

# 我们应该戴口罩吗？ Should we wear a face mask?

Hello. This is 6 Minute English from BBC Learning English. I'm Rob.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是罗伯。

And I'm Sam.

我是萨姆。

With the outbreak of the coronavirus epidemic, people in many countries around the world have started wearing face masks to protect both themselves and others they come into contact with.

随着新冠疫情的爆发，全世界很多国家的人都开始戴口罩保护自己和与他们接触的其他人。

In this programme we'll be asking whether wearing masks in public can help prevent the spread of coronavirus in the community.

在本节目中，我们将探寻在公共场所戴口罩是否有助于阻止新冠病毒在社区中的传播。

Face masks have long been popular in some Asian countries but with the spread of Covid-19, they're increasingly being seen in other parts of the world too.

口罩一直以来就在亚洲的一些国家流行，但是随着新冠肺炎的传播，世界的其他地方也看到了越来越多的口罩。

Wearing a protective mask or face covering is nothing new.

戴口罩或防护面罩并不是什么新鲜事。

Medical masks have a long history from the plagues of medieval Europe to nineteenth century outbreaks of cholera in the United States, but when did they start to be **commonly** used?

医用口罩从中世纪的欧洲到19世纪美国霍乱的爆发拥有很长的一段历史，但是它们什么时候开始被广泛使用的呢？

That's my question for today: when and where were face masks first widely used?

这就是我今天的问题：口罩是何时何地第一次广泛使用的？

Was it: a) 1855 in Vienna, b) 1905 in Chicago, or c) 1955 in London?

是 A. 1855年的维也纳，B.1905年的芝加哥，还是 C. 1955年的伦敦？

Well, you mentioned cholera outbreaks in the US, so I'll say b) 1905 in Chicago.

嗯，你提到了美国的霍乱爆发，所以我要选 B. 1905年的芝加哥。

Right, Sam, we'll find out later if you were right.

好的，萨姆，我们稍后会揭晓你是否回答正确。

Now, face masks may inspire confidence but what is the evidence that they actually protect the wearer from contracting the virus or prevent infected people from spreading the virus to others?

## 添加的词汇

### commonly

英:/'kɒmənli/ 美:/'kɑːməni/

adv. 一般地；通常地；普通地



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如今口罩可能会让人充满信心，但是它们能够保护佩戴者不感染病毒或阻止人们把病毒传染给其他人的证据是什么呢？

Professor Robert West has conducted a review of over twenty studies looking into the evidence.

罗伯特·韦斯特教授对超过二十个针对这一证据的研究进行了回顾。

Here he is speaking to the BBC World Service programme Health Check.

以下是他在 BBC 世界服务节目《Health Check》中的发言。

The evidence is equivocal on it. It doesn't tell you anything yet-hopefully that will change.

证据是模棱两可的。它什么都没有告诉你——也许会有所改变。

So we're thrown back on first principles and basics and this is why, as in so many areas of public health, you get such a heated debate because people are really relying on their opinion on things and you will have one group who say, 'Well, it stands to reason', -the good old 'stands to reason' argument- which is: obviously, if you've got a covering in front of your face, and you're speaking or coughing into that covering, it's going to trap quite a lot of the virus on the droplets you'll be emitting.

所以我们又回到了最开始的原则和基础上，而这就是为什么，因为在很多公共卫生区域，你会看到如此热烈的争论，因为人们真的依赖于他们对事物的观点，而你会看到一群人说：“嗯，这合情合理呀”——合情合理的论断——很显然，如果你的脸前面有遮挡物，你就是对着它说话或咳嗽，它会阻挡很多你喷射出来的唾沫中的病毒。

So far the evidence over whether face masks are helpful or harmful is equivocal-difficult to interpret because it seems to have two opposite or contradictory meanings.

到目前为止关于口罩是有用还是有害的证据还是模棱两可的——难以解读，因为它似乎有两个相反或矛盾的含义。

Based on current evidence, Professor West feels we cannot say whether mask-wearing is beneficial.

基于目前的证据，韦斯特教授认为我们不能说戴口罩是否有益。

Some evidence suggests that wearing masks can prevent the disease spreading and some suggests the opposite.

一些证据表明戴口罩能够阻止疾病传播，而有些又说刚好相反。

There may be reasons why wearing masks could actually increase the spread of coronavirus.

戴口罩事实上可能会加速新冠病毒的传播。

However for some people, it stands to reason that masks are beneficial-meaning it is obviously true from the facts.

