

人类邋遢吗？ Are humans a messy species?

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 Sam.

我是萨姆。

If you live in a city, you're probably familiar with this very modern sight: a man walking his dog drops a little black plastic bag into a rubbish bin.

如果你生活在城市里，你很可能会熟悉这个非常现代的景象：一个遛狗的男性把一个黑色的小塑料袋扔进垃圾箱。

Inside the bag is dog poo.

袋子里面是狗屎。

It might make it seem that humans are hygienic creatures - certainly cleaner than dogs, who go to the toilet wherever they want.

这似乎让人类看起来是讲卫生的生物——肯定比狗干净，它们会随地大小便。

But is this the whole story?

但是这是故事的全部吗？

How do us humans compare with other animals when it comes to keeping ourselves and our environment clean?

说到让自己和环境保持干净，我们人类跟其他动物相比如何呢？

In this programme, we'll be asking whether humans as a species are naturally clean and tidy.

在本期节目中，我们将探寻人类这个物种是否天生就是干净整洁的。

In fact, from dumping raw sewage into rivers to littering the streets with trash, humans aren't always good at dealing with waste.

事实上，从把未经处理的污水排进河流到往街道上丢垃圾，人类并不总是擅长于处理废物。

While some animals, on the other hand, are instinctively clean.

而另一方面，有一些动物却本能地很干净。

Right, cats for example dig a hole to bury their poo.

没错，比如猫会挖一个洞来埋它们的粪便。

In the past, humans got rid of their waste by throwing it into the street or into streams and rivers, hoping the water would wash it away.

在过去，人类处理废物的方式是把它扔到街上或河流里，希望水能够把它冲走。

Out of sight out of mind!

眼不见，心不烦！

That's a phrase used to say that it's easier to forget something when you can't see it.

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这个短语被用来表示当你看不见某事时，更容易将它忘却。

But this doesn't always work, as we'll discover from my quiz question, Sam.

但是就像我们今天要从我的问题里发现的那样，这并不总是奏效，萨姆。

In Victorian times, the population of London boomed and so did all the pee and poo being thrown into the River Thames.

在维多利亚时期，伦敦的人口激增，被扔进泰晤士河的大小便也是如此。

It got so bad that by the 1850s the awful smell had its own name, but what?

直到 19 世纪 50 年代情况变得非常糟糕，以至于这种可怕的气味拥有了属于自己的名字，那是什么呢？

Was it A) The Great Stench, B) The Great Stink, or C) The Great Smell?

是 A. 大恶臭，B. 大臭气，还是 C. 大臭味？

Ugh! All sounds pretty disgusting, Neil, but I'll go for A) The Great Stench.

呃！听起来都很恶心，内尔，但是我要选 A. 大恶臭。

OK, Sam, we'll find out if that's right later.

好的，萨姆，我们稍后会揭晓是否正确。

Earlier you mentioned cats as examples of animals who hide their waste, but leaf-cutter ants go even further: they kill any dirty ants trying to re-enter the group!

之前你以猫为例说到了会把排泄物隐藏起来的动物，但是切叶蚁更进一步：它们会杀死任何试图重新进入这个群体的脏蚂蚁。

Zoologist, Professor Adam Hart, has spent years studying ants and other clean creatures.

动物学家亚当·哈特教授花了很多年研究蚂蚁和其它干净的生物。

Here he is speaking with BBC World Service programme, The Conversation.

以下是他对话 BBC 的世界服务节目《对话》。

Some animals, you'll be watching, and it is just pouring out of the back end and they don't seem to care.

你会看到一些动物在尾部排泄，而且它们毫不在意。

Other animals will go to quite great lengths to go to a specific area.

其它动物则会不辞辛苦走到特定的区域。

Some antelope for example will go to a sort of latrine area.

比如一些羚羊会去那种像厕所一样的区域。

It's really linked to their ecology.

这个跟它们的生态有关。

So quite often animals are using dung and also urine as marking posts and territorial markers to say to other groups of animals and other individuals that, well, this is my territory, not yours.

所以很多时候动物们用它们的粪便和尿液作为标杆和领土标志，告诉其它动物族群和个体这是我的领土，不是你的。

Like cats and ants, antelopes go to great lengths, meaning they try very hard to do something, in this case to leave their poo, or dung, in a specific area, away from their home.

就像猫和蚂蚁一样，羚羊会不辞辛苦，意思是它们努力做某事，在这里指的是把它们的粪便留在特定区域，远离它们的家。

Antelopes leave smells, called territorial markers, secreted in urine, or pee, to tell other animals that an area of land is already occupied.

羚羊会留下气味，叫做领土标志，以尿液的形式，告诉其它动物某块土地已经被占领了。

OK, Sam, but just because most of us don't pee at the bottom of the garden, does that necessarily mean humans are dirtier?

