

## 一个更安静的世界 A quieter world

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。

In this programme, we're talking about something that always surrounds us - noise.

在本节目中，我们要谈论总是在我们身边的东西 —— 噪音。

Yes, whether it's the natural sounds of birdsong, the wind blowing, or man-made noise, like traffic or music - there's always something we can hear.

是的，不管是鸟叫、风吹这样的自然声音，还是人造的噪音，例如交通或音乐 —— 我们总能听到一些东西。

Of course, there are sounds that we like to hear and then there are those sounds that really grate - annoy or irritate...

当然，有些声音我们很喜欢听，然后也有一些声音真的令人烦躁 —— 令人生气或惹怒.....

...like the beeping sound on a reversing lorry or someone drilling a hole in the road.

.....例如正在倒车的货车发出的哔哔声或有人在路上钻洞。

Indeed.

确实。

Soon we'll be looking at the language of noise and hearing about ideas for making the world a quieter place.

稍后我们将学习噪音的表达，并且还会听到一些关于让世界更安静的想法。

But let's kick off with a question about the measurement of sound, which is in units called decibels.

但是我们先用一个关于测量声音，单位是分贝，的问题开始今天的节目吧。

According to a guide by the World Health Organisation, what is considered the highest level we can be safely exposed to for a maximum of eight hours?

根据世界卫生组织的一份指南的说法，哪一个是我们最多安全接触八个小时的最高声音水平？

Is it a) 55 decibels, b) 85 decibels, or c) 125 decibels?

是 A. 55 分贝，B. 85 分贝，还是 C. 125 分贝？

I imagine it's quite low, so I'll go for a) 55 decibels.

我认为应该很低，所以我要选 A. 55 分贝。

Well, as always, I'll reveal the correct answer later.

嗯，老规矩，我稍后会揭晓答案。

### 添加的词汇



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Now, let's sound out what people know about sound, starting with Julian Treasure, the founder of The Sound Agency.

现在我们来听听人们对声音的了解吧，先从 The Sound Agency 的创始人 Julian Treasure 开始。

He spoke to the BBC World Service programme, People Fixing the World.

他对话了 BBC 世界服务节目《修理世界的人》。

He discussed why noise is a form of pollution.

他阐述了为什么噪音是一种污染。

And it's bad for our health, but we don't always realise...

而且它有害我们的健康，但是我们总是没有意识到.....

Sound has powerful effects on us all the time, even though most of the time we're not conscious of it because we've kind of got into the habit of suppressing our listening.

声音总是对我们有强烈的影响，及时大部分时间我们没有意识到它，因为我们已经习惯了压抑我们的听觉。

There's so much noise around us in cities that we get into the habit of ignoring it.

城市里我们周围有太多噪音，以至于我们已经习惯忽略它了。

Now that's not a great thing when the noise is having a bad effect on us.

如果噪音对我们有不好的影响的话，这可不是件好事。

Julian makes a good point - that sounds affect us all the time, even when we don't realise.

Julian 说得很好 —— 那些声音一直在影响我们，即使我们没有意识到。

We're not conscious of it - so we're not aware of it, but it is there.

我们对它没有意识 —— 所以我们没有注意到它，但是它就在那。

It may be irritating us, but we don't stop to think what it is that's annoying us.

它也许让我们生气，但是我们并没有停下来思考是什么让我们生气。

As Julian also said, we get into the habit of ignoring sounds.

正如 Julian 说的那样，我们已经习惯忽视声音了。

When you get into the habit of something, you start doing something regularly without even thinking about it.

当你习惯某事时，你开始定期做某事，甚至想都不想。

And another habit we get into is suppressing our listening - so, preventing or stopping ourselves from hearing the noises.

我们的另一个习惯是压抑我们的听觉 —— 所以阻止我们自己听到噪音。

But experts have found this isn't good for us.

但是专家们发现这对我们不好。

That noise in the background can lead to stress and mental health issues.

背景中的噪音会导致压力和精神健康问题。

Yes, we all need some peace and quiet.

是的，我们都需要一些宁静。

Of course, there are many techniques for reducing and absorbing noise.

当然，有很多减少和吸收噪音的技巧。

For example, trees are grown by motorways to absorb the traffic noise.

例如，在马路两边种植树木来吸收交通噪音。

At a large rock concert, acoustic screens are put up to stop the sound being heard too far away.

在大型的摇滚演唱会上，会安装声屏来阻止声音在很远的地方被听到。

All sound ideas - I mean good ideas.

都是很好的想法 —— 我的意思是好点子。

But let's head to the world's noisiest city - Mumbai in India - where honking car horns is a big problem.

但是来看看世界上最吵的城市 —— 印度的孟买 —— 那里汽车鸣笛是个大问题。

I love the sound of that word honk - a short, loud sound - but I don't like the actual noise.

