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So, you see, physical illness can have psychological causes.

所以，你瞧，身体的疾病可以有心理的原因。

Now, we just have time to introduce another interesting example of the interaction between the mind and the body, placebos.

现在，我们刚好有时间介绍另一个有趣的例子：心理和身体间的相互作用——安慰剂

Placebos—maybe you've heard them called sugar pills—are harmless substances, not always sugar, that are used routinely on groups of sick people in experiments.

安慰剂——也许你曾听过它们被叫做糖丸——是无害的物质，不总是糖，通常被应用在实验中的病人组。

These experiments test the effectiveness of new drugs.

这些实验验证新药的效力。

One group is given the new drug, the other group is given a placebo, and the results are measured.

一组（病人）给新药，另一组给安慰剂，并且测量结果。

As you might guess, some of the people who receive the new drug get better.

像你可能会猜测的那样，得到新药的某些人会变好转。

Surprisingly, however, some of the placebo group also get better.

然而，出人意料地，安慰剂组的某些人也会变好转。

Why? Well, it's an interesting question, one which doctors can't quite answer.

为什么呢？好，这是个有趣的问题，一个医生不能完全回答的问题。

Some of the group may have gotten better on their own, without any treatment at all, but research has shown that the very act of taking a medication that you think will make you better, often does make you feel better.

（安慰剂）组的某些人可能凭他们自己好转，根本没有任何治疗，但是研究表明，采用你认为会使你变好的药物的特殊行为，常常真的使你感觉变好。

Have you ever taken an aspirin and felt better in five minutes?

你有没有过吃一片阿司匹林然后在五分钟之内感觉好些呢？

Aspirin doesn't work that fast, does it?

阿司匹林不会起作用（见效）那么快，对吗？

Basically, if you believe you will get better, sometimes you do.

基本上，如果你相信你会好起来，有时你真的会好起来。

The history of how doctors and healers have used the mind-body connection to cure people is long and interesting, but I see that it's time to close, so I'll have to cover this in the next class.

医生和医治者如何使用身心联系来治疗人的历史是漫长而有趣的，但我看到时间结束了，所以我将不得不在下节课再涉及这一点

You'll have to hold your questions on this topic till then.

你们将不得不把在这个话题上的问题留到那时。

Before you go, I have some handouts for you concerning the midterm exams next week.

你们走之前，我有些关于下周期中考试的讲义给你们。