

## 1.17经济学人考研英语|年迈与悲伤



December 18h 2021 【China】

### Elderly **suicide**

老年人自杀

Old and sad

年迈与悲伤

suicides by **rural** women have declined. Now the elderly are the biggest concern

农村女性的自杀率已经下降。现在，老年人是最令人担忧的

【1】As china ages, worries are **mounting** about the **mental** health of its elderly population. Globally, **suicide** rates among old people tend to be higher than average. In China this is especially true. People there aged 70 and above kill themselves at more than four times the rate of the **general** population, compared with around a quarter more in America. **loneliness** and **inadequate** health care are among the main reasons.

随着中国人口老龄化不断加剧，人们越来越担心中国老年人口的心理健康问题。在全球范围内，老年人的自杀率往往高于平均水平。在中国尤其如此。中国70岁及以上的人自杀率是普通大众的四倍多，而在美国这一比率约为四分之一。孤独和医疗保健服务不健全是造成这一现象的主要原因之一。

【2】It is not all bad news. In the 1990s China's **suicide**

### 中文导读

农村女性的自杀率已经下降。现在，老年人是最令人担忧的

**suicide** /'s(j)u:saɪd/ n. 自杀；自杀者；自杀行为 adj. 自杀的 vt. 自杀 vi. 自杀 It will not be **suicide** to admit your mistake. 承认你的错误并不等于自毁前程。

**rural** /'rʊə(ə)l/ adj. 农村的 副词: **rurally** There is an ambivalent feeling towards **rural** workers. 人们对于民工的心情是复杂的。

1

**mounting** /'maʊntɪŋ/ n. 装备，装配；上马；衬托纸 v. 爬上；增加（mount的ing形式） adj. 逐渐增加的 She felt the anger **mounting up** within her. 她感到怒火从心头燃起。

**mental** /'ment(ə)l/ adj. 精神的，头脑的，心理的，智力的 精神病的 副词: **mentally** **Compeer mental** tutorship is a kind of school **mental** health education model. 朋辈心理辅导是一种学校心理健康教育模式。

**general** /'dʒen(ə)r(ə)l/ adj. 一般的，普通的；综合的；大体的 n. 将军，上将；一般；常规 .. **General Bill Sullivan Keir Dullea** ... 比利·克鲁德普 Billy Crudup ...

**inadequate** /ɪn'ædɪkwət/ adj. 不充足的，不适当的 不足胜任的，信心不足的 adv. 不充足地，不适当地；不足胜任地 副词: **inadequately** The causes of social distress include **inadequate** housing. 造成社会困境的原因包括住房不足。

2

**strikingly** /'straɪkɪŋli/ adv. 醒目地，引人侧目地 **Black and white** show a **striking** contrast. 黑和白形成明显的对比。

**lethal** /'li:θ(ə)l/ adj. 致命的，致死的 n. 致死因子 A **hammer** can be a **lethal** weapon. 铁锤可以是致命的武器。

**migration** /maɪ'ɡreɪʃ(ə)n/ n. 迁移，移居 **Swallows** begin their **migration** south in autumn. 燕子在秋季开始向南方迁移。

**poisons** /'pɔɪzn/ n. 毒药，毒物；弊病（poison的复数） v. 使中毒；伤害（poison的单三形式） His dog has been **poisoned to death**. 他的狗已被毒死。

**obtain** /əb'teɪn/ vi. 获得；流行 vt. 获得 You can't **obtain** my consent by force. 你不能强迫我同意。

3

**proportion** /prə'pɔ:ʃ(ə)n/ n. 均衡；相称，协调 一物与他物在数量、大小等方面的关系；比例 部分；份儿 时态: proportioned, proportioning, proportions 形容词: proportionable 副词: proportionably 名词: proportioner 名词: proportionment They held a banquet of **epic** **proportions**. 他们举行了盛大的宴会。

4

**exacerbate** /ɪg'zæsəbeɪt/ vt. 使恶化；使加重 时态: exacerbated, exacerbating, exacerbates 名词: exacerbation The drugs they gave her only **exacerbated** the pain. 他们给她吃的药只是加重了她的痛楚。

rate was among the highest in the world. Fatal self-harm was **strikingly** common among young women in the countryside, who had easy access to **lethal** pesticides. But in the past 20 years, China's rate has declined more than any other country's, mainly as a result of stricter controls on those chemicals and **migration** to cities, where such **poisons** are even harder to **obtain**. In 2019 it was nine per 100,000, compared with 14 in America and 19 in Japan.

