

How fat are your feet? 为了穿漂亮鞋 给脚做手术?

Vocabulary: size 词汇: 尺码

Has your waistline **expanded** recently? How about your feet? Researchers have discovered human feet are **increasing in size** to cope with the extra weight we're putting on them due to obesity. According to a recent survey in Britain by the College of **Podiatry**, the **average** foot is two shoe sizes bigger than it was in the 1970s.

They say it's because we're getting taller and heavier. With a **bigger frame** to carry, the part of our body which moves us around **plays out**.

About 2,000 people took part in the survey. 61% of women and 68% of men said their feet are getting **wider**. The problem is, like the stepsisters in the fairy tale Cinderella, many try to **squeeze** their feet into designer shoes in the hope of looking more **streamlined** and elegant.

Ill-fitting shoes are hell, I say. But instead of trying to choose a bigger size, some people go to extremes and have surgery to make the foot adapt to the shoe rather than **the other way round**.

Dr Ali Sadrieh, a podiatrist in Beverly Hills, California, told the New York Times newspaper he came to understand the needs of many a female patient keen **to go under the knife**. He said: "Patients would bring in shoes they dreamed of wearing. On the surface, it looked **shallow**. But I came to see they need these shoes to project confidence, they are part of their outside skin. That's the real world."

Another specialist, Dr Neal Blitz, who works in Manhattan, New York, told the newspaper: "My practice has exploded because of Manolo Blahnik, Christian Louboutin and Nicholas Kirkwood."

I wonder how big those designers' feet are. And do they know how much they are influencing these obsessed shoe-wearers? What's next? Toe **liposuction**?!

I think **well-fitting** shoes are **the way to go**. Cinderella was lucky her foot fitted the glass slipper in the fairy tale. But this discovery could be good news for her stepsisters - soon we might all have big feet!



Should we change the shape of our feet to fit into nice shoes?

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. How much bigger are British people's feet now?
2. Why are their feet growing?
3. Why do women have their feet operated on?
4. Who is Manolo Blahnik?
5. Which expression means 'to have an operation'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I'm not overweight. My weight is _____.

wider	average	streamlined	a bigger frame
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2. Mary spent the whole party sat on the sofa. She couldn't dance properly because she had _____ shoes.

shallow	wider	well-fitting	ill-fitting
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3. I'm not in love with John. It's _____ actually.

the way to go	upside down	the other way round	the other side
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4. All my boyfriend thinks about are his bike and his leather jacket. He's _____. I think I'm going to break up with him.

average	shallow	ill-fitting	gone to extremes
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5. The company has ambitious plans. It wants to _____ its operations in Europe.

wider	squeeze	expand	give up
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Answers and Glossary 答案与词汇

Quiz 小测验

1. How much bigger are British people's feet now? **Two shoe sizes bigger than in the 70s, according to the College of Podiatry's survey.**
2. Why are their feet growing? **The survey says it's because they're getting bigger and heavier.**
3. Why do women have their feet operated on? **To fit into designer shoes.**
4. Who is Manolo Blahnik? **A shoe designer.**
5. Which expression means 'to have an operation'? **To go under the knife.**

Exercise 练习

1. I'm not overweight. My weight is **average**.
2. Mary spent the whole party sat on the sofa. She couldn't dance properly because she had **ill-fitting** shoes.
3. I'm not in love with John. It's **the other way round** actually.
4. All my boyfriend thinks about are his bike and his leather jacket. He's **shallow**. I think I'm going to break up with him.
5. The company has ambitious plans. It wants to **expand** its operations in Europe.

Glossary 词汇表

to expand	增长，变大
to increase in size	尺寸增长
podiatry	足病学
average	普遍的，一般的，通常的
bigger frame	更大的骨架
to splay out	变宽，向外张开
wider	更宽的
to squeeze	塞进
streamlined	流线型的
ill-fitting	不合适的，不合脚的
the other way round	与之相反
to go under the knife	做手术，接受手术
shallow	肤浅的
liposuction	脂肪抽吸手术
well-fitting	合适的，合身的
the way to go	正确的选择