

书籍的平复力 The soothing power of books

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。

What type of books do you like to read, Georgina?

你喜欢看哪种类型的书，乔治娜？

I love reading crime fiction, you know, detective stories by authors like Ruth Rendell or Agatha Christie.

我喜欢看犯罪小说，你知道的，像鲁斯·伦德尔或阿加莎·克里斯汀这样的作家写的侦探故事。

Really? Do you find them relaxing?

真的吗？你觉得看这些书能让你放松吗？

I wouldn't say relaxing exactly, but I get really involved in the story-trying to work out who the murderer is...then finding out on the last page.

也不能说是放松，但是我会沉浸到故事中——试图找出凶手是谁.....然后在最后一页找到答案。

That's interesting because today we'll be looking at how books can help us relax and feel more alive during troubled times.

这很有趣，因为今天我们要了解书本如何在艰难时期帮助我们放松并更有生气。

We'll be finding out how reading is one of the best ways to find relief from the pressures of modern life.

我们会知道阅读为什么是从现代社会的压力中寻求解脱的最佳方式之一。

Neil, are you talking about 'Bibliotherapy'?

内尔，你在说“阅读疗法”吗？

Amazing detective skills, Georgina!

侦查能力太棒了，乔治娜！

Exactly.

没错。

'Bibliotherapy' is the prescription of books as a remedy to sickness.

“阅读疗法”就是将书本作为治疗疾病的药品的处方。

It has been around since 2013, when the UK charity 'Reading Agency' published a list of books that doctors could offer to patients, tackling topics from depression to dementia to chronic pain.

它于2013年开始出现，当时英国的慈善机构“阅读社”发表了一个医生会提供给病人的书单，处理的问题从抑郁到精神错乱到慢性疼痛。

添加的词汇

scheme's

英:/ski:m/ 美:/ski:m/

n. 计划；组合；体制；诡计 vi. 搞阴谋；拟订计划



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Since then, 1.2 million readers have borrowed the *scheme's* books from libraries.

从那时起，有120万人已经从图书馆借阅了这个计划中的书目。

It's so successful that it's about to be extended to children as well.

它如此成功，所以准备把范围扩大，面向儿童。

I wonder which books have been most popular over that time.

我想知道从那时起哪些书是最受欢迎的。

In fact, that's my quiz question for today.

事实上这就是我今天的问题。

What is the best-selling book of all time?

史上最畅销的书是哪一本？

Is it a) Harry Potter and the Philosopher's Stone by J·K Rowling, b) A Tale of Two Cities by Charles Dickens, or c) Don Quixote by Miguel de Cervantes?

是 A. J·K·罗琳写的《哈利·波特与魔法石》，B. 查尔斯·狄更斯写的《双城记》，还是 C. 米格尔·德·塞万提斯写的《堂吉珂德》？

I'll say a) Harry Potter.

我要选 A. 《哈利·波特》。

OK. Well, we'll find out later if you're right.

好的。我们稍后会揭晓你是否回答正确。

In 'Bibliotherapy', people meet up to read together.

在“阅读疗法”中，人们会见面然后一起读书。

Professor Philip Davis, who runs these reading groups, believes they help the participants 'come more alive'.

菲利普·戴维斯教授经营着这些阅读小组，他认为它们能够帮助参与者“变得更有生气”。

Here he is speaking to BBC Radio 4's You and Yours about what he's discovered.

以下是他对 BBC 电台 4 频道的节目《You and Yours》讲述他的发现。

Above all, that is not to do with scanning, with quick reading, when they're reading literature.

最重要的是，他们在阅读文学作品的时候并不是在快速阅读，略读。

If they're just scanning, if you're just looking for information, you go fast, it's very easy, it's automatic.

如果他们只是略读，如果你只是为了获得信息，那么你就会读得很快，这很容易，这是自发的。

But when literature begins to do something more complicated than that in an area that emotionally you care about.

但是当文学作品开始在你内心在意的地方产生更为复杂的影响。

The brain begins to work from different parts, from a different hemisphere and it gets excited, it gets pre-emotional-you can see the brain coming to life and it's that life that is important in terms of these reading groups.

大脑的不同区域开始工作，不同的半脑开始工作，它会变得兴奋，它会变得情绪化——你可以看到大脑重获生机，并且这种生机对于这些阅读小组来说非常重要。

One type of reading is scanning-reading quickly in order to find specific information or skimming the page to get a general understanding.

略读是一种阅读方式——快速阅读以找到具体的信息或跳读来获得大致的理解。

But the real therapy happens when a group reads literature-written works such as novels, poems or plays which are thought to have artistic merit.

