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Vocabulary: Feet 词汇：脚

Many believe high heels make women look good. It's no surprise that the Cannes Film Festival's organisers seem to favour having stars walking up the red carpet in them. But all this **glam** comes at a cost: wearing heels over 10cm high can damage your **ankles**.

A study by the Hanseo University in South Korea suggests that continuous wearing exposes women to the risk of **strains** and makes them **prone** to losing their **balance**.



Today's symbol of femininity started as riding footwear

A total of 40 women who wear high heels at least three times a week took part in the study. The strength of their ankles was measured regularly and two of the four main **muscles** became dominant after a period of between one and three years. It created an **imbalance** in their feet.

Dr Yong-Seok Jee from Hanseo University said that the habit of wearing heels can result in **deformed** feet, back pain and unhealthy walking patterns. He recommends women limit the use of these kinds of shoes and exercise their ankle muscles properly.

High heels are considered by some sexy and feminine, but ironically the fashion started with men's feet. These shoes were a form of riding **footwear**, and would be seen on the feet of 17th Century Persian soldiers. Elizabeth Semmelhack of the Bata Shoe Museum in Toronto says: "When the soldier stood up in his **stirrups**, the heel helped him to secure his stance so that he could shoot his bow and arrow more effectively."

Before becoming a staple of modern women's wardrobes, high heels were used by Louis XIV of France. These shoes were status symbols. Let's face it – nothing screams privilege like uncomfortable, luxurious and **impractical** clothing. They say the wearer doesn't have to work in fields or walk very far.

What do you think: are high heels a symbol of women's elevation in society or just something to be **booted out** of fashion?

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 high are the heels that can cause injury to feet, according to the study?
2. What makes high heel wearers prone to losing balance?
3. What were high heels used for in the past?
4. According to the article, what made high heel wearers look privileged during Louis XIV's rule?
5. Which word in the text means 'efficiently'?

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. These trainers are perfect for the gym but they are _____. Maybe I could try a bigger size.

impractical	uncomfortable	imbalanced	footwear
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2. Rice and beans are _____ foods in Brazil. Most people eat them several times a week.

privileged	habit	staple	continuous
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3. I must go to the doctor. I can hardly sit down. I have _____ pain.

an unhealthy	back	ankle	strains
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4. I don't care if nobody uses hair nets anymore. I'm in the _____ of wearing them and it won't change!

trend	habit	fashion	regular
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5. I miss my mother. She has always been the _____ force in my life.

strong	dominant	deformed	balanced
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Answers and Glossary 答案与词汇

Quiz 小测验

1. How high are the heels that can cause injury to feet, according to the study? **10cm or more.**
2. What makes high heel wearers prone to losing balance? **Two of the four main muscles on their feet become dominant and it disrupts their walking.**
3. What were high heels used for in the past? **Riding.**
4. According to the article, what made high heel wearers look privileged during Louis XIV's rule? **They are not practical and it shows the wearer doesn't do hard work and doesn't have to walk much.**
5. Which word in the text means 'efficiently'? **Effectively.**

Exercise 练习

1. These trainers are perfect for the gym but they are **uncomfortable**. Maybe I could try a bigger size.
2. Rice and beans are **staple** foods in Brazil. Most people eat them several times a week.
3. I must go to the doctor. I can hardly sit down. I have **back** pain.
4. I don't care if nobody uses hair nets anymore. I'm in the **habit** of wearing them and it won't change!
5. I miss my mother. She has always been the **dominant** force in my life.

Glossary 词汇表

glam	(口语) 魅力
an ankle	脚踝
a strain	扭伤, 拉伤
to be prone (to something)	易于...的
balance	平衡
a muscle	肌肉
an imbalance	不平衡
to be deformed	变形的, 畸形的
footwear	鞋类 (总称)
a stirrup	马镫
impractical	不实用的
to boot out	赶出去, 赶走