

B2 经典外刊阅读 9

阅读能力整合—长篇实战训练二

外刊阅读一

WHAT IS EXPLORATION?

- ❖ We are all explorers. Our desire to discover, and then share that new-found knowledge, is part of what makes us human - indeed, this has played an important part in our success as a species. Long before the first caveman slumped down beside the fire and grunted news that there were plenty of wildebeest over yonder, our ancestors had learnt the value of sending out scouts to investigate the unknown. This questing nature of ours undoubtedly helped our species spread around the globe, just as it nowadays no doubt helps the last nomadic Penan maintain their existence in the depleted forests of Borneo, and a visitor negotiate the subways of New York.
- ❖ 我们都是探索者。我们对发现而后分享那些新知识的渴望，是我们被称为人类的部分原因——确实，这种渴望对人类这一物种取得成功起了重要作用。早在穴居人跌坐在篝火旁，咕哝着说那边有一群牛羚的消息之前，我们的祖先已然知晓派出侦察员探索未知领域的重要性。毫无疑问，这种探索天性帮助了人类物种遍布全球，正如当今，它无疑也帮助着最后的游牧民族本南族在婆罗洲贫瘠的森林中维持生存，同样帮助着纽约的游客摸清地铁线路。
- ❖ Over the years, we've come to think of explorers as a peculiar breed - different from the rest of us, different from those of us who are merely 'well travelled', even; and perhaps there is a type of person more suited to seeking out the new, a type of caveman more inclined to risk venturing out. That, however, doesn't take away from the fact that we all have this enquiring instinct, even today; and that in all sorts of professions - whether artist, marine biologist or astronomer - borders of the unknown are being tested each day.

- ❖ 多年以来，我们一直认为探索者是个奇特物种 - 跟我们都不一样，甚至与那些只是“交游甚广”的人也有区别。也许确有一类人更适合寻找新事物，有一类穴居人更倾向于冒险探索。但是，即使在今天我们也无法改变的一个事实是这种探究的天性 是我们所共有的。而且无论是艺术家、海洋生物学家还是天文学家，各种各样的职业每天都在试探未知的边界。
- ❖ Thomas Hardy set some of his novels in Egdon Heath, a fictional area of uncultivated land, and used the landscape to suggest the desires and fears of his characters. He is delving into matters we all recognise because they are common to humanity. This is surely an act of exploration, and into a world as remote as the author chooses. Explorer and travel writer Peter Fleming talks of the moment when the explorer returns to the existence he has left behind with his loved ones. The traveller 'who has for weeks or months seen himself only as a puny and irrelevant alien crawling laboriously over a country in which he has no roots and no background, suddenly encounters his other self, a relatively solid figure, with a place in the minds of certain people'.
- ❖ Thomas Hardy 以他虚构的爱敦荒原为背景，创作了一些小说，他利用这片荒芜的土地来体现他角色的渴望和恐惧。他探究的是我们都能辨识的事物，因为它们是人类所共有的。这无疑就是一种探索的体现，并且这种探索的深度全凭作者的选择。探险家和游记作家 Peter Fleming 老是谈起探险家回归生活的那一刻，回到那个被他抛在身后、有着他的朋友至亲的生活。这个旅行者“在几周甚至几个月内，将自己看作卑微的、无关紧要的异乡人，艰难地在孤苦无依的异国穿行，突然撞见了在某些人心中占有一席之地的另一个自我，一个更为实在的形象”。
- ❖ In this book about the exploration of the earth's surface, I have confined myself to those whose travels were real and who also aimed at more than personal discovery. But that still left me with another problem: the word 'explorer' has become associated with a past era. We think back to a golden age, as if exploration peaked somehow in the 19th century - as if the process of discovery

is now on the decline, though the truth is that we have named only one and a half million of this planet's species, and there may be more than 10 million - and that's not including bacteria. We have studied only 5 per cent of the species we know. We have scarcely mapped the ocean floors, and know even less about ourselves; we fully understand the workings of only 10 per cent of our brains.

