

# 我们为何喜欢按按钮？ Why we push buttons

Hello. This is 6 Minute English and 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。

Today we're talking about buttons. - Yes, buttons.

今天我们要讨论按钮。- 是的，按钮。

Buttons are what we have on our clothes to fasten them but the word is also used for things that we push to make things happen.

Button可以指我们衣服上系衣服的扣子，同时这个词也可以指代我们用来让事物发生的東西。

Things like your bedside alarm, radio, toaster, kettle.

例如你床边的闹钟、收音机、吐司机、水壶。

We press hundreds of buttons every week without thinking about it.

我们每周不假思索地按下几百个按钮。

Not everyone likes buttons though, particularly the ones we have on our clothes.

不过不是每个人都喜欢button，尤其是我们衣服上的。

It's a recognised phobia.

这是一种为人所知晓的恐惧症。

What is this fear called?

它被叫做什么呢？

Is it: A: buttonophobia, B: koumpounophobia, or C: coulrophobia?

是 A. button恐惧症，B.纽扣恐惧症，还是 C.小丑恐惧症？

Any ideas, Neil?

有头绪吗，内尔？

Er, I think I've got a fear of pronouncing these words!

额，我想我已经很惧怕读这些单词了。

I've got no idea what the answer is, I think buttonophobia is much too obvious-so it's one of the others-or is it?

不知道答案是什么，我觉得buttonophobia太明显了——所以肯定是另外两个中的一个——或者就是它呢？

It's a hard one.

这题真难。

Well, I'll have the answer later in the programme.

好的，我会在稍后的节目中揭晓答案。

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Thinking Allowed is a BBC Radio 4 programme which covers a range of interesting topics.

《Thinking Allowed》是BBC电台4频道的一档节目，它涵盖了各种各样有趣的话题。

Recently, they featured a discussion about buttons and how important they are to everyday life.

最近它们对按钮进行了专题讨论，还讨论了它们对我们日常生活的重要性。

Steven Connor, Professor of English at the University of Cambridge, was on the programme and he talked about the appeal of buttons.

剑桥大学的英语教授史蒂文·康纳参加了这个节目，他谈到了对按钮的喜爱。

What does he say about children and buttons?

他关于孩子和按钮说了什么内容？

We do love buttons and I think the pleasure and the temptation of buttons...this temptation and everyone feels it, which is why buttons have to be very convenient.

我们真的很喜爱按钮，并且我认为按钮带来的乐趣和诱惑.....这种诱惑每个人都能感受到，这就是按钮必须要非常方便的原因。

On the other hand they have to be kept away from children, so they've got to be put high up on the wall, and buttons that really matter have to be made quite hard to push-like put behind glass or something.

另一方面，它们必须远离孩子们，所以它们得在墙的高处，并且非常重要的按钮必须要被制成很难按下去的那种——例如放在玻璃或某种东西后面。

OK. What does he say about children and buttons?

好的，他对于孩子和按钮说了什么内容？

That they have to be kept away from them!

他说它们必须要远离孩子们！

As I said before, I loved pressing buttons as a child.

正如我之前所说，我小时候喜欢按按钮。

I would press any that I saw, so important ones did have to be kept out of my reach.

我会按我看到的任何按钮，所以重要的按钮必须要保持在我够不着的地方。

Yes, he said buttons are a temptation.

是的，他说按钮是一种诱惑。

A temptation is something that makes you want to do something and it's often used when it's something you shouldn't really do.

诱惑指的是让你想做某事的东西，并且经常在表示你不应该做的事情的时候被使用。

So buttons that lead to potentially dangerous or serious consequences, like a fire alarm, need to be protected, maybe behind glass, so temptation doesn't get the better of us.

所以会导致潜在的危险或严重的后果的按钮，例如火灾警报，应该被保护起来，也许是在玻璃后面，所以诱惑不会战胜我们。

But many buttons have a useful, practical purpose in everyday life, like calling a lift-so these buttons have to be easy to use without difficulty.

但是很多按钮在日常生活中有非常实用的目的，例如，叫电梯——所以这些按钮必须要便于使用。

The adjective for this is convenient.

表达这个意思的形容词是方便的。

These everyday buttons have to be convenient.

这些日常的按钮必须要很方便。

Professor Connor goes on to say a bit more about why buttons are so appealing.

康纳教授继续讲了一些为什么按钮会如此吸引人的原因。

What's his opinion?

他的观点是什么？

You know what I think?

你知道我怎么想的吗？

I think it's down to the fidgeting instinct of very digital or manual creatures.

我认为这是由于每个有指的或动手生物的摆弄本性。

I think we want to fidget with things and adjust them, we want to make them slightly better... I guess it's the grooming instinct in apes.

我认为我们想要摆弄东西，调整它们，我们想要让它们变得更好一些.....我想这是猿猴整理的本性。

So then, why can't we resist buttons?