情况并非都是糟糕的。20世纪90年代，中国的自杀率位居世界前列。致命的自残行为在农村年轻女性群体中非常常见，因为她们可以很轻易地接触到致命的农药。但在过去的20年里，中国自杀率的下降幅度超过了其他国家，这主要是由于中国对这些化学品的控制更加严格了，同时农村群体向城市迁移，而在城市，这些毒药更难获得。2019年，在中国这一比例为十万分之九，而美国为十万分之十四，日本为十万分之十九。

【3】 Among people aged 70 or over, the **suicide** rate has also dropped since 1990, from 78 per 100,000 to 35. But as a **proportion** of all suicides, those by elderly people have risen from 14% to 31%. In part, that is because the elderly's share of the population has risen, too, from 3.4% in 1990 to 6.8% today. But between 1990 and 2017 **suicide** rates among the old fell the least of any age group.

自1990年以来，70岁及以上人群的自杀率也有所下降，从每10万人中78人降至35人。但在所有自杀者中，老年人的占比从14%上升到31%。部分原因是老年人的人口占比增加了，从1990年的3.4%上升到如今的6.8%。但在1990年至2017年间，老年人的自杀率在所有年龄段中下降幅度是最小的。

【4】 Poverty and a lack of social services **exacerbate** the problem, as does internal **migration**: younger people often leave older family members behind in the countryside. Because of falling birth rates, elderly people

**academics** /ˌækə'demɪk/ n. 学习, 学术 **Their writings took powerful hold of academic circles.** 他们的著作在学术界有巨大的影响力。

**derisory** /dɪ'reɪs(ə)rɪ/ adj. 嘲笑的, 嘲弄的 **they were given a derisory pay rise.** 他们的工资增长少得可笑。

**demonstrate** /dɪ'mɒnstreɪt/ vi. 举行示威游行(或集会) vt. 说明, 演示 论证, 证明 显示, 表露 时态: demonstrated, demonstrating, demonstrates **They demonstrated the new invention to us.** 他们向我们演示了他们的新发明。

**loneliness** /'ləʊnlɪnɪs/ n. 孤独, 寂寞; 人迹罕至 **He envisaged an old age of loneliness and poverty.** 他面对着一个孤独而贫困的晚年。

**granular** /'grænjələ/ adj. 颗粒状的 名词: granularity **The substance is hard and granular.** 该物质地坚硬, 呈颗粒状。

**reunite** /ri:'juːnaɪt/ vt. 使再结合; 使再联合; 使重聚 vi. 再结合; 再联合; 重聚 **Stephanie was reunited with her parents.** 斯蒂芬尼和她的父母团聚了。

## 5

**frequently** /'fri:kw(ə)ntli/ adv. 频繁地, 屡次地 **Consonants are frequently assimilated to neighboring consonants.** 辅音往往被其邻近的辅音同化。

**enforce** /ɪn'fɔ:s/ vt. 实施, 执行 强迫, 迫使 时态: enforced, enforcing, enforces 名词: enforceability 形容词: enforceable 名词: enforcement 名词: enforcer **They tried to enforce agreement with their plans.** 他们企图迫使人们同意他们的计划。

**guidelines** /'gaɪd,lɪnz/ n. 指导方针 **We laid out the economic guidelines and followed it.** 我们制定了经济方针并且遵循它。

**comments** /'kɒment/ 注解, 注释(comment的复数) **on-the-record comments by the senator.** 议员提出的议案

**scrapping** /skræpɪŋ/ 刮; 切除坯体余泥 **Have you any scrap iron knocking about?** 你那儿有散在各处的废铁吗?

**registration** /redʒɪ'streɪʃ(ə)n/ n. 登记, 注册, 挂号 登记项目, 记录事项 登记(或注册、挂号)人数(管风琴)音栓配合(法) **Certain charities are exempt from VAT registration.** 某些慈善机构无须进行增值税登记。

**restrict** /rɪ'strɪkt/ vt. 限制; 限定; 约束 时态: restricted, restricting, restricts **Abortion is restricted in some American states.** 在美国的一些州堕胎是受限制的。

