

## 对外语的热爱 For the love of foreign languages

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。

Bonjour, Rob!

你好，罗伯！

Kon'nichi'wa!

你好！

Excuse me?

什么？

¡Hola! ¿Cómo estás?

你好！你好吗？

Oh, OK, I think Neil's saying 'hello' in different languages-French, was it?

哦，好的，我想内尔是在用不同的语言说“你好”——法语，对吗？

And then..... Japanese?

然后是.....日语？

And... Spanish? Is that right?

然后是.....西班牙语？我说对了吗？

¡Sí, muy bien!

是的，没错！

The English are famously slow to learn other languages.

英国人出了名的学其他语言学得慢。

But it seems that Rob and I, and of course you, our global audience here at 6 Minute English, are good examples of polyglots-people who speak more than one language, sometimes known as 'superlinguists'.

但是似乎罗伯和我，当然还有你们，我们六分钟英语的全球听众，都是很好的通晓多种语言的人——会说不止一种语言的人，有时候被称作“超级语言家”——的好例子。

People who speak multiple languages benefit from many advantages, as we'll be hearing in this programme.

如我们今天要在节目中刚听到的内容所说的那样，说多种语言的人有很多优势。

That word polyglot sounds familiar, Neil.

通晓多种语言的人这个词听起来很耳熟，内尔。

Doesn't the prefix-poly – mean 'many'?

前缀“poly-”的意思是不是“很多”？

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That's right, like polygon—a shape with many sides.

没错，例如多边形——有很多边的形状。

Or polymath—someone who knows many things.

或者博学大师——知道很多东西的人。

And speaking of knowing things, it's time for my quiz question.

说到知晓事物，现在该说我的问题了。

The word polyglot comes from Greek and is made up of two parts: poly, which as Rob says, means 'many', and 'glot'.

通晓多种语言的人这个词来自于希腊语，而且由两个部分组成，“poly”，如罗伯所说，意思是许多，还有“glot”。

But what does 'glot' mean?

那么“glot”是什么意思呢？

What is the meaning of the word polyglot?

“polyglot”这个词是什么意思呢？

Is it a) many words, b) many sounds, or c) many tongues?

是 A. 许多单词，B. 许多发音，还是 C. 许多语言？

Well, there's three syllables in 'polyglot', Neil, so I reckon it's b) many sounds.

嗯，“polyglot”这个词有很多音节，内尔，所以我认为 B. 许多发音。

OK, Rob, we'll find out if that's right at the end of the programme.

好的，罗伯，我们会在节目结束的时候揭晓你是否回答正确。

But leaving aside the origins of the word, what exactly does being a polyglot involve?

但是先把这个词的来源放在一边，成为一个通晓多种语言的人到底包含什么呢？

British-born polyglot, Richard Simcot speaks eleven languages.

英国出身的通晓多种语言的人理查德·思美科特会说十一种语言。

Listen to his definition as he speaks to BBC World Service programme, The Documentary.

请听他在 BBC 世界服务节目《纪录片》中所下的定义。

A polyglot for me can be anyone who identifies with that term—it's somebody who learns languages that they don't necessarily need for their lives, but just out of sheer enjoyment, pleasure or fascination with another language or culture.

对我来说，通晓多种语言的人可以是任何认同这个说法的人——某个人学习语言不是为了谋生，而只是出于享受、开心或迷恋另一种语言或文化。

For Richard, being a polyglot simply means identifying with the idea—feeling that you are similar or closely connected to it.

对于理查德来说，作为一个通晓多种语言的人只意味着认同这个想法——认为你与之相似或紧密连接。

He says polyglots learn languages not because they have to, but for the sheer enjoyment, which means, 'nothing except' enjoyment.

他说通晓多种语言的人学语言不是出于无奈，而仅仅是为了享受，意思是只不过是享受。

Richard uses the word sheer to emphasise how strong and pure this enjoyment is.

理查德使用仅仅这个词来强调这种享受的强烈和纯粹。

As well as the pleasure of speaking other languages, polyglots are also better at communicating with others.

除了说另一种语言的愉悦，通晓多种语言的人还更擅长于与他人交流。

My favourite quote by South Africa's first black president, Nelson Mandela, is: "If you talk to a man in a language he understands, that goes to his head.

我最喜欢的名言，来自南非第一位黑人总统尼尔逊·曼德拉，是：“如果你用他懂的语言和一个人讲话，话只会入脑。

If you talk to him in his language, that goes to his heart." How inspiring, Rob- I'm lost for words!

如果你用他的母语和他讲话，话才会入心。”真是令人振奋，罗伯——我不知该说什么了！

Here's another: 'To have another language is to possess a second soul'.