但是真正的治疗只有在小组阅读文学作品的时候才真正发生，文学作品指的是被认为有艺术价值的书面作品，比如小说、诗歌或戏剧。

When group members read literature their brains get excited and start working from a different hemisphere -a word meaning 'half a sphere'-usually half the Earth or in this case, the human brain.

当小组成员阅读文学作品时，他们的大脑会变得兴奋，并且另一个半脑——意思是球形的一半，常常指地球的一半，这里指的是人脑——开始工作。

Reading literature in this way makes both the left and right hemisphere of the brain come to life-start to be activated again after a quiet period.

以这种方式阅读文学作品能让左脑和右脑都恢复活力——在平静期后又开始活动。

And it's this 'coming to life' that proves the therapeutic effects of 'Bibliotherapy'.

正是“恢复活力”证明了“阅读疗法”的治疗效果。

Here's Professor Davis again explaining how the benefits of group reading are observed.

以下还是戴维斯教授解释小组阅读的益处是如何被观察的。

There are two methods really-you can have ECG where you put electrodes on the scalp and it measures electricity so that you can have a print-off of a graph of the sudden leaps that can happen at particular moments in reading a poem or short story.

事实上有两种方法——你可以进行 ECG，也就是把电极放在头皮上，然后它会测量电量，这样你就会得到一张图像的打印件，上面显示着在阅读诗歌或短篇故事时的某个时刻发生的突然的跃动。

Or you can go into the scanner, the FMRI, and there, the blood flow, the oxygen indicates again changes in the configuration of the brain as it takes in this new stimulus.

或者你可以进入扫描仪，也就是功能性磁共振成像，血流和氧气也会显示大脑结构在接收新刺激时的变化。

The benefits of reading literature with others can be felt by group members as they begin to feel more alive and able to cope with life's ups and downs.

小组成员在开始觉得有更多的生气以及能够处理生活中的起起伏伏时就能够感受到和他人一起阅读文学作品的益处。

But they can also be measured scientifically by recording brain wave activity.

但是它们也可以通过记录脑电波活动来科学地测量。

This can be done by carefully attaching metal wires called electrodes to the reader's scalp-the skin under the hair on the head.

这可以通过小心地将叫做电极的金属线贴在阅读者的头皮上实现——头皮指的是头发下的皮肤。

Brain activity is then measured by giving the reader a stimulus-something that encourages activity in people.

然后大脑活动就通过给阅读者以刺激来测量——刺激指的是能够让人活动的东西。

In this case, it could be a poem or novel to read.

在这里它可能是一首诗或小说。

Or something really stimulating - like a detective story!

或者非常有趣刺激的东西——比如侦探小说！

Or a work of literature, which reminds me of today's quiz question.

或者是文学作品，这让我想起了今天的问题。

I asked you to name the most popular book of all time, and you said...- a) Harry Potter and the Philosopher's Stone.

我之前问你有史以来最后欢迎的书的名字，你说的是.....- 《哈利波特与魔法石》。

Which is definitely the most popular book in the 21st Century.

它绝对是21世纪最受欢迎的书。

But number one of all time, selling over 500 million copies is c) Cervantes' Don Quixote.

但是有史以来最受欢迎的是卖出了5亿本的 C. 塞万提斯的《堂吉珂德》。

And there's even a detective in it!

而且里面还有个侦探！

Today, we've been discussing the therapeutic effects of meeting up with others in a reading group to read literature, writing of artistic value, such as stories and poetry.

今天我们一直在讨论跟他人一起在阅读小组里阅读文学作品的治疗效果，文学作品指的是有艺术价值的文字，比如故事和诗歌。

In contrast to scanning-reading quickly to find facts, reading groups use literature as a stimulus-something that encourages activity in people.

跟略读——快速阅读来寻找事实——不同阅读小组将文学作品当做一种刺激——能够鼓励人们行动的东西。

Reading stimulates both the left and right hemispheres-the two halves of the brain, and increases emotional activity which can be measured on the scalp-the skin under the hair on a reader's head.

阅读会刺激左、右半球——大脑的两半，并且会增加情绪活动，这种活动能够在头皮——阅读者头发下的皮肤——上被测量到。

All of which helps people dealing with trauma to come to life-feel active and more alive after a quiet period.

这些都帮助人们应对精神创伤，从而重获生机——在一段平静期后感觉有活力以及更有生气。

Right, that's it-I'm off to the library!

好的，就到这里吧——我要去图书馆了！

If only you could.

你要是能去就好了。

Thanks for listening and remember you can find many more stimulating topics and vocabulary here at 6 Minute English on BBC Learning English.

感谢收听，请记住你们可以在 BBC 学习英语栏目的六分钟英语节目里找到很多更具刺激性的话题和词汇。

Bye for now.

再见啦。

Bye!

再见！