**migrants** /'maɪgrənt/ n. 移居者; 移民; 候鸟(migrant的复数形式) **Migrant workers move from country to country in search of work.** 流动工人为寻找工作, 从一个国家迁移到另一个国家。

**welfare** /'welfeə/ n. 福利; 福利事业; 幸福; 安宁 adj. 福利的; 接受社会救济的 **The welfare of the individual is bound up with the welfare of the community.** 个人福利与社会的福利有着密切的关系。

**offspring** /'ɒfsprɪŋ/ n. 子女, 子孙, 后代(动物的)崽 **German nationalism was the offspring of military ambition.** 德国民族主义是军事野心的产物。

### 今日词汇

agent ['eɪdʒənt]

n. 代理商; 经纪人; 间谍

考研出现次数: 15+

考频: ★★

考点回顾

阅读考点真题例句:

[例] If we know we will overreact to consumer products or housing options when we see a happy face (one reason good sales representatives and real estate agents are

have fewer youngsters to look after them. Research published in March by a group of **academics** in America and China, including Hanming Fang of the University of Pennsylvania, uses an unusually **granular** set of data from the Chinese Centre for Disease Control and Prevention to **demonstrate** the impact of **loneliness**. It shows that the weekly **suicide** rate among the elderly—those over 65, in this case—decreases by more than one-tenth during the Chinese New Year holiday, when families **reunite**. The holiday does not appear to affect suicides among younger people.

贫困、社会服务的缺乏以及国内迁移都加剧了这一问题：年轻一代常常把年迈的家庭成员留在农村。由于出生率下降，能够照顾老年人的年轻人越来越少。今年3月，包括宾夕法尼亚大学方汉明教授在内的中美学者发表了一项研究，该研究使用了来自中国疾病预防控制中心的一组非常精细的数据，来阐明孤独造成的影响。研究表明，在中国春节期间，当家人团聚时，老年人(65岁以上)的周自杀率下降了超10%。但这个节日似乎并不影响年轻人的自杀率。（文章来自于公众号：考研英语外刊学习）

【5】The situation may get worse. At least half of the elderly are empty-nesters, state media say. Their numbers are surging. In 2013 China passed a law requiring those who live apart from elderly parents to “**frequently** visit or send greetings”. It has, of course, proved difficult to **enforce**. On November 24th the government published **guidelines** on care for the elderly, including advice that young adults should live with, or close to, their parents. Many online **comments** were **derisory**. How about **scrapping** household-registration rules that **restrict migrants’** access to **welfare** in the cities, some asked? Only then might ageing parents leave the villages and join their urban **offspring**.

always smiling), we can take a moment before buying.

(2013年英语二33题)

[译] 如果我们知道自己在购买日用消费品或者选择房子时看到推销员微笑的面孔时就会感情用事（这就是为什么优秀的推销员和地产代理商总是笑脸盈盈的），我们就可以在购买之前花点儿时间（考虑一下）。

**短语：**1. **原文：**As china ages, worries are mounting about the mental health of its elderly population.

**词典：** **mental health** 心理健康

**例句：**

The community **mental health** team saved my life.  
社区心理健康小组救了我的命。

2. **原文：**Globally, suicide rates among old people tend to be higher than average.

**词典：** **tend to be** 往往是

**例句：** Morals **tend to be** deeply ingrained.  
道德观念往往是根深蒂固的。

3. **原文：**People there aged 70 and above kill themselves at more than four times the rate of the general population, compared with around a quarter more in America.

**词典：** **more than** 超出；比……多

**例句：** Hay fever

affects males **more than** females.  
男性感染花粉热多于女性。

4. **原文：**People there aged 70 and above kill themselves at more than four times the rate of the general population, compared with around a quarter more in America.

**词典：** **general population** 普通大众

**例句：** As for craftsmanship itself, the issue is how to preserve it as a valued skill in the **general population**  
至于技艺本身，问题在于如何在普通大众中将它作为一种有价值的技能保留。

5. **原文：**People there aged 70 and above kill themselves at more than four times the rate of the general population, compared with around a quarter more in America.

