

唱歌不跑调 Singing in tune

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。

DO, RE, MI, FA, SOL, LA, TI, DO!

哆，来，咪，法，嗦，拉，稀，哆。

Neil! What are you doing? ! Please stop!

内尔！你在干什么？！停下来！

Oh, hi Georgina!

哦，你好，乔治娜！

I'm practising my singing.

我在练习唱歌。

I'm going to do virtual karaoke tonight with some friends!

我今晚要跟一些朋友去虚拟卡拉OK。

Karaoke? ! Really, Neil? !

卡拉OK？！真的吗，内尔？

I heard you singing at the Christmas party and to be honest, I think you might be tone deaf - you know, you can't sing in tune.

我在圣诞派对上听过你唱歌，老实说，你觉得你可能五音不全 —— 你知道的，你唱歌跑调。

Me? Tone deaf? !

我？五音不全？！

I'm a nightingale!

我唱歌可好听了！

Listen: DO RE MI!!!

听着：哆来咪！

Between you and me, I think Neil is a bit tone deaf!

这是我们之间的秘密哦，我觉得内尔有点五音不全。

Wait until I tell him singing is the subject of this programme.

等一会我要告诉他唱歌是今天节目的主题。

I heard that, Georgina!

我听到你说话了，乔治娜！

And I'm glad this programme is about singing because I love it and what I lack in ability, I make up for in enthusiasm!

添加的词汇

strings

/strɪŋz/

n. 弦乐器；带状物；珠串；附带条件（string的复数） v. 用带系上；使伸展；用线串；使紧张（string的三单形式）

string

英:/strɪŋ/ 美:/strɪŋ/

n. 线，细绳；一串，一行 vt. 扎，缚；使排成一列，串起；伸展，拉直



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我跟高兴本期节目是跟唱歌有关的，因为我喜欢唱歌，而且我在能力方面的欠缺已经用热情弥补了。

I'm sure your karaoke buddies would agree with you, Neil.

我相信跟你一起 K 歌的小伙伴们会同意你的说法的，内尔。

That reminds me of my quiz question, Georgina.

这让我想起了我的问题，乔治娜。

As you know, I love karaoke - meeting up with friends to sing the words of our favourite pop songs over a musical backing track.

如你所知，我喜欢唱卡拉OK —— 跟朋友在背景音乐下一起唱我们喜欢的流行歌曲的歌词。

Karaoke was invented in Japan and its name is a combination of different Japanese words - but what words?

卡拉OK起源于日本，而且它的名字是不同的日语单词组合起来的 —— 那么是什么单词呢？

What is the meaning of 'karaoke'?

“卡拉OK”是什么意思呢？

Is it a) machine voice, b) angry cat, or c) empty orchestra?

是 A. 机器声，B.愤怒的猫，还是 C. 空管弦乐团呢？

Well, after listening to you sing, Neil, I'm tempted to say b) angry cat, but that would be mean, so I'll guess, a) machine voice.

嗯，在听完你唱歌之后，内尔，我倾向于选 B. 愤怒的猫，但是这样就太恶毒了，所以我要猜 A. 机器声。

OK, Georgina.

好的，乔治娜。

I'll take that as a compliment.

我就当你在恭维我吧。

But however good, or bad, my singing may be, there's no doubt that the act of singing itself is a very complex skill, involving a huge number of processes in our bodies and brains.

但是不管我唱的有多好，或者有多糟糕，毫无疑问唱歌本身是一项非常复杂的技能，我们身体和大脑中的很多过程都参与其中。

So what happens physically when we sing a musical note?

所以当我们唱歌的时候身体里发生了什么呢？

Usually something unexpected in your case, Neil!

在你身上通常是意想不到的情况，内尔！

So here's Marijke Peters, presenter of BBC World Service programme, CrowdScience, to explain exactly what happens when we open our mouths to sing.

以下是 BBC 世界服务节目《大众科学》的主持人莫杰克·皮特解释我们开口唱歌的时候到底发生了什么。

Listen out for the different body parts Marijke mentions.

请听莫杰克都提到了哪些身体部位。

Vocal folds, also called vocal cords, are crucial here.

声带起到了很重要的作用。

They're two flaps of skin stretched across your larynx that vibrate when you sing and create a sound.

它们是穿过你声匣的两块皮肤，当你唱歌和发出声音的时候会震动。

The pitch of that sound, how high or low it is, depends on the frequency of their vibration, so if you want to hit the right note they need to be working properly.

那个声音的音高，声音有多高或多低，取决于它们震动的频率，所以你要达到它们所需要的正确音符才能唱对。

Important body parts needed to sing include the vocal cords - a pair of folds in the throat that move backwards and forwards when air from the lungs moves over them.

唱歌所需要的重要身体部位包括声带 —— 喉咙上的一对褶皱，当空气从肺部经过它们的时候会前后移动。

The vocal cords are stretched over the larynx - also known as the voice box, it's the organ between the nose and the lungs containing the vocal folds.

声带在喉咙 —— 也叫做声匣 —— 的上面，它是鼻子和包含了声带的肺部之间的器官。

Singing is similar to what happens when you play a guitar.

唱歌的过程跟演奏吉他很像。

The vocal cords act like the guitar **strings** to produce a buzz or vibration - a continuous and quick shaking movement.