- ❖ 在这本关于探索地球表面的书中，我专注于那些在现实中旅行的探索者，他们的目标不仅仅是个人发现。但是另一个问题又来了：“探索者”一词已经与过去的时代联系在一起。我们回想起一个黄金时代，就好像探索在 19 世纪莫名其妙达到顶峰，就好像现在的探索过程正在走下坡路，尽管事实是：我们只给这个地球上 150 万个物种命名，而地球物种的总量超过千万，这还不包括细菌。我们才研究了人类已知物种的 5%，几乎没有绘制过海床地形图，我们对自己的了解更是稀少；我们只能完全搞懂大脑运作方式的 10%。
- ❖ Here is how some of today's 'explorers' define the word. Ran Fiennes, dubbed the 'greatest living explorer', said, "An explorer is someone who has done something that no human has done before - and also done something scientifically useful." Chris Bonington, a leading mountaineer, felt exploration was to be found in the act of physically touching the unknown: 'You have to have gone somewhere new.' Then Robin Hanbury-Tenison, a campaigner on behalf of remote so-called 'tribal' peoples, said, "A traveller simply records information about some far-off world, and reports back; but an explorer changes the world?" Wilfred Thesiger, who crossed Arabia's Empty Quarter in 1946, and belongs to an era of unmechanized travel now lost to the rest of us, told me, 'If I'd gone across by camel when I could have gone by car, it would have been a stunt.' To him, exploration meant bringing back information from a remote place regardless of any great self-discovery.
- ❖ 以下是当今一些“探索者”定义这个词的方式。Ran Fiennes 被称为“最伟大的还在世的探险家”，他说：“探索者是做了以前没人做过的事情之人，也做了一些有科学价值的事情。”杰出的登山者 Chris Bonington 认为，探索是要通过物理接触未知事物的行为来进行的：“你必须去一个新地方。”然后，代表

偏远的所谓“部落”民族的活动家 Robin Hanbury-Tenison 说：“旅行者只是记录并报告一些遥远世界的信息，而探索者改变了世界。”Wilfred Thesiger 曾于 1946 年越过阿拉伯的空白之地(阿拉伯半岛鲁布哈里沙漠的别名。译者注)，他属于非机械化旅行的时代，而非机械化旅行现在对我们来说已经丢失了。他告诉我：“如果我本来可以开车去却选择骑骆驼的话，那就是个噱头。”对他来说，探索意味着从遥远的地方带回信息，而不去考虑任何伟大的自我发现。

- ❖ Each definition is slightly different - and tends to reflect the field of endeavor of each pioneer. It was the same whoever I asked: the prominent historian would say exploration was a thing of the past, the cutting-edge scientist would say it was of the present. And so on. They each set their own particular criteria; the common factor in their approach being that they all had, unlike many of us who simply enjoy travel or discovering new things, both a very definite objective from the outset and also a desire to record their findings.
- ❖ 每个定义都略有不同——这些定义都倾向于反映每个先驱的奋斗领域。无论我问谁，都体现了这一点：历史学家会说探索是过去的事，走在前沿的科学家会说探索是现在的事，等等。他们都有自己的特定标准；然而他们都会使用相同的方法论，不像我们中的许多人只是喜欢旅行或发现新事物，他们从一开始就有明确的目标，也渴望记录他们的发现。
- ❖ I'd best declare my own bias. As a writer, I'm interested in the exploration of ideas. I've done a great many expeditions and each one was unique. I've lived for months alone with isolated groups of people all around the world, even two 'uncontacted tribes'. But none of these things is of the slightest interest to anyone unless, through my books, I've found a new slant, explored a new idea. Why? Because the world has moved on. The time has long passed for the great continental voyages - another walk to the poles, another crossing of the Empty Quarter. We know how the land surface of our planet lies; exploration of it is now down to the details - the habits of microbes, say, or the grazing behaviour of

buffalo. Aside from the deep sea and deep underground, it's the era of specialists. However, this is to disregard the role the human mind has in conveying remote places; and this is what interests me: how a fresh interpretation, even of a well-travelled route, can give its readers new insights.

