

词汇: *cleaning* 清洁

You may well have heard of the term ‘spring cleaning’: the act of giving your house a **deep clean** in the spring months. Even though, for many of us, that ritual of a once-a-year **blitz** of **dirt** and **grime** is dying out, some of us still practise it. However, there could be a good reason the tradition isn’t as popular as it was.

The spring months are associated with new life and warmth – a stark contrast to the cold, gloomy winter that preceded. For protection against the freezing weather outside, people would seal their doors and windows as best they could to keep the heat in. In a time when many houses had fireplaces, open fires would churn out smoke and **soot**, coating rooms with layers of **muck** and **gunk**.

It therefore made sense for people to start cleaning in the spring, when the weather was warmer and windows opened, to **freshen up** their houses, **swabbing** the floors and cleaning the walls. However, open fires are no longer commonplace in modern British homes, with people preferring central heating to **filthy** smoke. And it’s not just the way of heating our homes that has changed. In the past, cleaning was designated to specific times and days, as simple **chores** like washing clothes took a long time. The rise of gadgets such as the **washing machine** means that tasks are quicker and more efficient.

However, psychologists such as Dr Jonathan Fader, argue that the mental health benefits of **clearing** the house of **mess** means that a spring clean is hugely positive. The perception of your house being **cluttered** can cause the stress hormone cortisol to rise.

So, while the tradition is still there, and it’s nice to have a big **purge** of dirt once in a while, it is no longer as necessary – or limited to just the spring. That said, the psychological benefits of having a **tidy** home means that a once-a-year purge of unnecessary items, rather than dirt, can make you feel much better.

词汇表

deep clean	深度清洁
blitz	突击、集中力量的清洁
dirt	灰尘
grime	污垢
soot	煤灰
muck	脏东西
gunk	脏的黏性物质
freshen up	使...洁净, 使...变得焕然一新
swab	(用拖把或湿布) 擦洗
filthy	肮脏的
chore	家庭杂务, 日常琐事
washing machine	洗衣机
clearing	清洁, 整理
mess	脏乱的东西
cluttered	堆得乱七八糟的, 杂乱的
purge	清理
tidy	整洁的

测验与练习

1. 阅读课文并回答问题。

1. Is the act of 'spring cleaning' as popular as it once was?
2. In the past, why did it make sense for people to start cleaning in the spring?
3. How do most British people heat their homes in modern times?
4. True or False? *There are no benefits to spring cleaning.*
5. What are the reasons we no longer need to have a once-a-year big clean?

2. 选择意思恰当的单词或词组来完成下列句子。

1. This kitchen is a disgrace! It really needs a good _____.

blitz	gunk	cluttered	mess
-------	------	-----------	------

2. These clothes are _____. What have you been doing?

purge	filthy	gunk	chores
-------	--------	------	--------

3. Let's _____ the house with a good spring clean.

swabbing	chores	grime	freshen up
----------	--------	-------	------------

4. Smoke from open fires would coat the rooms in _____.

purge	soot	freshen up	gloomy
-------	------	------------	--------

5. You can feel a layer of _____ if you run your finger along the counter.

cluttered	chores	gloomy	grime
-----------	--------	--------	-------

答案

1. 阅读课文并回答问题。

1. Is the act of 'spring cleaning' as popular as it once was?

No. While some people still do it, the tradition is dying out somewhat.

2. In the past, why did it make sense for people to start cleaning in the spring?

Because the weather was warmer after the winter, and the windows opened to allow more air into the house.

3. How do most British people heat their homes in modern times?

These days, central heating is more common than fireplaces to heat the house.

4. True or False? *There are no benefits to spring cleaning.*

False. A cluttered house can cause stress. Therefore, a once-a-year decluttering can be very beneficial.

5. What are the reasons we no longer need to have a once-a-year big clean?

Due to the rise of gadgets such as the washing machine and the decline of the fireplace, cleaning can be done more quickly and frequently.

2. 选择意思恰当的单词或词组来完成下列句子。

1. This kitchen is a disgrace! It really needs a good **blitz**.

2. These clothes are **filthy**. What have you been doing?

3. Let's **freshen up** the house with a good spring clean.

4. Smoke from open fires would coat the rooms in **soot**.

5. You can feel a layer of **grime** if you run your finger along the counter.