好的，萨姆，但是仅仅因为我们大多数人没有在花园尽头撒尿，就一定说明人类更脏吗？

Well, no, not according to psychologist, Dr Michael De Barra.

嗯，不是的，根据心理学家迈克尔·德·巴拉的说法，不是这样的。

He thinks that human attitudes to cleanliness are related to the problem of infectious diseases, something we've all experienced during the Covid pandemic.

他认为人类对于清洁的态度跟传染疾病问题有关，我们已经在新冠疫情期间体验到了。

Here is Dr De Barra, explaining more to BBC World Service's, The Conversation.

以下是德·巴拉博士向 BBC 世界服务节目《对话》做进一步解释。

So, in humans it seems like the emotion disgust is a big part of how we deal with infectious diseases problems.

所以在人类心中，似乎情绪上的反感是我们如何应对传染疾病的一个重要部分。

It's characterised by avoidance, by sometimes feelings of nausea.

它的特点是回避，有时候会有反胃的感觉。

And what's interesting about it is that it is elicited by many of the things that are infectious disease threats in our environment.

而且有趣的是，它是我们环境中的许多传染病威胁引起的。

So that might be particular smells, or particular substances, body wastes, physical signs of infectious disease - coughs, sneezes.

所以可能是某种特殊的气味，或者物质、身体排泄物，传染疾病的身体迹象 —— 咳嗽，打喷嚏。

Our natural reaction to something which is dirty, and which therefore may be diseased and harmful to us, is disgust - a strong feeling of dislike or repulsion.

我们对某个很脏的，因此会有疾病的并对我们有害的事物的自然反应是恶心 —— 一种强烈的厌恶感。

We might feel so disgusted at the sight or smell of human waste that we actually want to vomit - a feeling known as nausea.

我们看到或闻到人类排泄物的时候可能会觉得很恶心以至于我们想要呕吐 —— 一种被叫做作呕的感觉。

These bodily reactions are the immune system's way of saying: keep away! This will make you sick!

这些身体反应都是免疫系统再在说：走开！这会让你生病！

So, although getting a bit dirty won't kill you (unless you're a leaf-cutter ant) , human evolution has developed a psychological way of keeping us clean.

所以尽管有一点脏不会让你有生命危险（除非你是一只切叶蚁），人类进化已经发展出了让我们保持干净的心理方式。

What's the matter, Sam?

怎么了，萨姆？

You look a little green!

你脸色有点发绿！

I am, Neil!

是的，内尔！

All this talk of pee and poo is disgusting!

这些对于大便小便的谈论很恶心！

And just imagine how bad it must've been in the old days.

请想象一下过去有多么糟糕吧。

Like in Victorian times before the invention of modern sewers and sanitation.

例如在现代下水道和卫生间被发明出来的维多利亚时期。

In my quiz question I asked you what people called the awful smell in London in the 1850s.

我的问题问你人们把 19 世纪 50 年代伦敦的恶臭叫做什么。

And I said it was A) The Great Stench.

我说的是 A. 大恶臭。

Was I right?

我答对了吗？

You were wrong!

你答错了！

In fact, the answer was B) The Great Stink, which stunk up the River Thames all the way to Westminster.

事实上答案是 B. 大臭气，它让泰晤士河到威斯敏斯特都臭气熏天。

It was only when the smell reached the noses of politicians in Parliament that something was done about it.

直到臭气窜到了议会的政客们的鼻子里，他们才开始有所行动。

So starting another useful phrase, to raise a stink about something, meaning to make a strong public complaint.

所以出现了另一个实用的短语，为.....大吵大嚷，意思是发出强烈的公共投诉。

OK, let's recap the other vocabulary, starting with out of sight, out of mind, a phrase meaning that it's easier to forget something when you can't see it.

好的，我们来回顾其它的词汇，从眼不见心不烦开始，这个短语的意思是如果你看不见某事，那么会更容易忘记它。

To go to great lengths means to try very hard to achieve something.

长途跋涉指的是艰难地达成某事。

Territorial markers are smells in animals' dung or urine marking their territory.

领土标志指的是动物标记领土的粪便或尿液中的味道。

These may fill you with disgust - a feeling of strong dislike or repulsion.

这些可能会让你感到恶心 —— 一种强烈的厌恶感。

Or even give you nausea - the feeling that you are going to vomit.

或者甚至会让你作呕 —— 你要呕吐的感觉。

And that's all for this stinky edition of 6 Minute English.

以上就是臭臭的六分钟英语的全部内容。

Join us again soon for more topical chat and useful vocabulary.

请再次收听我们的节目，学习更多话题聊天和实用词汇。

Bye for now!

再见！

Bye!

再见！
