

抑制我们的塑料瘾 Curbing our plastic addiction

Hello, and welcome to 6 Minute English.

大家好，欢迎收听六分钟英语。

I'm Neil.

我是内尔。

And hello, I'm Rob.

大家好，我是罗伯。

Today we're talking about plastic.

今天我们要讨论塑料。

Yes, it's our addiction to plastic that is of concern because this material doesn't decay very quickly, so once we've used it, it hangs around for a very long time.

是的，正是我们对塑料的沉迷引起了担忧，因为这种材料不会快速地腐蚀，所以一旦我们使用了它，它会存在很长一段时间。

It is a problem—and decay, by the way, describes the natural process of something being destroyed or breaking down into small particles.

这是个问题——顺便一提，腐蚀这个词描述的是某个东西被破坏或分解成小分子的自然过程。

We hear so much about the consequences of having too much waste plastic around, don't we?

我们听到了许多关于身边有过多废弃塑料的后果，不是吗？

Indeed.

确实。

Not only does it cause a mess—wildlife, particularly marine animals, are (at) risk when they become entangled in plastic waste, or ingest it.

它不仅会引起混乱——野生动物，尤其是海洋动物也会在它们被塑料废物缠住或咽下它们时受到威胁。

It's an issue that needs tackling, or dealing with.

这是一个亟待处理的问题。

And that's what we'll be discussing today and finding out what could be done to solve this plastic crisis.

而这就是我们今天将要讨论的事情，并且要找出有什么措施可以用来解决塑料危机。

OK, first, let's challenge you to answer a question about plastic, Rob.

好的，首先，让我们用一个关于塑料的问题来挑战你，罗伯。

The first synthetic plastic – that's plastic made entirely from man-made materials – was created over 100 years ago.

第一个人造塑料——即完全由人造材料制成的塑料——于100年前被创造出来。

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Do you know what its brand name was?

你知道它的品牌名称是什么吗？

Was it a) Bakelite, b) Lucite, or c) Formica?

是 A. Bakelite, B. Lucite, 还是 C. Formica?

I'm no expert, so I'll say c) Formica.

我不是很了解，所以我要选 C. Formica。

Well, we'll reveal the answer at the end of the programme.

好的，我们会在节目结束的时候揭晓答案。

Now let's talk more about plastic.

现在我们再来谈谈塑料。

This man-made substance is everywhere—from clothing to crisp packets, and bottles to buckets.

这种人造制品随处可见——从服饰到薯片袋，还有水瓶和水桶。

But the problem is that most of it isn't biodegradable—that's a word that describes something that can decay naturally without harming anything.

但是问题在于它大部分是不可生物降解的——这个词描述的是某个东西可以在不伤害任何事物的前提下自然腐蚀。

Each year, 400 million tonnes of plastic is produced and 40% of that is single-use.

每年有4亿吨塑料被生产出来，这其中的40%是一次性的。

So why don't we stop using it?

所以我们为什么不停止使用它呢？

It's not that easy, Rob, and it's something Lucy Siegle, a BBC reporter and author, has been talking about.

没有那么容易，罗伯，这也是BBC的记者兼作家露西·西格尔一直在探讨的问题。

She was speaking in a discussion on the Costing the Earth programme on BBC Radio 4, and explained the issue we have with quitting plastic but also how our attitude is changing...

她正在BBC电台4频道的节目《Costing the Earth》中的讨论中发言，并且解释了我们不再使用塑料所面临的困难，以及我们的态度在如何转变.....

We have this weird psychological attachment to this material that's been around and it's like a push and pull.

我们对这种一直以来都存在的材料有着一种奇怪的依赖心理，这就好像推拉一样。

At the one time, we're so horrified by what we're seeing—the whales dying, the oceans vomiting plastic, beaming in from all over the world, and at the same time we're being told we can't live without it, so that creates a sort of psychological dissonance—which I think is the barrier to behavioural change but I'm finding now our awareness has peaked and it's going over into activism.

这一刻我们因眼前的景象而感到如此害怕——鲸鱼正在死亡，海洋正向全世界吐出塑料，而与此同时我们正告诉我们自己我们没有它就活不了，所以这就创造了一种心理失调——我认为它阻碍了行为的转变，但是我现在发现我们的意识达到了顶峰，并且它将会转变为行动。

She mentioned the word psychological-that's something that affects or involves our mind-so here, psychological attachment means that in our mind we feel we have to use plastic-we're addicted.

她提到了心理的这个词——意思是影响或包含了我们思想的东西——所以在这里心理依赖指的是在我们心里，我们感觉我们不得不使用塑料，我们上瘾了。

But we also see the negative impact of plastic-like whales dying-and in our mind we're also thinking we must stop!

但是我们也看到了塑料的负面影响——例如鲸鱼正在死亡——而在我们心里我们也正想着我们必须停止！

This is (has) created what Lucy says is a 'psychological dissonance'-dissonance means a disagreement between two opposing ideas-so we're having an argument in our head about the right thing to do-this is the 'push and pull' of thoughts she referred to.

