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# BBC LEARNING ENGLISH

## Take Away English 随身英语

### Random acts of kindness

### 赠人玫瑰，手有余香

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Vocabulary: kindness 词汇: 善行

It could happen anywhere at any time. It's often **unexpected**, but almost never **unappreciated**. Most people, at one time or another, have been on the receiving end of a **random act of kindness** - that moment of pure **altruism** when a complete stranger stops to offer **aid**, **generosity** or **compassion**. You may even be in a moment of **dire** need. In a sometimes **callous** world where people can be so focused on what they're doing, a random act of kindness can make all the difference.

They can be relatively insignificant. Hannah Bailey from London, for example, told the Metro newspaper about how she was given her fruit and vegetable shopping for free. The seller **did her a kindness** when it emerged she didn't have any change to pay. She was happy about it all day.

The city of Naples has long had a tradition called 'caffè sospeso'. When buying coffee, a person who has recently been lucky would purchase two cups but only drink one, leaving the second one anonymously, **out of the goodness of their heart**, for a poor person to claim for free. This tradition is now more common worldwide.

However, in some cases, these little acts can be a matter of life and death. Take, for example, the unnamed commuter, who in June 2018 fell off a station platform onto an electric railway track in Toronto, Canada. A quick-thinking, but even now unknown, bystander **selflessly** leapt down to pull him to safety.

Or Jonny Benjamin, who in London in 2008 was persuaded not to commit suicide by a passer-by. He had been considering jumping from a bridge. He later found the **Good Samaritan** and thanked him. He may one day find a way to **pay him back in kind** - though that's not the point.

So, why do it? Often, the acts aren't **reciprocated**. The people never meet again. According to UK charity The Mental Health Foundation, acts like these can "give our lives new purpose, show us other perspectives on our own problems and even make us feel euphoric."

So give it a try. Hold open a door for someone, deliver a compliment - even give up your seat on a bus. Help someone who is in need. **It takes all kinds**. It needn't be anything huge. One day, whether you need it or not, someone might help you in your hour of need.

## 词汇表

<b>unexpected</b>	出乎意料的
<b>unappreciated</b>	不被感激的, 没被领情的
<b>random act of kindness</b>	不经意的善举
<b>altruism</b>	利他主义
<b>aid</b>	帮助
<b>generosity</b>	慷慨
<b>compassion</b>	同情
<b>dire</b>	急切的
<b>callous</b>	冷漠的, 麻木不仁的
<b>do someone a kindness</b>	帮助某人, 为某人做件好事
<b>out of the goodness of someone's heart</b>	出于某人的好意
<b>selflessly</b>	无私地
<b>Good Samaritan</b>	乐于助人的人
<b>pay someone back in kind</b>	回报某人的帮助
<b>reciprocate</b>	回报
<b>It takes all kinds</b>	世界之大, 无奇不有

## 测验与练习

### 1. 阅读课文并回答问题。

1. True or false? *Random acts of kindness are predictable and taken for granted.*
2. How did Hannah Bailey feel after she received a random act of kindness?
3. What happens to the second coffee in a 'caffè sospeso'?
4. According to The Mental Health Foundation, why do people commit random acts of kindness?
5. Which word used in the article means 'a feeling of extreme happiness and excitement'?

### 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. He's rich and likes to give gifts. He's known for his \_\_\_\_\_.

appreciation	generosity	compassion	callousness
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2. Just when I needed help, someone stopped to \_\_\_\_\_.

random act of kindness	do me a kindness	pay me back in kind	pay me back in my own coin
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3. I pay him the bribe and he \_\_\_\_\_ by letting me 'bend' the law. Understand?

altruisms	aids	callouses	reciprocates
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4. You're never too busy to help someone, are you? You're a real \_\_\_\_\_.

Good Samaritan	Goof Samaritan	Good Sumaritan	Good Somaritan
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5. Excuse me, can I use your bathroom. I'm in \_\_\_\_\_ need of a toilet!

callous	unexpected	unappreciated	dire
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## 答案

### 1. 阅读课文并回答问题。

1. True or false? *Random acts of kindness are predictable and taken for granted.*  
**False. They are often unexpected, but almost never unappreciated.**
2. How did Hannah Bailey feel after she received a random act of kindness?  
**She was happy about it for the rest of the day.**
3. What happens to the second coffee in a 'caffè sospeso'?  
**It is left at the cafe to be donated to a poor person.**
4. According to The Mental Health Foundation, why do people commit random acts of kindness?  
**They give our lives new purpose, show us other perspectives on our own problems and even make us feel euphoric.**
5. Which word used in the article means 'a feeling of extreme happiness and excitement'?  
**Euphoric (They give our lives new purpose, show us other perspectives on our own problems and even make us feel euphoric.)**

### 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. He's rich and likes to give gifts. He's known for his **generosity**.
2. I just when I needed help, someone stopped to **do me a kindness**.
3. I pay him the bribe and he **reciprocates** by letting me 'bend' the law. Understand?
4. You're never too busy to help someone, are you? You're a real **Good Samaritan**.
5. Excuse me, can I use your bathroom. I'm in **dire** need of a toilet!