

# 百岁老人 Centenarians

This is 6 Minute English, I'm Yvonne Archer - and thanks to Alice for joining me today.

这里是六分钟英语，我是伊冯·阿彻，感谢爱丽丝今天的加入。

Hi, Yvonne! Hi!

嗨，伊冯！嗨！

Now, when people in the UK reach the ripe old age of 100, something rather special usually arrives in the post for them.

现在，当英国人达到100岁高龄时，通常会收到一些相当特别的东西。

Yes, they get a congratulatory card from the Queen. Exactly.

是的，他们会收到女王的贺卡。完全正确。

But it seems that the Queen will have to send out lots more cards in the future.

但看来女王将来还得送出更多的贺卡。

But before we hear why, are you ready to answer today's question, Alice?

但在我们听到原因之前，你准备好回答今天的问题了吗，爱丽丝？

Yes, ready and waiting! Grand!

是的，迫不及待！很好！

The oldest female to complete a marathon was from the United States - but how old was she: a) 92, b) 97 or c) 101 years old.

完成马拉松比赛年龄最大的女性来自美国，但她多少岁了呢：a) 92岁，b) 97岁或c) 101岁。

Oh, that's difficult. They're all quite old.

哦，这很难。这些年龄都很老了。

Because we're talking about people over the age of 100, I'll guess 101 years old.

因为我们讨论的是100岁以上的人，我猜是101岁。

Good answer, but as usual you'll have to wait until the end of today's "6 Minute English" to find out if you're right or wrong.

很好的回答，但是和往常一样，你要等到今天的“六分钟英语”结束后才能知道你的回答是对还是错。

Now, reaching the age of 100 used to be quite rare - unusual.

好了，活到100岁在过去是非常罕见的。

But government figures show that in 2009, there were 11,600 people over that age here in the UK.

但政府数据显示，2009年，英国有11600人超过了这个年龄。

That's quite a lot! Exactly.

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这好多啊！是的。

Well, that number is set to rise because it's expected that more than three million of today's under-16s will live to be centenarians.

这个数字还会上升，因为预计今天16岁以下的人中有300多万人将活到百岁以上。

Alice, explain what 'a centenarian' is for us, please?

爱丽丝，请给我们解释一下百岁老人是什么意思？

A centenarian is someone who has reached 100 years old - or older. Wow.

百岁老人是指年龄超过100岁的人。哇。

Let's hear more on that from Fran Cartwright of Age UK, who's at an exercise class for the over 70s.

让我们听听《老年英国》的弗兰·卡特赖特的详细介绍，他参加了一个70岁以上老人的健身课程。

Well, people are living longer.

人们的寿命更长了。

We have wonderful clients here who are approaching a hundred; they're still exercising.

我们这里有一些非常棒的客户，他们都快一百岁了；还在锻炼。

So by mental and physical activity, they can achieve that.

因此，通过精神和身体活动，他们可以做到这一点。

In that class, there are clients who are approaching - are almost - a hundred years old and they're still exercising.

在那门课上，有些客户已经快100岁了，但还在锻炼。

Yes, and Fran Cartwright from Age UK says they can achieve the age of a hundred through mental activity and physical activity - by exercising both mind and body.

是的，来自《老年英国》的弗兰·卡特赖特说，人们可以通过精神活动和身体活动来活到100岁——锻炼身心。

Right, well, here's how one woman in the exercise class compares herself and her friends with her own great grandmother.

好吧，健身课上的一位女士是这么将自己和朋友与自己的曾祖母相比较的。

My great grandma, you know, she was, you know - I thought they were ancient.

我的曾祖母，她有些，我以为她们很古老。

We're not today, are we? You know, we're reasonably healthy.

今天我们不这样了，不是吗？我们还算健康。

The woman and her friends are all over the age of 70.

这位妇女和她的朋友都超过了70岁。

Some of them are great grandparents too, but she wouldn't describe them in the same way that she'd describe her own great grandmother, would she?