这就造成了露西所说的“心理失调”——失调指的是两种相反的想法之间的分歧——所以我们的脑海中正在就做正确的事情而进行争论——这就是她之前提到的思想上的“推拉”。

And this dissonance has been the barrier to us trying to solve the plastic issue-but now we're starting to do something about it-we're taking action to reduce our plastic waste-we're turning to activism.

而这种失调一直都是我们努力去解决塑料问题的障碍——但是现在我们开始针对这件事情做了些事情了——我们正在采取行动来减少我们的塑料废物——我们正转向行动主义。

That's taking action to change something-it could be social or political change, or a change in our behaviour or attitude.

即采取行动去改变什么——它可能是社会或政治变革，或者是我们行为或态度上的转变。

Of course there has been a big push-that means people have been strongly encouraged-to recycle.

当然还有一个很大的推力——意思是人们被强烈地鼓励——去回收。

Maybe in an ideal world the best thing to do is go plastic-free -but that isn't easy, is it?

也许在一个理想的世界里，最好的事情就是无塑料化——但是这并不容易，是吗？

No, it isn't, and it's something Lucy Siegle spoke about.

是的，并不容易，这就是露西·西格尔所说的。

Getting rid of plastic in our lives is a gradual process.

在生活中摆脱塑料是一个循序渐进的过程。

But where does she think we can make the biggest difference?

但是她认为我们可以在哪方面做出最大的改变呢？

I really think that to concentrate on stopping the flow of plastics into your life is easier and more effective in the long term, than trying to go plastic-free from the outset.

我真心认为相较于从一开始就试图无塑料化，专注于阻止塑料流入你的生活更容易，并且从长期看来也更有效。

We are in the UK, a supermarket culture, so a lot of the tips and tricks to decreasing the flow of plastic are getting round supermarket culture.

我们是在英国，一个超市文化的国家，所以很多减少塑料的提示和技巧正围绕着超市文化。

She says we have a supermarket culture in the UK.

她说我们英国有超市文化。

Culture here describes a way of life-or a way that we generally behave-and in terms of food shopping, we tend to do that in supermarkets.

这里的文化指的是一种生活方式——或者我们一般的行为模式——而就购买食物而言，我们倾向于在超市里买。

So, for example, customers can make a big difference by putting pressure on supermarkets to use less plastic packaging.

所以，打个比方，顾客可以通过向超市施压使用更少的塑料包装来产生重大影响、

It does seem that the future of plastic is in our hands-we need to be more careful about how and when we use it-and use our collective power to force change if it's needed.

看起来塑料的未来确实掌握在我们手上——我们需要更加小心地对待如何以及何时使用它的问题——并且如果需要的话，使用集体的力量来推动改变。

But there's no doubt plastic is useful for many things so it will be a long time before it disappears altogether.

但是毫无疑问，对于很多事情来说，塑料用处很大，所以它需要很长一段时间才能完全消失。

And earlier I asked you what was the name of the first synthetic plastic, invented over a 100 years ago.

之前我问你100年前被制造出来的第一个人造塑料的品牌名称是什么。

Was it a) Bakelite, b) Lucite, or c) Formica?

是 A. Bakelite, B.Lucite, 还是 C. Formica?

And I said c) Formica.

我说的是 C. Formica。

Was I right?

我答对了吗？

Formica is a type of hard plastic used for covering tables and working areas in kitchens-but it's not the oldest type.

Formica是一种用来覆盖桌子和厨房里的工作区的硬质塑料——但它并不是最古老的类型。

That was Bakelite.

答案是 Bakelite。

I may have got that wrong but hopefully I'll have more success recapping some of today's vocabulary-starting with decay, which describes the natural process of something being destroyed or breaking down into small particles-which plastic takes a long time to do.

也许我是答错了，但是我可以成功地回顾今天的一些单词——从腐蚀开始，这个词描述的是某个东西被破坏或分解成小分子的自然状态——塑料的腐蚀过程需要很长时间。

Next we had biodegradable-that's a word to describe something that can decay naturally without harming anything.

接下来我们说到了生物降解——这个词描述的是某个东西可以在不伤害任何事物的前提下自然腐蚀。

Then we had psychological-that's something that affects or involves your mind.

然后我们说到了心理的——即影响或包含了你的思想。

Next up, we had dissonance, which describes a disagreement between two opposing ideas.

接下来我们说到了失调，指的是两种相反的观点之间的分歧。

And then we mentioned activism-that's taking action to change something.

然后我们说到了行动主义——指的是采取行动去改变某事。

We also mentioned the phrase a big push which means people are strongly encouraged or persuaded to do something, usually by force.

我们还提到了短语，很大的推动力，意思是人们被有效地通过强制力来鼓励或劝说去做某事。

And finally we had culture.

最后我们说到了文化。

In our context of supermarket culture, it describes a way of life, or a way that we generally behave.

在我们的语境中说的是超市文化，它描述的是一种生活方式，或者我们一般的行为模式。

Thanks, Neil.

谢谢你，内尔。

Now, remember you can find more learning English programmes and materials on our website at bbclearningenglish.com.

请记住你可以在我们的网站**bbclearningenglish.com**上找到更多学习英语的节目和材料。

That's it for now but please join us next time for 6 Minute English.

今天的节目就到这里，请务必收听我们下一期的六分钟英语。

Goodbye.

再见。

Goodbye.

再见。