

## 洗手的重要性 The importance of handwashing

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。

I've got a puzzle for you, Neil.

我有一个谜要给你猜，内尔。

Ready?

准备好了吗？

Sure.

当然。

OK. It's a riddle.

好的。这是一个谜语。

I'm as light as a feather but no one can hold me for very long.

我跟羽毛一样轻，但是没有人能长时间持有我。

What am I?

我是谁？

Hmmm...as light as a feather but no one can hold you... No idea.

嗯.....跟羽毛一样轻，但是没有人能留住你.....不知道。

What are you?

你是什么？

Your breath.

你的呼吸。

Ah, yes, I see.

啊，是的，我懂了。

OK, then, I've got one for you-I'm so big I'm everywhere but so small you can't see me.

好的，我也有一个要考考你——我太大了，无处不在，但是也太小了，以至于你看不见我。

What am I?

我是什么？

You're everywhere but I can't see you?

你无处不在但是我看不见你？

Hmmm, tricky... I give up.

嗯，好难.....我放弃。

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Well, the answer is-germs!

嗯，答案就是——细菌！

And with the outbreak of coronavirus, people around the world have rediscovered the importance of fighting germs to stop the spread of disease.

随着新冠病毒的爆发，全世界的人们重新发现了对抗细菌来阻止疾病传播的重要性。

In this programme we'll be discussing the importance of handwashing in the prevention of germs and viruses.

本期节目中我们会讨论洗手在预防细菌和病毒中的重要性。

And we'll start off by meeting the first person to realise that keeping hands clean can really help prevent diseases being passed on.

我们首先要见第一个意识到保持双手清洁确实能够帮助预防疾病传播的人。

Ah..... do you mean the 19th century Hungarian doctor, Ignaz Semmelweis?

啊.....你是说19世纪的匈牙利医生伊格那茨·塞梅尔维斯吗？

He was known as the 'saviour of mothers' for keeping maternity wards germ-free and he had a very interesting life.

他因为让产房保持无菌而被称作“母亲们的救世主”，而且他的一生很有趣。

But do you know what happened to him in the end?

但是你知道他最后有什么样的际遇吗？

That's my quiz question.

这就是我的问题。

Was it a) he won the Nobel prize, b) he ended up in hospital for mentally ill people, or c) he started the first company to produce hand soap?

是 A. 他获得了诺贝尔奖，B. 他为了心理病人留在医院，还是 C. 他创办了第一家生产洗手皂的公司。

Dr Semmelweis sounds like a scientific hero, so I'll say, a) he won the Nobel prize.

塞梅尔维斯医生听起来像一个科学英雄，所以我要选 A. 他获得了诺贝尔奖。

OK. We'll find out later if you were right.

好的。我们稍后就知道你是否回答正确。

But what's for sure is that Ignaz Semmelweis was a hero to Val Curtis, a director at the London School of Hygiene and Tropical Medicine.

可以确定的是，伊格那茨·塞梅尔维斯对于伦敦卫生和热带医学院的瓦尔·柯提思来说是一个英雄。

Here she is talking to BBC Radio 4's Science Stories.

以下是她在 BBC 电台4频道的《科学故事》节目中的发言。

Semmelweis is kind of my patron saint.

塞梅尔维斯可以说是我的守护神。

Handwashing has been my life for the last thirty years working on trying to improve hygiene, mostly in developing countries and he was really the first to identify the importance of keeping hands clean in the prevention of the transmission of infection.

这三十年来我一直致力于改善卫生，主要是在发展中国家，洗手则是我的生命，而他真的是明确保持双手清洁在预防感染传播中的重要性的第一人。

And since the beginning of my career working in public health, I've been trying to understand how diseases get spread and what the best way of preventing it is, and handwashing jumped out as being the most important means of preventing infections, particularly in developing countries.

而且从我开始从事公共卫生以来，我一直努力理解疾病如何传播，以及预防它的最好的方式是什么，而洗手脱颖而出，是最重要的预防感染的方式，尤其是在发展中国家。

Val's work is all about improving hygiene-practices for maintaining health and preventing disease, especially through cleanliness.

瓦尔的工作主要是改善卫生——为了保持健康以及预防疾病，尤其是通过清洁而进行的工作。

And she was clearly influenced by the work of Dr Semmelweis because she calls him her patron saint—a kind of guide and protector believed to give special help or inspiration.

而且她显然受到了塞梅尔维斯医生的工作的影响，因为她把他称作她的守护神——被认为能够给予特殊帮助或灵感的向导或保护者。

But Dr Semmelweis is also a good example of science communication.

但是塞梅尔维斯也是科学沟通的很好的例子。

Getting the message out so people understand the importance of hygiene is difficult.

