游泳的历史 The history of swimming

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Georgina.

我是乔治娜。

Can you swim, Georgina?

你会游泳吗，乔治娜?

I can, Neil.

我会游泳，内尔。

I learned to swim as a child and now I enjoy swimming for exercise and to relax.

我小时候就学会游泳了，现在我喜欢通过游泳来锻炼和放松。

In the summer, hundreds of keen swimmers, like Georgina, head off to swimming pools, lakes and beaches to take a dip - an informal idiom meaning 'go for a swim'.

在夏天，数以百计的像乔治娜这样的游泳爱好者会去游泳池、湖泊和沙滩泡一泡 —— 表示"游泳"的非正式习语。

Swimming has many health benefits and since ancient times has been used to promote strength and wellbeing.

游泳有很多健康方面的益处，而且自古以来就被用来强身健体。

But swimming's not just about exercise - there's far more to it beneath the surface as we'll be finding out in this programme on the history of swimming.

但是游泳不仅仅是锻炼 —— 水面之下大有玄机，我们在今天的关于游泳的历史的节目中将会找出这些内容。

Although evidence suggests that ancient Mediterranean people dived eagerly into temple pleasure pools, lakes and the sea, other cultures have swum against the tide - another swimming idiom there, Neil - meaning 'not to follow what everyone else is doing'.

尽管证据表明古代的地中海人会急切地跳进寺庙里的泳池、湖泊和大海里游泳，其他的文化却"逆流而行" —— 另一个跟游泳有关的习语，内尔 —— 意思是"不随大流"。

Someone who did enjoy swimming was the poet, Lord Byron.

诗人拜伦非常喜欢游泳。

He wrote poems popularising the sport and in 1810 swam the Hellespont, a stretch of water separating Europe from Asia.

他写了让这项运用变得流行的诗歌，并且在 1810 年在达达尼尔海峡 —— 将欧洲和亚洲分开的水域 —— 游泳。

But in which modern country can the Hellespont be found - that's my quiz question, Georgina.

但是在那个现代国家可以发现达达尼尔海峡 —— 这就是我今天的问题，乔治娜。

Is it a) Greece, b) Cyprus, or c) Turkey?

是 A. 希腊，B.塞浦路斯，还是 C. 土耳其?

I think Lord Byron visited Istanbul, so I'll say c) Turkey.

我认为拜伦去过伊斯坦布尔，所以我要选 C. 土耳其。

OK, we'll find out the answer at the end of the programme.

好的，我们会在节目结束的时候找到答案。

For all its good points, swimming seems to have lost its appeal in Europe after the decline of the Roman Empire.

尽管有这么多好处，自从罗马帝国陨落之后游泳在欧洲似乎已经失去了吸引力。

According to historian and swimming enthusiast, Professor Kevin Dawson, the rise of Christian beliefs discouraged swimming, as he explains here to BBC World Service programme, The Forum.

根据历史学家和游泳爱好者凯文·道森教授的说法，基督教信仰的兴起限制了游泳，他在 BBC 的世界服务节目《论坛》中如是说。

You have some beliefs that water is this unsafe space, unnatural space for human beings...

你相信水域对于人类来说是不安全的空间，非自然的空间......

It's a perpetuation of the chaos that existed before God created land, or that water is a mechanism for punishment like the Great Flood story or pharaoh's army being destroyed in the Red Sea.

它是上帝创造大地之前就存在的混沌的延续，或者水是一种惩罚机制，就像大洪水的故事，或者法老的军队在红海被毁灭。

But then there's also beliefs that swimming is immodest.

但是当时还有人相信游泳是不合礼仪的。

Most people at the time swam nude and so church officials discouraged swimming because they felt that it led to immodest behaviour.

当时大部分人裸泳，所以教会不鼓励游泳，因为他们认为这会导致不合礼仪的行为。

As well as being considered unsafe or chaotic, swimming was seen as immodest - shocking because it shows too much of the body.

除了被认为是不安全或混乱的，游泳还被视作不合礼仪的 —— 令人震惊，因为露出了身体的太多部分。

This was because most people at the time swam nude - naked, without clothes.

这是因为当时大部分人裸泳 —— 裸体的，没有任何衣物。

Another place with a long history of swimming is the remote Maldives Islands in the Indian Ocean.

另一个拥有游泳的悠久历史的地方是印度洋里遥远的马尔代夫群岛。

In the Maldives, access to shallow, warm sea-water lakes called lagoons makes it an unbeatable place for swimming.