这里还有一句话：掌握另一种语言就是拥有第二个灵魂。

So language learning is good for the head, heart and soul-a person's spirit or the part of them which is believed to continue existing after death.

所以说语言学习有利于头脑，心脏和灵魂——人们认为的一个人死后会继续存在的精神或一部分的自己。

Yes, and what's more, language learning is good for the brain too.

是的，而且语言学习也有利于大脑。

That's according to Harvard neuroscientist, Eve Fedorenko.

这个说法来自于哈佛的神经科学家伊娃·费多伦科。

She's researched the effects of speaking multiple languages on the brains of growing children.

她一直在研究说多种语言对成长中的孩子的大脑的影响。

Eve predicted that multilingual children would have hyperactive language brains.

伊娃预测会多种语言的孩子拥有过度活跃的语言大脑。

But what she actually found surprised her, as she explains here to BBC World Service's The Documentary.

但是正如她在 BBC 的世界服务节目《纪录片》中解释的那样，她的真实发现让她吃惊。

What we found-this is now people who already have proficiency in multiple languages-what we found is that their language regions appear to be smaller, and that was surprising...and as people get better and better, more automatic at performing the task, the activations shrink, so to speak, over time, it becomes so that you don't have to use as much brain tissue to do the task as well, right, you become more efficient.

我们的发现——对象是精通多种语言的人——我们的发现是他们的语言区域显得更小，这令人吃惊……而随着人们越来越好，更自然地完成任务，这种活化作用开始减弱，所以随着时间的推移，你不再需要那么多大脑组织来把任务做好，所以你的效率更高了。

Eve was testing children who already have language proficiency-the skill and ability to do something, such as speak a language.

伊娃测试了那些已经精通——做某事的技巧或能力，例如说某种语言——了语言的孩子。

Her surprising discovery was that the language regions of these children's brains were shrinking-not because their speaking skills were getting worse, but the opposite; as they learned and repeated language patterns, their brain tissue became more efficient-worked quicker and more effectively.

她令人惊讶地发现这些孩子的语言大脑区域正在缩小——不是因为他们的语言技巧正在退化，而是刚好相反；在他们学习并重复语言模式的过程中，他们的大脑组织变得更加有效率——工作得更快，效果更好。

It's suggested that this increased efficiency is a result of exposure to different languages.

这表明这种增加了的效率是因为接触了各种语言。

So that proves it, Neil: speaking many languages is good for the head, heart, mind and soul!

所以这就证明了这一点，内尔：说多种语言有利于头脑、心脏和灵魂。

You took the words right out of my mouth!

你把我的话抢了！

And speaking of words, what does the 'glot' in polyglot actually mean?

说到这个，polyglot 中的“glot”实际上是什么意思呢？

Was my answer correct?

我的回答正确吗？

Ah, that's right.

啊，是的。

In my quiz question I asked you for the meaning of the word 'polyglot'.

在我的问题中，我问你“polyglot”这个词的意思。

And I said, b) many sounds.

我说的是 B. 许多发音。

But in fact the correct answer was c) many tongues.

但是正确答案其实是 C. 许多语言。

You may be a polyglot, Rob, but you're not quite a polymath yet!

你可能就是个精通多种语言的人，罗伯，但是你还不是一个博学大师！

OK, well, let me get my brain tissues working by recapping the vocabulary, starting with polyglot - someone who speaks many languages.

好的，让我的大脑组织通过回顾单词活跃起来吧，从精通多种语言的人开始——会说许多语言的人。

The language centres in a polyglot's brain are efficient -they work quickly and effectively in an organised way.

精通多种语言的人大脑中的语言很有效率——它们以一种有组织的方式快速且有效地运转。

Proficiency means the skill and ability to do something well.

精通意味着能把某事做好的技巧和能力。

And if you identify with something, you feel you are similar or closely connected to it.

如果你认同某事，那么你感觉你跟它相似或紧密联系。

Polyglots learn languages for the sheer enjoyment of it - a word meaning 'nothing except' which is used to emphasise the strength of feeling.

精通多种语言的人学习语言仅仅是为了其中的乐趣——这个词的意思是“只不过”，被用来强调感觉的强烈。

So speaking many languages is good for mind and soul - a person's non-physical spirit which some believe to continue after death.

所以说许多语言有利于思想和灵魂——一个人的非实物的精神，有些人认为它死后依然存在。

That's it for this programme, but to discover more about language learning, including some useful practical tips, check out The Superlinguists series from BBC World Service's The Documentary!

今天的节目就到这里，但是要讨论更多语言学习的内容，包括一些有用的练习技巧，请查看来自 BBC 世界服务节目《纪录片》的《超级语言学家》系列。

Bye for now!

再见！

Bye!

再见！

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