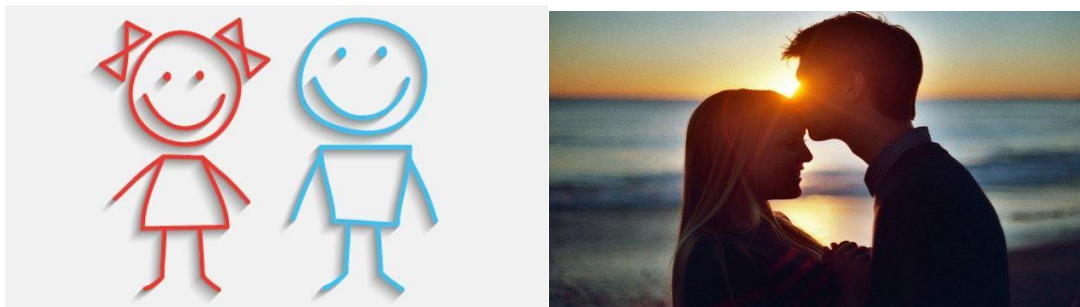


## The wounds of silence

**文章导读：**性教育，广义来说，是一个全人的教育，性所涵盖的层面非常广阔，性教育不但是性生理知识的传授，而是一项十分重要的人格教育，包含生理、心理、社会层面，还包括道德伦理甚至历史方面，性教育课协助我们拥有正确的性知识，认识和适应成长中的性生理、或心理转变所引起的困扰和顾虑，更能接受自我以及建立自信，同时，让我们学会有关人机关系的相处方法，培养尊重和爱护别人的能力，性教育还能协助培养健康开明的性态度，对性行为负责任，不致做出伤害别人的行为，减少一些因性而造成的社会问题，也帮助了解社会上不同的性现象，培养分析及确立价值取向的能力，总而言之，性是与生俱来，每个人必须学习，人在生命中的不同阶段对性有不同的需要，性教育饰演着重要的角色。



Sexual problems can **wreck**<sup>1</sup> people's lives. Yet remedies are often simple  
 性问题会破坏人们的生活。然而，补救措施往往很简单

A GENERATION AGO being depressed or anxious—let alone having serious mental health problems—meant suffering mostly in silence.**Stigma**<sup>2</sup> meant few people wanted to talk. Doctors **turned a blind eye**<sup>3</sup>. Most saw mental illness physical health. These days the stigma has faded, if not entirely disappeared. Early treatment often **nips things in the bud**.<sup>4</sup>

一代人以前，抑郁或焦虑——更不用说有严重的心理健康问题了——意味着默默忍受。耻辱意味着很少有人愿意谈论这件事。医生对此睁一只眼闭一只眼。大多数人认为精神疾病是身体健康。如今，这种耻辱就算没有完全消失，也已经消退不少了。早期治疗往往能将疾病扼杀在萌芽状态。

1. 表达视而不见：除了单词 Ignore、overlook、look down upon、give a cold shoulder 外还可以用 turn a deaf ear to

You always turn a deaf ear to what i say 你总是对我说的话充耳不闻

<sup>1</sup> **Wreck** /rek/n. 沉船；严重损毁的船；**vt.** 破坏；损坏；毁灭；

<sup>2</sup> **Stigma** /'stigmə/ 污名；柱头；耻辱；烙印；圣痕

<sup>3</sup> **turned a blind eye** 视而不见

<sup>4</sup> **nips things in the bud.** 防患于未然。

2. 表达防患于未然: nips things in the bud ; nip 表示捏的意思, bud 表示花蕊, 芽体, 即把某种东西在发芽阶段就把它捏死, 即防患于未然的意思。

You have to nip this kind of bad behaviour in the bud.

你必须要把这种坏行为扼杀在萌芽

当然表示预防还可以用 take precautions against 如:

So it was important to take precautions against bad behaviour.

因此, 重要的是采取措施预防不良行为。

A similar transformation is due for sexual problems, which lie beneath the same blanket of **taboo**<sup>5</sup> and embarrassment as mental health once did. One in five men in America and Europe has **erectile**<sup>6</sup> dysfunction at some point in his life; half of British women say they had a sexual problem in the past year, including pain during sex or difficulty reaching an **orgasm**<sup>7</sup>. Plain old lack of desire is common, especially among women.