把信息传达出去，让人们理解卫生的重要性是很难的。

And 'wash your hands' jumped out-or made a strong impact-as a simple message to communicate.

而“洗手”脱颖而出——或者说产生重要影响——则是一个用于沟通的简单信息。

Here's Val again.

以下还是瓦尔的话。

It wasn't until we wrote a paper in 2003 that showed the evidence that handwashing could save a million lives that actually people started to take it seriously and handwashing became a big important issue internationally.

直到我们在2003年写了一篇论文展示了洗手能够挽救百万人的生命的证据，人们才真正认真对待，同时洗手在全世界范围内成为了一件重要的大事。

So for me the lesson from Semmelweis is: don't scream and shout and accuse people of doing things wrongly but patiently get the data out there and tell your story in a positive way.

所以我从塞梅尔维斯身上学到的教训就是：不要尖叫咆哮着指责人们做错了，而是要耐心地摆数据，以一种积极的方式讲述你的故事。

The idea that handwashing is an essential part of hygiene is supported by scientific evidence-the facts and information used to show that a belief is true-in this case, Val's belief that handwashing could help save a million lives.

洗手是卫生的关键部分这个想法是有科学依据的——用于展示某个想法是真理的事实和信息——在这里，瓦尔相信洗手有助于拯救百万人的生命。

So, handwashing has become an important global issue-or topic of discussion-especially in places without access to clean sanitation and toilets.

所以洗手已经成为了一个重要的全球性问题——或者说讨论的话题——尤其是在无法使用清洁的卫生设备和厕所的地方。

Val also mentions that if you want people to listen to your message, it's better to present the evidence in a positive, scientific way instead of screaming and shouting-speaking in a forceful or even angry way to convince people you're right.

瓦尔还提到，如果你想要人们听取你的信息，更好的方式是以一种积极、科学的方式展示证据，而不是尖叫咆哮——以一种强势，甚至是愤怒的方式说话来让人们相信你是正确的。

Right, people don't listen if you scream and shout at them-they just think you're strange.

没错，如果你对人们尖叫咆哮，那么他们不会听你的话——他们只会认为你很奇怪。

Which brings me back to today's quiz question.

这又把我带回了今天的问题。

Remember, I asked you what happened to Dr Semmelweiss in the end.

还记得吗，我问你塞梅尔维斯医生最后有什么际遇。

...and I said a) he won the Nobel prize. Well, I'm afraid the answer was b) he actually ended up in hospital for mentally ill people.

.....我说的是 A. 他获得了诺贝尔奖。嗯，恐怕答案是 B. 事实上他为了心理病人留在了医院。

Today we've been talking about handwashing, one of the single best ways to improve personal hygiene-the prevention of disease by keeping clean.

今天我们一直在谈论洗手，改善个人卫生——通过保持清洁来预防疾病——的最好的方式之一。

Recently, handwashing has become a top global issue -a subject or topic people are thinking and talking about.

最近洗手已经成为了一个顶级全球性问题——人们在思考和谈论的主题或话题。

Scientific evidence-the facts and information used to prove ideas true or valid- shows that handwashing jumped out-or was easily noticed-as one of the most important methods to stop the spread of infection.

科学证据——被用来证明观点是正确的或合理的事实和信息——表示洗手脱颖而出——或者说显而易见——成为了阻止感染传播的最重要的方式之一。

The work of 19th century scientist Ignaz Semmelweiss was so inspiring that even today, some doctors consider him the patron saint of hygiene-an expression referring to a protecting or guiding saint believed to give special help or inspiration.

19世纪的科学家伊格那茨·塞梅尔维斯的努力如此鼓舞人心，以至于即使到了今天，有些医生还把他当做卫生的守护神——指代被认为能够给予特殊帮助或灵感的保护神或引路神的表达。

But communicating the message of 'wash your hands' to people around the world is hard, especially if you just scream and shout-or try to convince someone by talking to them in a forceful or argumentative way.

但是把“洗手”这个信息传递给全世界的人是很难的，尤其如果你只是尖叫咆哮——或者通过以一种强势或争论的方式来跟人们交流来说服他们。

OK, Neil, the scientific evidence has convinced me-I promise to make sure I regularly wash my hands.

好的，内尔，科学证据让我信服——我保证我会定期洗手的。

That's all from us today but do join us again soon for more topical discussion and vocabulary here at BBC Learning English's 6 Minute English.

以上就是今天的全部内容，请继续收听 BBC 学习英语栏目的六分钟英语获取更多的话题讨论和词汇。

Stay safe and remember to wash your hands!

请保重，记得洗手！

Bye for now.

再见了。

Bye!

再见！

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