



V. 以完美或令人欽佩的方式達成

Nailed It: A History of Manicures

美甲的歷史

n. 美甲服務

—Breanna Piercy



27

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Manicures are **a** hugely popular **a way for sb to V 某人做某事的方法** **way for** people **to express** their personalities and **show off** the latest **n. 個性** fashion **trends**.² But nail art is more than **n. 流行** **n. 潮流** just a modern trend. People **around the world** **have been decorating**³ their nails **for thousands of years**.
 (v. 裝飾) **for** **(+N) 數以千計的...**

Some of the earliest records of nail art **come from** ancient Babylonia. There, **men were known to paint their nails** **black and green** before they **went to war**.
 (v. 參戰) **Similarly**, 7000-year-old Egyptian mummies⁴ have been found **with** black paint on their nails. **It seems that** many famous Egyptian **figures**⁴ from centuries later also painted their nails. **According to** one story, the Egyptian queen **(+N) 根據...**

Cleopatra painted her nails red to show off her high status,⁵ and poor women **were put to death** if they painted their nails the same color.
 (n. 地位) **What is the color?**

China also has a history of nail art and **is** often **credited**⁵ with creating the world's first **nail polish**. During the Chou dynasty,⁶ the **upper** classes wore gold and silver nail paint to show off their **wealth**.
 (n. 朝代) **upper** **上層階級** **wealth** **n. 財富**

* 中文翻譯請參閱第 70 頁

Info Box

標題的 nailed it 為雙關語。nail 作名詞時可指「指甲」，作及物動詞時可指「以完美或令人欽佩的方式達成」（非正式用法）。

第 10 行 be known to V. 指「為人所知（會）……」。

第 20 行 put N. to death 指「處死（某人）；讓（動物）安樂死」，文中為被動用法。

The manicure (that we know today) began to appear in the 1800s, after a European foot doctor, who was named Dr. Sitts, invented¹ special tools and methods² for cleaning nails. Later, Dr. Sitts's niece went on to teach his techniques² to others. These techniques would form the basis of the modern manicure.

However, colorful nail paint was still not widely available at the beginning of the twentieth century. That changed in 1932. In that year, Revlon released a new nail polish (that was sold in drugstores). This meant that lots of people now had

access to nail art.
(+N) 有辦法接觸到...

Nail art trends continued to change in the following decades³ and different colors and styles were often associated with different races and classes. For

example, many of the colorful designs and acrylic nail shapes (that are popular today) were first created by African American women in the 1980s. These became fashionable again thanks to social media⁵ trends and celebrities like Cardi B. After thousands of years, this unique⁶ fashion continues to allow people to express themselves through color and art!

* 中文翻譯請參閱第 70 頁

What Do You Think?

Why do you think women are more likely to have their nails decorated than men?

- Women are more interested in nail art because . . .
- Men are less willing than women to decorate their nails due to . . .

Info Box

第 13 行 drugstore [ˈdrʌgˌstɔːr] 指「藥妝店」。

第 19 行 race 在此作可數名詞用，指「種族」。

第 24 行 thanks to 為片語介系詞，之後接名詞或動名詞，指「因為、由於」，常接正面的原因。

nail buffer
[ˈbʌfə]

磨甲棒
(用於拋光指甲表面)

nail clippers
[neɪ] [ˈklɪpəz]

指甲剪

cuticle trimmer
[ˈkjʊtɪkəl] [ˈtrɪmə]

甘皮鉗

cuticle pusher
[ˈpuʃə]

美甲推棒

nail polish
指甲油

美甲工具小圖解

nail file [faɪl] 指甲銼 (用於修出指甲形狀)