但是对一些人来说，口罩有益是合情合理的——意思是从事实来看很显然是正确的。

Actually, the evidence is far from obvious.

事实上，证据并不明显。

But everyone has an opinion on the issue and after weeks of stressful lockdown, this can lead to heated debate-discussion or argument in which people become angry and excited.

但是每个人对这个问题都有自己的看法，而且经过了几周的压抑的封锁之后，这个导致了激烈的争论——人们变得非常生气或兴奋的讨论或争执。

Up until recently, the World Health Organisation said there were two groups who definitely should wear masks: people showing symptoms of the virus and their carers.

到目前为止，世界卫生组织说有两类人是明确应该戴口罩的：有感染了病毒的症状的人以及他们的看护者。

But that left the problem of people who have the virus without knowing it and maybe unintentionally emitting it-sending something out into the air, for example a noise or smell, or in this case, coronavirus.

但是这遗留了一个问题，感染了病毒却不自知的人可能会无意识地把它排放出来——把某物传送到空气中，例如噪音或气味，或者这里，冠状病毒。

In June, the WHO advice changed-now they say masks should be worn in public where social distancing measures are not possible.

在六月份世卫组织的建议改变了——现在他们说应该在无法保持社交距离的公共场所戴口罩。

But the advantages of wearing masks might be outweighed by other considerations, as Professor West explains.

但是正如韦斯特教授所解释的那样，戴口罩的好处可能会被其它考虑掩盖。

It could also have unfortunate negative consequences in terms of mask shaming-that people feel compelled to wear masks in situations where it's actually not helpful and may be harmful because it's expected of them and they feel that they would be judged if they didn't.

它也可能带来消极的后果，从口罩羞辱的角度来说——即人们感觉自己被迫戴口罩，而实际上可能戴口罩并没有帮助，甚至可能有害，因为他们被期待戴口罩，而他们会觉得如果他们不戴的话就会被人评判。

But I think in addition to that, one of the problems we have is that masks can potentially create a false sense of security.

但是我认为除此之外，我们的一个问题就是口罩可能会创造一种虚假的安全感。

One negative effect is the practice of mask shaming-criticising or humiliating someone for not wearing a face covering.

一个消极影响就是口罩羞辱——因为他人不戴口罩而批评或羞辱他们。

Another problem is that wearing masks might create a false sense of security-a feeling of being safer than you really are.

另一个问题是戴口罩可能会创造一种虚假的安全感——觉得自己比实际上更安全。

Is that what happened in 1905, Rob?

这是1905年发生的事情吗，罗伯？

Ah, yes, today's quiz question.

啊，是的，今天到的问题。

I asked you when face masks were first widely used.

我之前问你口罩什么时候被第一次广泛使用。

And I said, b) 1905 in Chicago.

我说的是 B. 1905年的芝加哥。

Well done, Sam, you were absolutely right!

干得漂亮，萨姆，你回答得非常正确。

It was 1905 in Chicago when Dr Alice Hamilton first noticed that carers wearing masks to treat scarlet fever patients, did not get sick.

就是在1905年的芝加哥，那时爱丽丝·汉密尔顿医生第一次注意到戴口罩照顾猩红热疾病的看护者没有生病。

Okay, interesting.

有趣。

So today we we've been discussing whether wearing masks helps prevent infected people emitting, or sending out, coronavirus.

今天我们一直在讨论戴口罩是否能够阻止感染的人排放，或传送出冠状病毒。

Well, so far the evidence is equivocal-unclear because it seems contradictory.

到目前为止证据还很模棱两可——因为看上去很矛盾而不清晰。

In other words, we can't say either way for certain.

换句话说，我们无法肯定地说哪一个是对的。

But for some, it stands to reason-meaning it's obviously true-that mask-wearing is a good idea.

但是对于有些人来说，这是合情合理的——即很显然是正确的——戴口罩是个好主意。

This disagreement over wearing face coverings has started heated debate-that's discussion which becomes angry or excited.

反对戴口罩引发了激烈的争论——会变得愤怒或兴奋的讨论。

And this in turn has led to incidents of mask shaming -criticising or mocking people for not wearing a face mask.

而这也导致了口罩羞辱——因为人们不戴口罩而批评或嘲讽他们。

A final drawback is that masks might give the wearer a false sense of security-that's belief that they are safe when they are not.

最后的缺点是口罩可能会让佩戴者产生虚假的安全感——即认为他们很安全，而实际上并不是。

And that's all we've got time for today.

这就是我们今天的所有内容。

Bye for now!

再见！

Bye bye!

再见！