类似的转变也将发生在性问题上, 它就像曾经的精神健康一样, 笼罩在禁忌和尴尬的毯子之下。在美国和欧洲, 每五名男性中就有一人在人生的某个阶段患有勃起功能障碍; 一半的英国女性表示, 她们在过去的一年里有过性问题, 包括性交时疼痛或难以达到高潮。缺乏欲望是很普遍的, 尤其是在女性中。

**Trivialities**<sup>8</sup>? A topic best left unmentioned? Sexual problems can be **harbingers**<sup>9</sup> of other illnesses, such as diabetes. Erectile dysfunction is up there with smoking and a family history of heart disease as a predictor of heart trouble. Doctors who ask about it can make an early diagnosis, and offer preventive **coronary**<sup>10</sup> treatment.

琐事? 一个最好不要提及的话题? 性问题可能是其他疾病的先兆, 比如糖尿病。勃起功能障碍与吸烟和心脏病家族史一样, 都是心脏病的前兆。询问医生可以做出早期诊断, 并提供预防冠状动脉疾病的建议治疗。

1. 表达预兆、征兆的词除了文中的 harbingers 外还可以用: evil omen/ill omen 不祥之兆; an omen of defeat 失败的前兆; predict from an omen 从征兆中预测; 有一本书就叫做《Good omen》, 即好兆头的意思。

What does the early days omen of lung cancer have?

肺癌的前期征兆有哪些?

<sup>5</sup> **taboo** / tə'bu:/ n 禁忌; 避讳; 禁止; adj. 禁忌的; 忌讳的

<sup>6</sup> **erectile** / i'rektaɪl/ adj. 能勃起的

<sup>7</sup> **Orgasm** / 'ɔ:rgæzəm/ n. 性高潮

<sup>8</sup> **Trivialities** / trɪvi'ælətɪz/ n. 琐事; 小事; 微不足道; 琐碎; 无足轻重 triviality 的复数

<sup>9</sup> **harbingers** / 'hɑ:bɪŋəz/ n. (常指坏的) 预兆, 兆头

<sup>10</sup> **coronary** / 'kɔ:rənəri/ 冠状动脉; (病理学) 冠状动脉血栓形成 adj. 冠状动脉的

除了 omen 之外，还可以用 Portent，柯林斯的解释为：A portent is something that indicates what is likely to happen in the future.即表示预兆，征兆的意思。

Are dreams a portent of things to come?

梦是不是将要发生的事情的预兆？

Sign 同样也可以表达预兆的意思

It is not a good sign

这不是好的预兆

当然与征兆预兆相关的词还有很多，比如：

Presage/'presɪdʒ/; prognostic/prəˈɡnəstɪk/; shadow;

adumbration/ˌædʌmˈbreɪʃn/; bodement; foretoken; Auspices; aura; forebode; prelude 等

Sexual problems more generally are thought to contribute to between a fifth and half of all divorces; reducing that number would spare many adults and children from misery and impoverishment. Erectile problems are both a cause and a consequence of anxiety, which can make life harder to cope with. Poor productivity at work is twice as high among men with such problems as among those without them (see International section).

一般认为，性问题导致了五分之一到一半的离婚；减少这一数字将使许多成年人和儿童免于痛苦和贫困。勃起问题既是焦虑的原因，也是焦虑的后果，焦虑会让生活变得更难应付。有这些问题的男性工作效率低下的比例是没有问题的男性的两倍（见国际部分）。

Tackling sexual dysfunction can be simple and cheap. One easy win would be to change the way children learn about sex. Instead of focusing only on avoiding the downsides, such as diseases or unwanted pregnancies, teachers could encourage discussions of pleasure, and of how to talk to a partner about it, as well as how to communicate and understand enthusiastic consent. Sexual problems often crop up in adolescence, made worse by general teenage awkwardness around the opposite sex (or indeed the same one). So teach them about those too, and never mind the giggles at the back.

解决性功能障碍既简单又便宜。一个简单易实现就是改变孩子们学习性的方式。教师可以鼓励讨论快乐、如何与伴侣谈论快乐，以及如何沟通和理解热情的合意，而不是只关注避免负面影响，例如疾病或意外怀孕。性问题经常在青春期出现，而青少年在异性（或实际上是同一个）周围的尴尬更是雪上加霜。所以也要教他们这些，不要介意后面的笑声。

Critics may object that sex is everywhere in modern culture, and the last thing anyone needs is more of it. But this misses the point. The sex in film and television dramas, let alone pornography, bears **scant**<sup>11</sup> **relation** to real life. Trying to learn about sex from Hollywood is like watching James Bond for tips on a career as a British civil servant. Better to point teenagers to more realistic sources, such as BISH, a British website that answers all sorts of **niche**<sup>12</sup> questions that trouble young people as they begin stumbling their way through sexual relationships.

