绝妙的, 美好的
poisoned chalice	“金盞毒酒”, 指外表诱人实则有害的事物
watchdog	监督机构
hindrance	妨碍, 阻碍
back-to-back	一集接一集地
neglected	疏忽了, 忘记做了
compulsive	强迫性的
resist	忍住, 抗拒
negligence	疏忽 (名词)
myriad	数不胜数, 无数
excess	太多, 过度
bleed	波及, 干扰
moderation	节制、适度

测验与练习

1. 阅读课文并回答问题。

1. Why can people now have television shows streamed into their television?
2. How do entertainment companies encourage binge-watching?
3. How many of the people in Ofcom's study have admitted losing sleep due to binge-watching?
4. In the article, which word means 'time to relax'?
5. True or false: *People find it easy to just watch one episode of a show at a time.*

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. The boxer delivered a series of punches _____, knocking out his opponent.

agony	on-demand	moderation	in quick succession
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2. There are a _____ of hotels in the city centre. You can find one easily.

hindrance	concurrently	myriad	excess
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3. Not speaking a second language has been a _____ whenever I go abroad.

poisoned chalice	agony	on-demand	hindrance
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4. Be careful of Jim. He's a nice guy, but a _____ liar. You can't believe a word he says.

watchdog	compulsive	neglected	moderation
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5. My father worked long hours when I was a child. I knew he loved me, but I always felt somewhat _____ because I never saw him.

neglected	wondrous	resist	agony
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答案

1. 阅读课文并回答问题。

1. Why can people now have television shows streamed into their television?
Developments in the speed and connectivity of the internet, increases in technology and the rise of on-demand entertainment companies.
2. How do entertainment companies encourage binge-watching?
Instead of releasing each episode on a week-by-week basis, an entire series will become available concurrently. Many platforms will display pop-ups with 'you might like' suggestions, or will automatically play the next episode.
3. How many of the people in Ofcom's study have admitted losing sleep due to binge-watching?
A third have admitted missing sleep
4. In the article, which word means 'time to relax'?
Downtime
5. True or false: *People find it easy to just watch one episode of a show at a time.*
False. "People finding it hard to resist watching multiple episodes around the house or on the move"

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. The boxer delivered a series of punches **in quick succession**, knocking out his opponent.
2. There are a **myriad** of hotels in the city centre. You can find one easily.
3. Not speaking a second language has been a **hindrance** whenever I go abroad.
4. Be careful of Jim. He's a nice guy, but a **compulsive** liar. You can't believe a word he says.
5. My father worked long hours when I was a child. I knew he loved me, but I always felt somewhat **neglected** because I never saw him.