

# 你能戒酒一个月吗？ Could you give up booze for a month?

Hello. This is 6 Minute English from BBC Learning English.

大家好，这里是BBC学习英语栏目的六分钟英语。

I'm Sam.

我是萨姆。

And I'm Rob.

我是罗伯。

So we're well into 2020 now-how are your New Year's resolutions going, Rob?

所以我们已经进入2020年了——你的新年决心进行得怎么样了，罗伯？

Ah, resolutions-you mean promises people make to themselves to stop or start doing something-I promised to start running, and to stop eating biscuits and to give up alcohol for a month.

啊，决心——你说的是人们对自己许下的停止做某事或开始做某事的承诺——我承诺开始跑步，并且不再吃饼干，以及戒酒一个月。

But I failed on all of them!

但是我全都失败了。

Oh, dear...

哦，天呐.....

Yes, I lasted a few days and then I started to crumble.

是的，我坚持了几天，然后我就开始崩溃了。

Yeah. Well, you're not alone.

是的。不过你不是一个人。

Many people try to kick bad habits and get healthy when a new year begins.

很多人在新年伊始的时候都努力想要改掉坏习惯并变得健康。

Their intentions-their plans to do something-are good.

他们的意图——他们做某事的计划——是好的。

Yes, giving up drinking is particularly good to do, if only for the health benefits.

是的，戒酒尤为好，只要是为了健康着想。

Well, we'll be talking more about that as soon as I've set up today's question.

嗯，等我说完了今天的问题就来进一步聊聊这个。

According to historians, which people were thought to be the first group to make New Year's resolutions?

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根据历史学家的说法，哪些人被认为是第一批许下新年决心的人？

Was it the a) Romans, b) Native Americans, or c) Babylonians?

是 A. 罗马人，B. 美洲土著人，还是 C. 巴比伦人？

I haven't got a clue, so I'm going to guess a) the Romans.

我没有头绪，所以我要猜 A. 罗马人。

OK, Rob, I'll let you know if that was a good guess at the end of the programme.

好的，罗伯，节目结束的时候我会告诉你你猜的对不对。

Now let's talk more about giving things up for New Year and, specifically, giving up alcohol.

现在我们再来聊聊为了新年做出的放弃，尤其是戒酒。

It's a time often called 'Dry January'-dry refers to not drinking alcohol, it's not about the weather!

它常常被称为“干一月”——这里的干指的是不喝酒，跟天气无关！

And the beginning of the year seems like a good time to start doing something to improve your health.

一年的开头似乎是一个很好的时间来开始做某事来改善你的健康。

But it's easy to give in to temptation-isn't it, Rob?

但是很容易屈服于诱惑——不是吗，罗伯？

Oh, yes.

哦，是的。

And it's tough to give up drinking in the first place, as Millie Gooch, founder of The Sober Girl Society knows.

而且正如戒酒女孩社团的创始人米莉·古奇所了解的那样，一开始戒酒的时候是很难的。

She spoke to BBC Radio 4's You and Yours programme and explained why it was hard to quit in the first place.

她在BBC电台4频道的《You and Yours》节目中发表了观点，并解释为什么一开始戒酒很难。

I think it's the peer pressure and, you know, it's so expected of us, it's so ingrained in us.

我认为是同侪压力，并且你知道的，人们如此期待我们这样做，喝酒这个观点根深蒂固。

Alcohol is everywhere and it's not just alcohol itself, it's alcohol merchandise, so, you know, you've got Christmas jumpers that have been say 'Prosecco-ho-ho-ho' and you can't buy a birthday card without saying 'let the fun be-gin'.

酒无处不在，并且这不仅仅关乎酒本身，而是酒水交易，所以你会看到有的圣诞毛衣上写着“起泡酒哦哦哦”，而且你买到的每一张生日贺卡上都会写着“快乐就是杜松子酒”。

It's just absolutely everywhere, it's so hard to avoid.

它真的无处不在，太难抗拒了。

So that's Millie, who's right when she says that, in the UK at least, we sometimes drink because we give in to peer pressure.

以上就是米莉的话，她说的没错，至少在英国，我们有时候喝酒是因为屈从于同侪压力。

That's the influence a group of similar people have on you to behave like them.

它指的是跟你相似的群体施加在你身上的压力，让你跟他们同样行事。

We want to be part of the group, so we copy what they do-and we are expected to do so, because, as Millie said, drinking alcohol is ingrained in us-well in some cultures anyway.

我们想要成为那个群体的一员，所以我们复制他们的行为——而且我们被期待着这么做，因为，正如米莉所说，喝酒是根深蒂固的——扎根于我们的文化。

And when an attitude is ingrained, it means it's been that way for a long time-it's difficult to change.

如果某种态度是根深蒂固的，这意味着它已经存在很久了——难以改变。

And although it may be harmful, we see jokes about drinking through things like merchandise-a word for goods we buy and sell.