- ❖ 我声明我自己的偏见。作为作家，我对思维探索很感兴趣。我进行了很多次实地探险，每一次都很独特。我曾与世界各地与世隔绝的人们一起生活数月，甚至有两个“未被发现的部落”。但是不会有任何人对这些事情感兴趣，除非我在书中提出了新见解、开发了新观点。为什么？因为世界不断前行。伟大的大陆航行时代已经过去了一一再次到达南北极，又一次横穿空白之地。我们已知地球表面大体如何；现在，对它的探索需要更精细专业化一一例如微生物的习性或水牛的食草行为。除了深海和地下（这种我们连大体如何都未知的领域），这都是一个的探索时代。但是，这样的精细划分也无视掉了人类思维在传达遥远区域信息时扮演的角色；而这正是我感兴趣的：一条久行之路，如何全新解读，才能让读者耳目一新。

外刊阅读二

LONG COVID AND NOW FOR THE AFTERSHOCK

选自《经济学人》

Evidence is mounting that long covid is a real threat to global health.

- ❖ As the world enters the second year of the pandemic, two crises are unfolding. The more urgent and visible one is in poor countries like India, where a surge of covid-19 cases is threatening to overwhelm the state. India is recording more than 350,000 cases a day, and many more than that are thought to be going undetected. The suffering is grievous. Oxygen supplies at Indian hospitals are running far short of what is needed, and crematoriums are overwhelmed.

- ❖ 在世界迈入新冠疫情的第二年之际，两大危机正拉开序幕。其中更为紧迫和显见的危机蔓延于印度这样的穷国，新冠病例的疯长让整个印度正面临着被疫情压垮的危机。印度单日记录病例超过 35 万，据信还有大量病例未被查出。印度正面临着沉重的苦难。印度医院的氧气供应远远不足，火葬场也不堪重负。
- ❖ The other crisis is more subtle. This is long covid, which is becoming apparent in rich countries like America, Britain and Israel that have largely vaccinated their way out of the pandemic, but which will affect poor ones, too. Post-covid syndrome, to give it its formal name, is a set of symptoms affecting any part of the body that persist for at least three months after a bout of covid-19. Three stand out: breathlessness, fatigue and “brain fog”. In Britain three in every five people with long covid say their usual activities are somewhat limited, and one in five says they are limited “a lot”—which often means being unable to do even a part-time, desk-based job.
- ❖ 另一个危机则相对难以察觉，即新冠病毒的长期并发症。这一危机正逐渐显现于美国、英国和以色列等已大规模接种疫苗，并逐渐摆脱疫情的富裕国家，但贫穷国家同样在劫难逃。它的正式名称是“新冠肺炎后遗症”，指的是新冠患者在感染后出现的一系列持续至少三个月、影响身体不同部位的症状。其中三个最为常见症状是呼吸困难、疲劳和“脑雾”。在英国，有五分之三患有新冠病毒长期并发症的患者表示自己的日常活动受到了一点限制，有五分之一的患者表示自己的日常活动严重受限——这通常意味着他们甚至无法从事兼职的文职工作。
- ❖ The numbers are chilling. Half a million people in Britain have had long covid for more than six months. Their chances of full recovery are probably slim. The vast majority are in their working-age prime. At the last count (which does not fully take in the country’s second wave) 1.1% of Britain’s population had had long covid for at least three months -- a group that includes 1.5% of those of working age. About 15% of Britain’s population had been infected by then. Applying this

rate to global covid-19 cases, numbering an estimated 1.2bn so far, suggests that more than 80m people may already have long covid.

