

进化和焦虑 Evolution and anxiety

Hello. This is 6 Minute English. I'm Rob.

大家好，这里是六分钟英语，我是罗伯。

And I'm Neil.

我是内尔。

Do you ever experience anxiety, Neil?

你经历过焦虑吗，内尔？

Anxiety?

焦虑？

Yes, you know, a feeling of being really worried or nervous without any real reason.

是的，你知道的，一种没有来由的很担忧或紧张的感觉。

Well, not really, but I know for some people it can be quite a serious problem.

嗯，没有过呢，但是我知道对于某些人来说这可能是个很严重的问题。

Well, anxiety may be a result of natural selection.

嗯，焦虑可能是自然选择的结果。

Natural selection? You mean, the principle behind evolution?

自然选择？你是说进化背后的原理吗？

Yes. The idea that life on this planet has developed as a result of random changes in biology over many many years.

是的。这个星球上的生物的发展都是许许多多年来生物学中的随机变化的结果的学说。

So why have anxiety, that seems like a negative rather than a positive thing to develop?

那么焦虑这种似乎是一种消极而非积极的东西会进化而成呢？

Well, we'll find out more in this programme, but before we do, a quiz.

嗯，我们会在本期节目中了解更多，但是在此之前，是小问答。

Charles Darwin is famous for describing evolution by natural selection.

查尔斯·达尔文因为用自然选择来描述进化而出名。

What was the name of the ship he travelled on when he made his discoveries?

他做出这一发现时所乘的船的名字是什么？

Was it: a) HMS Beagle, b) HMS Badger, or c) HMS Bear?

是 A. HMS 猎犬，B.HMS 獾，还是 C. HMS 熊？

What do you think, Neil?

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你觉得是什么，内尔？

Well, I'm pretty sure I know this one, so I'm not going to give away the answer just yet.

嗯，我很确定我知道这题的答案，所以我现在还不能泄露答案。

Well, you can let me know at the end of the programme, before I give the answer.

嗯，你可以在节目结束的时候让我知道，在我给出答案前。

Right, Dr Randolph Nesse is a doctor and psychologist.

好的，兰道夫·内瑟是一名医生兼心理学家。

He has written a lot about how evolution has an impact on our mental condition, particularly anxiety.

他写了很多关于进化如何影响我们心理状态的内容，尤其是焦虑。

Recently he spoke on BBC Radio 4's 'Start the Week' programme about this topic.

最近他在BBC电台4频道的《一周伊始》中谈论了这个话题。

Listen out for the answer to this question.

请听出这道题目的答案。

How long did he treat patients at the University of Michigan for?

他在密歇根大学治疗了多久的病人？

Natural selection has shaped all organisms to have special states to cope with certain kinds of circumstances.

自然选择塑造了所有有机体拥有特殊的状态来应对某种特定的状况。

I treated patients with anxiety disorders for 40 years at the University of Michigan.

我在密歇根大学治疗有焦虑失调的病人，已经40年了。

It was only half way through that I started realising that anxiety is there for a good reason.

直到进行到一半的时候才开始意识到焦虑是有正当理由的。

So Neil, how long did he treat patients for at the University of Michigan?

那么内尔，他在密歇根大学治疗病人治疗了多久？

He says that he did that for 40 years, but it was only after about 20 years or so that he realised that we suffer from anxiety for a good reason.

他说他治疗了40年，但是直到大约20年之后他才意识到我们遭受焦虑是有正当理由的。

We'll find out that reason shortly but first he said that natural selection has shaped all organisms.

我们很快就会找到那个原因，但是他首先说了自然选择塑造了所有有机体。

This means that we are the result of natural selection.

这意味着我们是自然选择的结果。

It has made us what we are.

它让我们成为现在的样子。

And it has made us able to cope with different situations.

同时这也使得我们能够应对不同的情景。

To cope with means being able to deal with, being able to manage a difficult situation.

应对的意思是能够处理，能够处理艰难的情景。

And anxiety, if it's not too great, is a way of dealing with particular situations.

而焦虑，如果说并非太好，也是一种应对特定情景的方式。

Let's hear from Dr Nesse again.

我们再来听内瑟医生的话。

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So why is anxiety a necessary thing, why is it something that, within reason, is not a bad emotion?

那么焦虑为什么是必要的东西，为什么合理程度的焦虑不是一种坏情绪呢？

Here's Dr Nesse talking about his patients who suffer from too much anxiety.