我喜欢鸣笛这个词 —— 短促洪亮的声音 —— 但是我不喜欢真实的噪音。

The People Fixing the World programme discussed this problem and met a woman who's been working for years to try and reduce noise levels and create quiet zones.

《修理世界的人》这个节目讨论了这个问题，并且见了一位多年来一直降低噪音水平并且创造安静地带的女性。

She's Sumaira Abdul Ali from the Awaaz Foundation, and she explained why honking horns was a hard thing to control...

她就是来自 Awaaz 基金的 Sumaira Abdul Ali，她解释了为什么鸣笛很难控制.....

Honking and noise in general in India is a medium of expression, of sadness, of happiness, of every kind.

一般来说印度的鸣笛声和噪音是一种表达的媒介，表达悲伤、快乐，各种情绪。

This is what I was told when I started working, that these are all Western ideas to want to control noise - Indians love noise!

我从一开始工作就被这么告知，想要控制噪音都是西方的想法 —— 印度人喜欢噪音！

And it's about the noise, it's about the colour, it's about the laughter and happiness, we don't want to be like the West - you know, those kind of dull, boring people, who don't express themselves the way we do!

而这关乎噪音，关乎肤色，关乎欢笑和快乐，我们不想成为西方 —— 你知道的，那些有点沉闷，无聊的人，他们不像我们一样表达自我！

I like how honking a horn isn't just for road safety - it's almost another language.

我喜欢不只是为了道路安全而鸣笛 —— 这几乎是另一种语言。

People express themselves - or show how they feel - by sounding their car horn.

人们通过按他们的汽车喇叭来表达自我，或者说他们的感受。

To control this noise - to be quieter - is considered a Western idea.

要想控制这种噪音 —— 变得更安静 —— 被认为是西方的想法。

But Samaira is trying to change drivers' behaviour, and after much effort, even got the police to run a campaign.

但是 Samaira 正努力改变司机的行为，并且经过大量努力之后，甚至让警方开始了一项运动。

If noise levels at traffic lights went over 85 decibels, the lights would remain on red for longer!

如果信号灯处的噪音水平超过 85 分贝，那么红灯就会变长。

Sounds like a good idea!

听起来是个不错的主意！

There's much more about this on the BBC's Fixing the World webpage.

BBC 的《修理世界的人》的网页上还有更多关于这个的信息。

So, Neil, you just mentioned 85 decibels.

所以内尔，你刚刚提到了 85 分贝。

Is that the answer to the question you asked earlier?

这是你刚刚问我的问题的答案吗？

Earlier I asked, according to a guide by the World Health Organisation, what is considered the highest level we can be safely exposed to for a maximum of eight hours?

我之前问你，根据世界卫生组织的一份指南的说法，哪一个是我们最多安全接触八个小时的最高声音水平？

I said 55 decibels.

我说的是 55 分贝。

Ah! Well, it is actually 85 decibels, Georgina.

啊！嗯，实际上是 85 分贝，乔治娜。

Bad luck.

真不走运。

The permissible time for safe listening decreases as sound levels increase.

安全允许的倾听时间随着声音水平的升高而降低。

So, for example, a sound as high as 100 decibels - the level produced by a subway train - can be safely listened to for only 15 minutes each day.

所以，举个例子，100 分贝的声音 —— 地铁产生的声音水平 —— 每天只可以安全地听 15 分钟。

Well, that's good to know.

嗯，知道这个很不错。

Now, let's recap on some of the vocabulary we've been discussing, starting with grate - spelt G-R-A-T-E - it means annoy or irritate.

现在我们来回顾一些我们一直在讨论的词汇吧，从惹怒开始，拼作 G-R-A-T-E，它的意思让人生气。

When we are conscious of something, we are aware of it.

当我们意识到某事时，我们注意到了它。

And when we get into the habit of something, we start doing something regularly, often without even thinking about it.

当我们习惯了某种事物，我们开始定期做这件事，甚至常常都不思考。

Suppressing describes preventing, stopping or reducing something.

压抑描述的是阻止，停止或减少某事。

Honk is the short, loud sound a car horn makes.

鸣笛声指的是汽车喇叭发出的短促、洪亮的声音。

Like this - honk.

就像这样 —— 嘟嘟。

I can hear you coming, Neil!

我听到你来了，内尔！

Finally, to express yourself, means to show how you feel.

最后，表达自我表示的是表达你的感受。

Well, I must express my sadness because we're out of time now.

好的，我必须表达自己的悲伤，因为我们现在没时间了。

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And of course, we are all over social media.

当然我们还有各种社交媒体账号。

Thanks for listening and goodbye.

感谢收听，再见。

Goodbye.

再见。

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