

隐士 Hermits

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 Rob.

我是罗伯。

Do you enjoy your own company, Rob?

你喜欢你自己陪着自己吗，罗伯？

Do you like being alone?

你喜欢一个人待着吗？

Or do you prefer spending time with friends?

或者你更喜欢跟朋友们待在一起？

Well, recently I haven't seen my friends much because of coronavirus - in fact, I've hardly seen anyone this past year!

嗯，最近我没怎么见朋友，因为新冠的原因 —— 事实上，我在过去的一年里几乎没怎么见他们！

It sounds like Rob has become a bit of a hermit - someone who lives alone and apart from society.

听起来罗伯似乎已经变成了一个隐士了 —— 一个人生活并且远离社会的人。

Yes, I've been forced to spend time alone - but it wouldn't be my choice.

是的，我不得不一个人待着 —— 但是这并不是我的选择。

I'd much rather be socialising, visiting friends.

我更愿意跟朋友们社交，拜访他们。

If, like Rob, the idea of being alone does not appeal to you, it might be hard to understand why anyone would choose to be a hermit.

如果，就像罗伯一样，独自一人待着的想法无法吸引你，要想理解为什么有人会选择成为隐士可能会很难。

But some people do - and in this programme we'll be hearing some of the reasons why.

但是有些人是这么选择的 —— 而在本期节目中，我们将听到一些原因。

Throughout history and across all cultures, there have been people who choose to leave behind the life and people they know to live in isolation and silence.

纵观历史和所有文化，一直有人选择放下尘世生活以及他们认识的人去生活在孤独和寂静中。

People like Christopher Wright - an American man who lived in complete isolation in the forests of Maine for nearly 30 years!

像克里斯托弗·怀特这样的人 —— 这个美国人完全与世隔绝地在缅因州的森林里生活了将近 30 年！

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When hikers discovered his tent all they found was an alarm clock.

当远足者发现他的帐篷时，他们只发现了一个闹钟。

So my quiz question is this: why did Christopher Wright, the hermit of the Maine woods, need an alarm clock?

所以我的问题如下：为什么克里斯托弗·怀特，这个住在缅因州森立里的隐士需要一个闹钟？

Was it a) to remind him when to hide his tent, b) to frighten away wild animals, or c) to wake him up at the coldest part of the night so he didn't freeze to death?

是 A. 提醒他什么时候藏起他的帐篷，B.吓跑野生动物，还是 C. 在夜晚最冷的时候叫醒他免得他被冻死？

Well, if he wanted to be alone so much I guess he needed to be invisible, so I'll say a) to remind him to hide his tent.

嗯，如果他这么想一个人呆着，那么我猜他需要隐身，所以我要选 A. 提醒他藏起他的帐篷。

OK, Rob, we'll find out the answer later.

好的，罗伯，我们稍后会揭晓答案。

Christopher Wright may be an extreme example of someone seeking solitude, but there are many other motivations for becoming a hermit.

克里斯托弗·怀特可能是一个寻求孤独的人的极端例子，但是变成隐士还有很多其它动机。

Some people are looking for peace and silence, and for others it's about being closer to God, focusing on what's inside and finding a sense of joy.

有些人是为了寻求平静和宁静，而对于其他人来说，这关乎于更接近上帝，专注于内心并感受到快乐。

Meng Hu is a former librarian who now runs a website all about hermits.

胡蒙曾经是一个图书管理员，现在经营者一个关于隐士的网站。

He says that in ancient times, many Chinese hermits seeking solitude were followers of the philosopher, Confucius.

他说在古代，很多中国寻求孤独的隐士是哲学家孔子的追随者。

Here's Meng Hu talking about Confucius to BBC World Service programme, The Why Factor.

以下是胡蒙在 BBC 世界服务节目《The Why Factor》中谈论孔子。

His dictum was something like, 'When the Emperor is good, serve.

他的名言可以这么说：“当君主圣明的时候，入世。

When the Emperor is evil, recluse'.

当君主昏庸的时候，出世。”

Meng Hu mentions Confucius's dictum.

胡蒙提到了孔子的名言。

A dictum is a short statement or saying which expresses some wise advice or a general truth about life.

名言指的是传达出关于人生的智慧建议或一般真相的简短的陈述或俗语。

Confucius's dictum advised that when the Emperor was evil, people should become recluses - people, like hermits, who live alone and avoid contact with others.

孔子的名言建议帝王昏庸的时候，人们应该成为出世者 —— 像隐士一样独居并避免与他人交流的人。

In the interview, Meng Hu uses 'recluse' as a verb - to recluse - but this is very uncommon.

在采访中，胡蒙把出世用作了动词，但是这很不同寻常。

A more modern way of saying this is, to drop out - to reject the normal ways society works and live outside the system.