并且尽管它可能有害，我们通过像商品这样的事物看到关于喝酒的玩笑——商品指的是我们买卖的东西。

And Millie goes on to say we can buy jumpers that joke about the Italian sparkling wine called Prosecco, which say 'Prosecco-ho-ho-ho!' And birthday cards have the message 'let the fun be-gin' – a play on the word 'begin'.

并且米莉还说我们会买调侃意大利起泡酒Prosecco的毛衣——上面写着“起泡酒吼吼吼！”并且生日贺卡上有“快乐就是杜松子酒”的信息——这里玩了一个begin的文字游戏。

With all this social pressure, it's hard not to give in-and that's even worse when you're trying to fulfil your resolution not to drink.

有了所有这些社会压力，不屈服很难——如果你想要履行戒酒的决心就更糟了。

For Millie, enough was enough when drinking started to have a negative effect and she had to do something about it.

对米莉来说，喝酒带来的消极影响已经足够了，于是她决定做些事情。

Let's hear from her again.

我们再来听听她说的话。

I started realising that alcohol was really affecting my mental health, so I was getting that really bad hangover anxiety-that like, hangover fear and dread-and I kind of noticed that was permeating my everyday life.

我开始意识到酒精真的影响了我的心理健康，所以我得了很严重的宿醉焦虑——就像宿醉恐慌——并且我有点意识到它蔓延到了日常生活中。

I was a binge drinker rather than like an everyday drinker.

我以前只是个偶尔狂饮的人，而不是每天都喝酒的人。

So I just decided that yeah, it wasn't suiting my life any more and I wanted to give it up.

所以我决定喝酒不再适合于我的生活，我想要戒掉它。

So Millie there described the negative effects of a hangover-that's the sick and tired feeling you get after drinking too much alcohol.

所以米莉刚刚描述了宿醉的消极影响——即你在喝了太多酒之后感受到的恶心和疲惫的感觉。

She also said she felt anxiety.

她还说她感到了焦虑。

And this feeling was permeating her everyday life.

并且这种感觉蔓延到了她的日常生活。

When something permeates it spreads through something and influences every part of it.

蔓延指的是在某物种扩散，并且影响其中的每个部分。

So, drinking was affecting her everyday life, and it didn't help that she was a binge drinker.

所以喝酒影响了她的日常生活，即使她只是个偶尔狂饮的人也于事无补。

When you binge, you do something occasionally but to extreme.

如果你偶尔放纵，那么你只是偶尔做某事，但是会做得很极端。

Well, Millie managed to quit drinking and hasn't touched a drop since.

嗯，米莉成功地戒酒了，并且从那以后滴酒不沾。

There are many benefits to remaining sober-that means not being drunk.

戒酒——即不醉酒——有很多好处。

And one of them is hearing the answer to today's question!

其中一个就是能够听到今天问题的答案。

Earlier I asked you: According to historians, which people were thought to be the first group to make New Year's resolutions?

之前我问你：根据历史学家的说法，哪些人被认为是第一批许下新年决心的人？

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And Rob, what did you say?

罗伯，你说的是什么？

I had a wild guess and said it was the Romans.

我瞎猜了一个，我猜的是罗马人。

Sorry, Rob, you are wrong.

不好意思，罗伯，你答错了。

Many historians think it was the Babylonians who made the first ever New Year's resolutions, about 4,000 years ago.

很多历史学家认为是巴比伦人最先开始许下新年决心的，大约在4000年前。

According to the history. com website, at New Year-which they celebrated in mid-March-Babylonians made promises to the gods to pay their debts and return any objects they had borrowed.

根据网站history.com的信息，在新年——他们在三月中旬庆祝——巴比伦人向天神许下承诺要偿还他们的欠款并且归还他们借的东西。

I wonder if they managed to keep their resolutions for longer than I did.

我想知道他们坚持的时间有没有我长。

Anyway, let's keep one of our regular promises—to recap the vocabulary we've discussed today.

不管怎样，我们来履行我们的日常承诺吧——回顾我们今天讨论过的词汇。

Starting with resolution, - which in the context of a New Year's resolution, is a promise to yourself to stop or start doing something.

先从决心开始，— 在新年决心的语境中它指的是跟自己约定停止或开始做某事。

Peer pressure is the influence a group of similar people have on you to behave like them.

同侪压力指的是跟你相似的群体施加在你身上的压力，让你跟他们同样行事。

Ingrained describes an attitude or idea that has been done in a certain way for a long time and is difficult to change.

根深蒂固描述的是某种态度或想法存在了很长时间，并且难以改变。

And merchandise is a word for goods we buy and sell.

商品指的是我们买卖的货物。

We also mentioned a hangover—that's the sick, tired and sometimes anxious feeling you get after drinking too much alcohol.

我们还提到了宿醉——指的是你在过量饮酒之后感受到的恶心、疲惫，有时候还有焦虑的感觉。

And permeating describes spreading through something and influencing every part of it.

而蔓延描述的是在某物中扩散并且影响其中的每个部分。

Like the vocabulary in this programme, Sam!

就像本节目中的词汇一样，萨姆！

Thanks, Rob—and that's all for now.

谢谢，罗伯——今天就到这里。

Bye bye!

再见！

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