在马尔代夫人们可以到水很浅的温暖的海水湖，叫做濒海湖，这使得它成为了游泳的不二之地。

But even on a tropical island, things haven't always gone swimmingly as diver and Maldives resident, Mikael Rosen, told BBC World Service programme, The Forum.

但是即使是在热带岛屿上，游泳也并不总是那么容易，正如潜水者兼马尔代夫居民 Mikael Rosen 跟 BBC 世界服务节目《论坛》说的那样。

Listen for the reason Mikael gives for the change in people's attitudes to swimming in the Maldives.

请听 Mikael 给出的马尔代夫的人们对于游泳态度变化的原因。

Most citizens of the Maldives have half a mile to a lukewarm lagoon.

马尔代夫的大部分居民距离温暖的濒海湖只有半英里。

Given that, they could be world leaders in swimming, but in the 1960s the government recruited a lot of teachers from India, Sri Lanka.

鉴于此，他们得以成为全世界游泳方面的先行者，但是在 20 世纪 60 年代，政府从印度、斯里兰卡招聘了很多老师。

They didn't know anything about the water culture and they noticed that the young students playing hooky – they were in the lagoons, and swimming soon got frowned upon, but now the government and the local organisations – they try to reclaim swimming.

他们对于水文化一无所知，并且发现年轻的学生们逃学 —— 他们在濒海湖里游泳，很快游泳就受到非议，但是现在政府和当地的组织 —— 他们努力恢复游泳。

Did you hear the reason Mikael gave, Neil?

你听到了 Mikael 说的理由了吗，内尔？

Yes, he said that young students were playing hooky to go swimming in the lagoons.

是的，他说年轻的学生逃学去濒海湖里游泳。

Play hooky is an informal way of saying 'stay away from school without permission'.

逃学是表示"在没有许可的情况下不去学校"的非正式说法。

Right, and that meant swimming quickly got frowned upon, or disapproved of.

是的，而这意味着游泳很快就被人们所诟病，或者说不同意。

It seems a bit unfair since there was already a strong culture of swimming in the Maldives which the arriving teachers didn't fully appreciate.

这似乎有点不公平，因为在马尔代夫有很强势的游泳文化了，到那里去的教师并不欣赏这一点。

Well, I know which I'd rather do - sit in a classroom or swim in a warm tropical lagoon!

嗯，我知道我更喜欢哪一个 —— 坐在教室里，或者在热带的濒海湖里游泳。

Swimming, right?

游泳，对吗？

But then you would never have learned about Lord Byron...

但是那你就永远不会学到关于拜伦爵士的事情了......

Yes, in your quiz question you asked me about Lord Byron swimming the Hellespont, a stretch of water separating Europe from Asia.

是的，在你的问题中，你问我关于拜伦爵士游达达尼尔海峡 —— 将欧洲和亚洲分开的水域 —— 的事情。

I asked you in which country the Hellespont can be found.

我之前问你，可以在哪个国家看到达达尼尔海峡。

Is it a) Greece, b) Cyprus, or c) Turkey?

是 A. 希腊，B.塞浦路斯，还是 C. 土耳其?

What did you say?

你说的是什么?

I said c) Turkey.

我说的是 C. 土耳其。

Was I right?

我答对了吗?

Yes, you were, Georgina!

是的，你答对了，乔治娜!

The Hellespont, also known as the Straits of Dardanelles, is a six-kilometre-wide stretch of water in Turkey.

达达尼尔海峡，也被称作 the Straits of Dardanelles，是土耳其的一条六公里宽的水域。

Let's recap the vocabulary from this programme on swimming, which some people informally call taking a dip.

我们来回顾本期节目中跟游泳相关的词汇吧，游泳的非正式说法是在水里泡一泡。

Someone who swims against the tide refuses to do what everyone else is doing.

逆流而游的人拒绝做其他每个人都在做的事情。

In the past, swimming was considered immodest - shocking because it showed too much of the body.

在过去，游泳被认为是不合礼仪的 —— 令人震惊的，因为露出了过多的身体部分。

Another word for naked or not wearing any clothes is nude.

另一个表示裸体或没有穿任何衣物的词是一丝不挂的。

Children who play hooky stay away from school without permission.

逃学的孩子指的是在没有允许的情况下不去学校。

And finally, if something is 'frowned upon' it's disapproved of.

最后，如果有人对某事"皱眉头"，那么它被反对。

That's all for our dive into the deep end of the vocabulary of swimming.

以上就是我们今天在游泳相关词汇里遨游的收获。

As we've discovered, there's plenty of idioms and expressions relating to swimming and water!

正如我们发现的那样，还有很多跟游泳和水相关的习语和表达。

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