她们中的一些人也是曾祖父母，但她不会用描述自己曾祖母的方式来描述它们自己，对吧？

No, she describes her own great grandmother as 'ancient' - so old, that she was almost an antique, or even prehistoric!

不，她形容自己的曾祖母是“古老的”——如此古老，以至于她几乎是一个古董，甚至是老掉牙的！

Oh dear.

哦天呐。

And in contrast, at a similar age, the woman says that she and her friends are reasonably healthy - they're in fairly good health.

相比之下，在相似的年龄下，这位女士说她和她的朋友们都相当健康——她们的健康状况相当好。

But here's how two young people feel about the possibility of an extended old age - living longer than they'd expect to.

但以下是两位年轻人对长寿可能性的看法——比他们的预期活得更长。

It would be an achievement living that long, but I wouldn't be able to do much then.

能活那么久是一种成就，但那样我就做不了什么了。

I'd just probably be sitting around in a chair.

我可能只会坐在椅子上。

I don't think it would be fun because you've got to live with strangers which you don't know.

我不觉得那很有趣，因为你要和陌生人住在一起，而且你不认识他们。

Well, they don't seem too enthusiastic about living until one hundred - and possibly beyond - do they?

好吧，他们似乎对活到一百岁——甚至可能活得更久——没有太大的热情，不是吗？

No, they don't.

是的，他们没有。

Although the first young man said that he thought it would be an achievement to live that long.

尽管第一个年轻人说他认为活那么久是一种成就。

He doesn't think he'll be able to do much by then - except sit around in a chair.

他认为到那时他能做的事不多——除了在椅子上闲坐。

And the second young man thinks that being old won't be any fun because he'll have to live with strangers - people he doesn't know - rather than with friends and family.

第二个年轻人认为变老不会有什么乐趣，因为他将不得不和陌生人——他不认识的人——住在一起，而不是和朋友家人住在一起。

But government figures seem to say otherwise, predicting that one in four children in Britain will live until they are 100 years old.

但政府的数据似乎不这么认为，它预测英国四分之一的孩子将活到100岁。

So hopefully, both young men are wrong about what will happen to them when they're old.

所以希望这两个年轻人对他们老了会发生什么的想法都是错误的。

Alice, did I tell you that I've got a friend who's now 102 years old?

爱丽丝，我告诉过你我有个102岁的朋友吗？

You did. What an achievement!

你说过。多么了不起的成就啊！

And she's still very active, isn't she? Definitely.

她还是很活跃，不是吗？的确。

She was dancing at her sister's 100th birthday party just last weekend!

她上周末还在她妹妹的百岁生日派对上跳舞呢！

And what about your sprightly, lovely grandfather, Alice?

那你那活泼可爱的祖父呢，爱丽丝？

Yeah, my grandpa's over 90 and he does lots of crosswords.

是的，我爷爷90多岁了，他玩很多填字游戏。

I think it keeps his mind very active.

我想这能让他的思维保持活跃。

Excellent! And to keep your mind active Alice, back to today's quiz.

太好了！为了让你的思维保持活跃，爱丽丝，回到今天的测试上来。

Earlier, I told you that the oldest female to complete a marathon was from the United States.

早些时候，我告诉过你，完成马拉松比赛的年龄最大的女性来自美国。

But was she 92, 97 or 101 years old? I guessed 101 years old.

但她是92岁、97岁还是101岁？我猜是101岁。

And, unfortunately, you were wrong.

不幸的是，你错了。

She was actually 92 years old and it only took her nine hours and almost a minute.

她实际上已经92岁了，全程只花了9小时零1分钟。

Fantastic! I hope we'll be able to do that when we get into our 90s.

太棒了！我希望我们90多岁的时候也能做到这一点。

Let's hope so - and more importantly, that we're really healthy too.

希望如此——更重要的是，我们也真的很健康。

But that's all for "6 Minute English" from BBC Learning English.

以上就是本期BBC英语六分钟的全部内容。

Do join us again soon. Goodbye!

请尽快加入我们。再见！