声带就像吉他的弦一样产生震动 —— 持续且快速的晃动。

They vibrate over the larynx which, like the body of a guitar, amplifies the sound.

它们在喉咙上震动，就像吉他的主体，放大声音。

So why do some people (Neil!) find it hard to sing in tune?

所以为什么有些人（内尔！）觉得唱歌不跑调很难呢？

Is it because they cannot physically reproduce sounds?

是因为他们生理上无法重现声音吗？

Or because they hear sounds differently from the rest of us?

还是因为他们听到的声音跟其他人不一样？

Well, according to psychology professor, Peter Pfordresher, it's neither.

嗯，根据心理学教授 Peter Pfordresher 的说法，二者都不是。

He thinks that for poor singers the problem is generally not in the ears or voice, but in their brains - specifically the connection between sound perception and muscle movement.

他认为对于唱歌不好的人来说，问题不在于耳朵或声音，而是在于大脑 —— 尤其是音感和肌肉运动之间的联系。

So there's no hope for you?

所以你没有希望了吗？

Not necessarily.

不一定。

Here's Professor Pfordresher encouraging the listeners of BBC World Service's, CrowdScience.

以下是 Pfordresher 教授鼓励 BBC 世界服务节目《大众科学》的听众们。

I think there's reason for you to be hopeful and however accurate or inaccurate your singing is, one recommendation I would have for you is to keep singing because there is evidence that singing itself, whether accurate or inaccurate, has benefits socially and also for stress responses, so good reason for you to keep it up!

我认为你有理由心怀希望，无论你唱歌有多准或多不准，我要给你们的一个建议是坚持唱歌，因为有证据表明唱歌本身，无论准确与否，都有社交上的益处，而且有利于应激反应，所以你有充分的理由坚持！

Whether you're tone deaf or pitch perfect, there's lots of evidence for the health benefits of singing.

无论你是五音不全还是拥有完美音调，有很多证据表明唱歌有益于健康。

For one, singing strengthens your stress responses.

其中一个就是唱歌可以增强你的应激反应。

Otherwise known as 'fight or flight', stress responses are the human body's reaction to external threats that cause an imbalance, for example pain, infection or fear.

也被称作“战斗或逃跑”，应激反应指的是人类身体对于会引起失衡，例如疼痛、感染或害怕，的外部威胁的反应。

From operatic Pavarottis to enthusiastic karaoke fans, Professor thinks singers should keep it up - a phrase used to encourage someone to continue doing something.

从唱歌剧的帕瓦罗蒂们到热情的卡拉OK拥趸，Pfordresher 教授认为歌手应该坚持 —— 这个短语被用来鼓励他人继续做某事。

So, Neil, maybe you should keep singing, after all!

那么，内尔，也许你应该坚持唱歌！

You've changed your tune, Georgina!

你已经改变了你的说法，乔治娜！

Maybe you'd like to come with me to karaoke next time we're allowed out?

也许下次我们可以出门的时候你想要跟我一起去唱 K？

Hmm, I think some practice would be a good idea, but first let's return to the quiz question.

嗯，我想还是先练习一下比较好，但是我们先回到问题。

You asked me about the meaning of the Japanese word karaoke.

你之前问我日语单词卡拉 OK 的意思。

Right. Does karaoke mean a) machine voice, b) angry cat or c) empty orchestra?

是的。卡拉 OK 指的是 A. 机器声，B. 生气的猫，还是 C. 空管弦乐团呢？

What did you say?

你说的是什么？

I said a) machine voice.

我说的是 A. 机器声。

Which was the wrong answer!

回答错误！

Karaoke actually means c) empty orchestra, or in other words, music that has the melody missing.

卡拉OK其实是 C. 空管弦乐团的意思，或者换句话说，没有旋律的音乐。

Well, that's better than an angry cat, I guess!

嗯，我想这总比愤怒的猫要好！

Let's recap the vocabulary starting with tone deaf - a way to describe someone who cannot sing in tune or hear different sounds.

我们来回顾单词吧，从五音不全开始 —— 用来表述某人唱歌跑调或听到不同的声音的说法。

Like playing a guitar **string**, singers use their vocal cords - a pair of folds in the throat that are stretched over the larynx, or voice box, another part of the throat, to produce a sound vibration - a quick, shaking movement.

就像吉他的弦一样，歌手们使用他们的声带 —— 喉咙里的一对褶皱，位于声匣上，喉咙的另一个部位，发出声音的震动 —— 快速的抖动。

No matter how good or bad a singer you are, singing is good for your stress responses - the 'fight or flight' mechanism your body uses to regain inner balance.

不论你是否擅长唱歌，唱歌都有利于你的应激反应 —— 你的身体用来获得内部平衡的“反抗还是逃跑”机制。

So no matter what Georgina thinks about my singing, I'm going to keep it up - a phrase used to encourage someone to continue their good performance.

所以无论乔治娜如何看待我的歌声，我还是会坚持 —— 这个短语被用来鼓励他人继续好的表现。

That's all from us.

这就是我们要讲的所有内容。

Keep singing and join us again soon at 6 Minute English.

请继续歌唱并再次收听我们的六分钟英语。

Don't forget we also have a free app you can download from the app stores.

不要忘记我们还有一个免费的 APP 供你在应用商店下载。

Bye!

再见！

Goodbye!

再见！