那么，我们为什么无法抗拒按钮呢？

Because as humans we have a fidgeting instinct.

因为作为人类我们有摆弄东西的本能。

We can't stay still for very long, we need to move around a lot because we are very digital creatures.

我们无法长久保持静止，我们需要到处移动，因为我们有指生物。

The use of digital though, is nothing to do with modern online technology, is it?

不过这里的digital跟现代的网络技术没有任何关系，对吗？

No, a digit is a finger or toe.

是的，digit指的是手指或脚趾。

So we are digital creatures-we have fingers and we like to use them.

所以我们有指生物——我们有手指并且我们喜欢用它们。

And one thing other digital creatures do, creatures like apes, is grooming.

并且其他有指生物，例如猿猴，做的一件事情就是打理。

That is they use their hands to clean the body hair of other apes.

也就是说它们用手去清洁其他猿猴的体毛。

They look through the hair for insects and bugs and pull them out and eat them.

它们仔细地查看毛发，寻找昆虫和小虫子，并且把它们拉出来然后吃掉。

But we can also use the word grooming for humans, someone who is well-groomed for example is neat and tidy, clean and well presented.

但是我们也可以打理这个词来描述人类，比如说一个打理得很好的人，指的是很整洁干净，外表体面的人。

Here's Professor Connor again.

再听一遍康纳教授的话。

You know what I think?

你知道我是怎么想的吗？

I think it's down to the fidgeting instinct of very digital or manual creatures.

我认为这是由于每个有指的或动手生物的摆弄本性。

I think we want to fidget with things and adjust them, we want to make them slightly better... I guess it's the grooming instinct in apes.

我认为我们想要摆弄东西调整它们，我们想要让它们变得更好一些.....我想这是猿猴整理的本性。

Before we wrap up, time to get the answer to this week's question.

在我们结束之前，该揭晓本周问题的答案了。

Some people have a fear of buttons, it's a recognised phobia, but what's it called?

某些人害怕纽扣，这是一种已知的恐惧症，但是它叫什么呢？

Is it: A: buttonophobia, B: koumpounophobia, or C: coulrophobia?

是 A. button 恐惧症，B. 纽扣恐惧症，还是 C. 小丑恐惧症？

And Neil, you said?

内尔，你说的是？

Well, I didn't, but I don't think it can be 'buttonophobia', that'd be too easy.

我没回答，但是我认为不可能是“button恐惧症”，这样就太简单了。

And I think coulrophobia is a fear of clowns, so I'm going for the other one-koumpounophobia.

我认为小丑恐惧症是害怕小丑，所以我要选另一个——纽扣恐惧症。

That is right.

答对了。

Buttonophobia is a made up word, and as you said, coulrophobia is a fear of clowns.

Buttonophobia是一个编造的单词，而且正如你所说，小丑恐惧症指的是害怕小丑。

Right, now let's review today's vocabulary.

好的，我们来回顾今天的词汇吧。

We've been talking about buttons.

我们一直在谈论button。

These can be small round things we use to fasten our clothes, or the things that we push to make something happen.

它可以指我们用来系衣服的又小又圆的东西，也可以指我们为了让某事发生而按下的东西。

Buttons can be a temptation.

按钮可能是一种诱惑。

We see one, we want to push it.

我们看到按钮就想按。

So a temptation is something that makes us want to do something we know we shouldn't.

所以诱惑指的是让我们想做我们知道不该做的某事的东西。

And then we had the adjective convenient.

然后我们说到了形容词，方便的。

Something that is convenient is easy to use without difficulty.

方便的东西指的是易于使用，没有困难的东西。

For example the buttons to call a lift are at a very convenient height, they can be reached easily.

例如叫电梯的按钮就处在很方便的高度，它们很容易被够到。

Professor Connor went on to talk about our fidgeting instinct.

康纳教授又继续谈了我们的摆弄本能。

As humans we love to fidget, we like to keep moving around, we can't stay still for very long and we love to do stuff with our hands.

作为人类，我们喜欢摆弄，我们喜欢到处移动，我们不能长久地待着不动，而且我们喜欢用我们的手做事。

The professor talked about us being digital creatures, which means creatures with fingers—a digit is another word for a finger or toe.

这位教授说我们是有指生物，意思是有手指的生物——指是另一个表示手指或脚趾的单词。

And finally we had grooming.

最后我们说到了打理。

This is the habit of making ourselves look nice by cleaning, washing and doing our hair.

这个词指的是通过清洁、清洗和整理毛发让我们看起来干净的习惯。

It's something some animals, such as apes, do for each other.

这是某些动物，例如猿猴，互相帮助做的事情。

Well, the button here in the studio is flashing, which tells me it's time to wrap up for today.

演播室里的按钮正在闪，告诉我是时候结束今天的节目了。

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Bye bye for now.

再见了。

Bye!

再见！

Can I just press that button?

我能按那个按钮吗？

Oh, go on then, if you like!

哦，想按就按吧！