**词典：** **compared with** 与……相比较

**例句：** His fee is a drop in the ocean **compared with** the real cost of broadcasting  
他的费用与广播的实际成本相比是沧海一粟。

6. **原文：**Loneliness and inadequate health care are among the main reasons.

**词典：** **health care** 医疗保健

**例句：** Nobody wants to pay more for **health care**.  
没人愿意为医疗保健花更多的钱。

7. **原文：**But in the past 20 years, China's rate has declined more than any other country's, mainly as a result of stricter controls on those chemicals and migration to cities, where such poisons are even harder to obtain.

**词典：** **as a result of** 由于



情况可能会变得更糟。据官方媒体报道，至少有一半的老年人是空巢老人。这一群体的数量正在激增。2013年，中国通过了一项法律，要求那些与年迈的父母分开居住的人“经常看望或问候父母”。当然，事实证明，这一规定很难实施。2021年11月24日，政府发布了照顾老年人的指导意见，其中建议年轻人应该和父母住在一起或就近居住。网上的许多评论都是嘲讽此举。有人问，取消限制农民工在城市享受福利的户籍制度怎么样？只有到那时，年迈的父母才会离开农村，与他们在城市的子女团聚。

### 长难句

**1. 原文:** But in the past 20 years, China's rate has declined more than any other country's, mainly as a result of stricter controls on those chemicals and migration to cities, where such poisons are even harder to obtain.

**2. 分析:** 该句主句的结构为主 (China's rate) 谓 (has declined)。But 为转折连词, in the past 20 years 为时间状语; than 为比较级标志, 将中国和其他国家进行对比; as a result of 引导原因状语; where 引导定语从句, 先行词是 cities, 该定语从句的结构为主 (such poisons) 系 (are) 表 (harder) 补语 (to obtain)。

**3. 译文:** 但在过去的20年里, 中国自杀率的下降幅度超过了其他国家, 这主要是由于中国对这些化学品的控制更加严格了, 同时农村群体向城市迁移, 而在城市, 这些毒药更难获得。

### 段落大意:

- 【1】孤独和医疗保健服务不健全是造成老年人自杀的主要原因之一。
- 【2】近20年中国自杀率的下降幅度大。
- 【3】自杀率在下降, 但老年人的自杀率在所有年龄段中下降幅度是最小的。
- 【4】贫困、社会服务的缺乏以及国内迁移都加剧了老年人的自杀问题。
- 【5】空巢老人数量的激增增加了对老年人自杀的担忧。

**例句:** Their bodies had suffered contortion as a result of malnutrition.  
由于营养不良他们的躯体都变了形。

**8. 原文:** Because of falling birth rates, elderly people have fewer youngsters to look after them.

**词典:** because of 因为; 由于

**例句:** She resigned because of ill health.  
她因健康状况不佳而辞职。

**9. 原文:** Because of falling birth rates, elderly people have fewer youngsters to look after them.

**词典:** look after 照顾

**例句:** It makes sense to look after yourself.  
照顾好你自己是明智的

**写作技巧:** 1. 原文: “mainly as a result of stricter controls on those chemicals and migration to cities”; “that is because the elderly's share of the population has risen”; “loneliness and inadequate health care are among the main reasons”; “because of falling birth rates”.

译文: “这主要是由于中国对这些化学品的控制更加严格了”; “部分原因是老年人的人口占比增加了”; “孤独和医疗保健服务不健全是造成这一现象的主要原因之一”; “由于出生率下降”

词组: as a result of, because, ... are the reasons, because of; 这四种表达方式均可表达“因为”这一含义, 其中because后接句子, 其他的一般接名词或名词性短语, 在同一篇文章的写作中尽量丰富表达。

### 背景知识:

1. Hanming Fang: 方汉明。美国宾夕法尼亚大学经济系教授。他在医疗保险市场方面的研究获得了国际卫生经济学会颁发的每年一度的最佳健康经济学肯尼斯·阿罗大奖。
2. guidelines on care for the elderly: 照顾老年人的指导意见。为积极应对我国人口老龄化, 《中共中央 国务院关于加强新时代老龄工作的意见》11月24日发布, 具体内容包包括: 以居家养老为基础, 提升社区养老服务能力, 制定基本养老服务清单发展“互联网+照护服务”, 将老年教育纳入终身教育体系, 实施“智慧助老”行动开发老年人健康保险产品。