这里是内瑟医生谈论他的遭受过多焦虑的病人。

What you're having is a normal kind of emergency response which is great in life-threatening situations but for you it's a false alarm like a smoke detector going off when you burn the toast.

你所有的只是一种普通的应激反应，这在威胁生命的情境下是很棒的一种情绪，但是对你来说这是一个像在烧糊了吐司时烟火警报器响了的虚假警报。

And after that many of my patients said-'Oh, that makes perfect sense, I think I won't need your help after all, doctor'.

而且在那之后我的很多病人说：“哦，那就说得通了，我想我完全不需要你的帮助，医生。”

So what is anxiety?

所以焦虑是什么？

Well, it's your body reacting to danger, like an emergency response, a warning.

嗯，它是你的身体对危险的反应，就像一种应激反应，一个警告。

In really dangerous situations, which could harm you or even kill you, which Dr Nesse describes as life-threatening situations, it's a useful response to warn you to take action or to prepare for action.

在真实的可能会伤害你或甚至杀死你的危险场景中，内瑟医生表述为危及性命的场景，它是一个有用的反应来警告你采取行动或准备好行动。

But some people experience anxiety when there is no real danger.

但是有些人会在没有真实危险的时候体验到焦虑。

It's a false alarm, like when you burn the toast and the smoke detector alarm starts or as he says, goes off!

这是一种虚假警报，就好像你在烧焦了吐司时烟雾警报器会启动，或者像他所说，开始响。

And he says that some patients can feel less worried after that, when they realise anxiety is a natural thing.

他还说有些病人在这之后，即当他们意识到焦虑是一件很正常的事情 时候，可能会感觉不那么担忧了，

Let's hear from Dr Nesse again.

我们再把内瑟医生的话听一遍。

What you're having is a normal kind of emergency response which is great in life-threatening situations but for you it's a false alarm like a smoke detector going off when you burn the toast.

你所有的只是一种普通的应激反应，这在威胁生命的情境下是很棒的一种情绪，但是对你来说这是一个像在烧糊了吐司时烟火警报器响了的虚假警报。

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Time now to review today's vocabulary, but first, let's have the answer to the quiz question.

该回顾今天的词汇了，但是首先我们来揭晓今天问题的答案吧。

What was the name of the ship Charles Darwin travelled on when he made his discoveries about evolution?

他做出这一发现时所乘的船的名字是什么？

Was it: a) HMS Beagle, b) HMS Badger, or c) HMS Bear?

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What do you think, Neil?

你怎么认为，内尔？

Well, I'm pretty sure it's HMS Beagle.

嗯，我很确定答案是HMS 猎犬。

Well, you are right.

嗯，你答对了。

Charles Darwin travelled on HMS Beagle.

查尔斯·达尔文乘坐的是HMS 猎犬号。

Congratulations if you also knew that.

如果你也知道答案的话，那么恭喜你。

Now, on with today's vocabulary.

现在该继续说我们今天的词汇了。

We were talking about anxiety, a feeling of being worried or scared, a feeling that something isn't quite right.

我们谈论了焦虑，一种担忧或害怕的感觉，觉得事情不对劲的感觉。

Dr Nesse suggests that anxiety is a result of natural selection.

内瑟医生说焦虑是自然选择的结果。

This is the principle of evolution whereby random changes in the biology of a living thing can make it more likely to survive in a particular environment.

这指的是生物进化的原理，凭借某个生命体生物学上的随机变化使得它更可能在特定的情况下生存下来。

These changes shape the living thing.

这些变化塑造了生命体。

They make it what it is.

它们使得它成为现在的样子。

They help it to cope with different situations.

它们帮助它应对不同的情景。

Which means that they help it manage or deal with those situations.

这意味着它们帮助它处理那些情景。

A life-threatening situation is a very dangerous situation which could cause serious injury or even death.

危及生命的情景指的是非常危险的情景，它可能会造成重伤，甚至死亡。

And finally there was the phrasal verb to go off.

最后是短语动词响起。

For example, if an alarm goes off, it means that it starts making a loud noise as a warning.

比如，如果警报器响起，这意味着它开始发出响声作为警报。

Right, before any alarms start to go off here, we need to wrap up.

好的，在这里的任何警报响起之前，我们需要结束节目了。

That's all from us today, do join us again next time.

这就是今天的全部节目内容，请务必收听我们的下期节目。

Until then, you can find us online, on social media and on our app.

在那之前，你可以在网上找到我们，在社交媒体上，还有我们的APP上。

Look out for bbclearningenglish.

请搜索bbclearningenglish。

Bye for now.

再见了。

Goodbye!

再见！