- ❖ 这些数据令人胆战心惊。英国有 50 万人患有新冠病毒长期并发症超过 6 个月了。他们完全康复的可能性很小。绝大多数患者正处于劳动年龄的黄金时期。英国的上一次统计数据（不完全包括英国的第二波疫情）显示，有 1.1% 的人口已患有新冠病毒长期并发症至少三个月，这其中有 1.5% 的人正处于劳动年龄。当时大约有 15% 的英国人感染新冠病毒。而全球迄今估计有 12 亿人口，将这一比例套用在全球新冠病例上，可能已有 8000 多万人患有新冠病毒长期并发症。
- ❖ The costs of the condition have yet to be tallied, but they will be huge. Britain's National Institute for Health Research found that, in 80% of sufferers, the illness affected the ability to work. Over a third said it had weighed on their finances.
- ❖ 这一情况的代价尚未计算出来，但总归将是巨大的。英国国家健康研究所发现，80% 患者的工作能力在患病后会受到影响。超过三分之一的人表示，长期并发症给他们带来了经济压力。
- ❖ As yet, long covid has no cure. What scientists know so far about the disease points to it being a combination of a persistent viral infection (for which a drug may be found at some point), a chronic autoimmune disorder (which would need expensive, complex care like that for rheumatoid arthritis or multiple sclerosis) and lingering damage to some tissues caused by the original covid-19 infection. Medicines for the first two of these causes may ultimately be found. America alone has put \$1.15bn into research. At the moment, though, sufferers need months of rehabilitation to help them cope.
- ❖ 到目前为止，新冠病毒的长期并发症至今还没有治愈方法。科学家们目前对这种疾病的了解表明，它结合了持续性病毒感染（可能会在某个阶段发现治疗药物）、慢性自身免疫性疾病（治疗中需要进行昂贵且复杂的护理，如风湿性关节炎或多发性硬化症的护理治疗），以及初次新冠感染时造成的某些

组织的长期损伤。最终可能会找到治疗前两种病因的药物。仅美国就投入了11.5 亿美元用于研究。不过，患者眼下需要数月的康复治疗来帮助应对症状。

- ❖ Health-care systems and employers must prepare to assist long-covid sufferers, including those who have no proof of past infection because they were not able to be tested. Prompt rehabilitative care can prevent a downward spiral in personal health and finances. Dedicated long-covid clinics will speed things up. As things now stand, patients often bounce from one specialist to another in search of a diagnosis.
- ❖ 医疗保健系统和雇主必须做好长期支援新冠病毒长期并发症患者的准备，也包括那些因未能接受检测而无法证明自己曾经感染新冠的患者。及时的康复护理可以防止个人健康和财务状况的恶化。新冠病毒长期并发症的专科诊所也将加快步伐。就目前的情况来看，患者频繁辗转于不同的专家之间寻求诊断。
- ❖ Employers, for their part, must rethink how to accommodate workers with a disability that flares up in unpredictable bouts. Governments can help, with incentives that encourage sufferers to stay in work and employers to cater to their condition. If governments miss the boat, millions of young and mid-career workers could permanently drop out of the labour force. One approach could draw on a scheme for disability benefits that is used in the Netherlands.
- ❖ 站在雇主的角度上，他们则必须重新考虑如何照顾那些会突然发病的有障碍员工。政府可以提供帮助，通过激励措施来鼓励患者继续工作，并鼓励雇主照顾身体不便的员工。如果政府坐失良机，数百万刚步入职场以及处于职业中期的员工可能会永久退出劳动力市场。其中一种办法就是可以借鉴荷兰采用的残疾津贴计划。
- ❖ Dutch employers and employees who are too unwell to work as normal are required to come up jointly with a plan on how the sick employee can return to work under new conditions. Remote working and flexible schedules would make

it easier for long-covid sufferers to work at least part-time. Many of them will improve, though even that can take months.

- ❖ 荷兰雇主和身体不便、无法正常工作的雇员需要共同制定一项方案，计划患病员工如何在新的条件下重返工作岗位。远程办公和灵活的时间安排将使新冠长期并发症患者更方便，至少是从事兼职工作。许多患者的身体症状会有所改善，尽管这可能需要几个月的时间。
- ❖ Lots of mistakes were made in the pandemic's acute phase. But that came out of the blue. There is no excuse for failing to respond to long covid. And there is no time to waste.
- ❖ 我们在疫情危急时期犯了许多错误。但突如其来的疫情让我们防不胜防。我们没有理由无法处理新冠长期并发症危机。现在刻不容缓。