批评者可能会反对性在现代文化中无处不在，任何人最不需要的就是更多。但这没有抓住重点。电影和电视剧中的性爱与现实生活几乎没有什么关系（更不用说色情了）。试图从好莱坞了解性就像观看詹姆斯·邦德（James Bond）来了解英国公务员职业的秘诀。最好让青少年找到更现实的来源，比如英国的 BISH 网站，该网站解答了年轻人在性关系中遇到的各种小问题。

More ambitiously, sexual problems should be a core part of medical education. Only then will doctors begin to discuss them routinely—as they do with boils, exercise, heart disease and other health related matters. A lot of suffering can be alleviated by simply giving people frank information about what is happening to them and why. That, plus a few sessions of therapy, some **pelvic**<sup>13</sup> muscle exercises, or suggestions for simple changes in lifestyle, is often all patients need. Such things are now packaged in apps, some of which have been approved by medical regulators.

更大胆地说，性问题应该是医学教育的核心部分。只有到那时，医生才会像对待疖子、运动、心脏病和其他与健康相关的问题一样，开始定期讨论这些问题。简单地告诉人们发生了什么以及原因，就能减轻很多痛苦。这些（加上几次治疗，一些骨盆肌肉锻炼，或者简单改变生活方式的建议）通常都是患者需要的。这些东西现在被打包在应用程序中，其中一些已经获得了医疗监管机构的批准。

Scientists should **shed**<sup>14</sup> their **inhibitions**<sup>15</sup>, too. It is hard to fix problems without first understanding them. Research projects are often blocked because committee members find the subject uncomfortable. And for the **puritans**<sup>16</sup> out there, who doubt that mere pleasure is sufficient grounds for changing things, it is worth noting that better research into sex is likely to improve public health. Studies find that when discussion of pleasure is part of HIV prevention schemes, people use condoms more. (Putting one on can be part of **foreplay**<sup>17</sup>, for example.)

科学家们也应该摆脱束缚。如果不首先了解问题，很难解决问题。研究项目经常被阻止，因为委员会成员觉得这个主题不舒服。对于那些怀疑仅仅是快乐就足以

<sup>11</sup> **scant** / skænt/ adj. 一丁点的，微小的；不足的

<sup>12</sup> **niche** / ni:ʃ/ 市场定位；壁龛；舒适或称心的工作(或生活等)；(产品的)商机；(山体)凹进的地方；生态位

<sup>13</sup> **pelvic** / 'pelvɪk/ adj. 靠近骨盆的；骨盆的

<sup>14</sup> **shed** / fed/ vt. 摆脱，去除；使落下，使掉下；n. 棚，小屋；简易房

<sup>15</sup> **Inhibitions** / ,ɪnhə'biʃənz/ n. 拘谨；拘束感；阻止；抑制；禁止

<sup>16</sup> **puritans** / 'pjʊrətənz/ n. 清教徒；Puritan 的复数

<sup>17</sup> **Foreplay** n. (性交的)前戏

改变事情的清教徒来说，值得注意的是，对性的更好研究可能会改善公众健康。研究发现，当讨论快乐是 HIV 预防计划的一部分时，人们会更多地使用安全套。（例如，戴上一个可以是前戏的一部分。）

### From tragedy to romance

从悲剧到浪漫

Sex is one of the greatest joys in a human life. At its best, it is a source of **ecstasy**<sup>18</sup> and a shared expression of lasting affection. That so many people nonetheless find it painful or disappointing is a tragedy. Yet for a large proportion of them, it can be turned into something far more agreeable. Being more open about sex is one of the easiest ways to enhance happiness and health. So why not try it?

性是人类生活中最大的乐趣之一。在最好的情况下，它是一种狂喜的来源，也是一种持久情感的共同表达。如此多的人仍然感到痛苦或失望，这是一场悲剧。然而，对于他们中的很大一部分人来说，它可以变成更令人愉快的事情。对性更加开放是增进幸福和健康的最简单方法之一。那为什么不试试呢？

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<sup>18</sup> **ecstasy** / 'ekstəsi/ 摇头丸；狂喜；入迷；陶醉；迷幻药