更现代的说法是退出 —— 拒绝社会的一般运作法则并生活在系统之外。

A bit like the hippies in the 1960s, you mean?

你是说有点像 20 世纪 60 年代的嬉皮士？

Right.

是的。

Although most hippies weren't looking for isolation, they did have something in common with hermits - the desire to challenge society's rules and conventions.

尽管大多数嬉皮士不是在寻求孤独，他们确实跟隐士有一些相似之处 —— 想要挑战社会规则 and 传统。

Someone who combines the hippie and the hermit is Catholic writer, Sara Maitland.

天主教作家莎拉·迈特兰将嬉皮士和隐士结合于一身。

Part of a long tradition of Christian hermits, Sara spent forty days and nights alone on the Isle of Skye, seeking God in the silence of the remote Scottish island.

作为基督教隐士长久以来的传统的一部分，莎拉一个人在 Skye 岛上待了四十天，在遥远的苏格兰岛的寂静之中寻找上帝。

For her, the magic of silence is something to be embraced and taught to children.

对于她来说，我们应该接纳并教给孩子沉默的魔力。

Here she explains more to BBC World Service's, The Why Factor.

以下是她对 BBC 世界服务节目《The Why Factor》进一步解释。

Most people first encounter silence in bereavement, and that in relationship breakdown and in death and that seems to be about the worst place to start.

大多数人第一次经历沉默是在丧亲之痛时，在关系破裂时，是在死亡之时，而这似乎是最糟糕的起点。

But people say, 'But what should we do?' Never, ever use 'Go to your room on your own' as a punishment.

但人们说：“但是我该怎么做？”不要把“回你房间一个人待着”作为一种惩罚。

You use it as a reward - 'Darling, you've been so good all day, you've been so helpful, why don't you go to your room for half an hour now and be on your own?' A treat! A reward!

你要把它当做一种奖励 —— “亲爱的，你今天表现得很棒，你帮了很多忙，为什么不去你的房间一个人待半个小时呢？”一种优待！一种奖励！

Sara says that most people experience silence after a bereavement - the death of a relative or close friend.

莎拉说大部分人在丧亲之痛 —— 亲属或亲密的朋友死亡 —— 之后会经历沉默。

She also thinks that parents should never tell their children, 'Go to your room!' as a punishment.

她还认为家长们永远不能把对孩子说“回你的房间”作为一种惩罚。

Instead, being alone should be a treat - a reward or gift of something special and enjoyable.

相反地，独处应该是一种优待 —— 一种特殊且令人享受的奖励或礼物。

That way, children learn that being alone can actually be enjoyable.

那样，孩子们会明白独处其实很享受。

I'm still wondering about that American, Christopher Wright - I suppose living alone in the woods was a treat for him.

我还是想知道那个美国人克里斯托弗·怀特的事情 —— 我想在森林中独自生活对他来说是一种优待。

I suppose so, but why did he need an alarm clock?

我同意，但是他为什么需要一个闹钟呢？

Ah, yes, your quiz question, Neil.

啊，是的，你的问题，内尔。

I thought maybe it was to remind him to hide his tent.

我认为也许它是用来提醒他把帐篷藏起来的。

Was I right?

我答对了吗？

Well, incredibly, Rob, the answer was c) to wake him up at the coldest part of the night so he didn't freeze to death!

嗯，难以置信的是，罗伯，答案是 C. 在夜晚最冷的时候叫醒他免得他被冻死！

That's someone who really wants to be left alone!

这个人真的想要一个人独处！

A hermit in other words, or a recluse - two ways of describing people who live alone and avoid others.

换句话说就是隐士，或者出世者 —— 两种描述独自生活回避他人的人的方式。

OK, let's recap the rest of the vocabulary, starting with dictum - a short saying often giving wise advice or expressing a general truth about life.

好的，我们来回顾剩下的词汇吧，从名言开始 —— 给出智慧建议或表达出人生的一般真相的简短的话语。

People who drop out, reject the normal rules of society and live outside the system.

退出，拒绝社会常规并生活于系统之外的人。

Many people experience solitude after a bereavement - the death of a close friend or relative.

很多人在丧亲之痛 —— 亲密的朋友或亲人去世 —— 后经历孤独。

And finally a treat is reward or gift of something special and enjoyable.

最后，优待指的是特殊且令人享受的奖励或礼物。

That's all for now, but whether you're listening alone or with others, we hope you'll join us again soon, here at 6 Minute English.

今天的节目就到这里，但是不管你是一个人听还是跟其他人一起听，我们希望你下次继续收听六分钟英语。

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Bye bye!

再见！

Bye for now!

再见！
