



## Whatever the Problem, It's Probably Solved by Walking

### 没有什么问题是散步解决不了的

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Walking is the worst-kept secret I know. Its rewards hide under every step.

散步是我知道的最广为流传的秘密。它的好处藏在你走过的每一步。

Perhaps because we **take** walking so much **for granted**, many of us often ignore its **ample** gifts. Hippocrates **proclaimed** that “walking is man’s best medicine.” The good doctor also knew that walking provided more than mere physical benefits when he suggested: “If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk.” He was **alluding to** what so many who came after would **attest**, that walking not only nourishes the body but also **soothes** the mind while it burns off tension and makes our troubles **recede** into a more manageable perspective.

也许是因为我们对散步习以为常，许多人经常忽视散步能带来的大量好处。西方医学之父希波克拉底称：“散步是人类最好的良药。”这位良医也知道散步不仅对身体有益，他建议说：“如果你心情不好，就去散散步。如果你心情还是不好，那就再接着散散步。”他言语中隐含的内容得到了后世许多人的证明，即散步不仅能滋养身体，还能安抚心灵，同时缓和紧张，让我们的烦恼减小到比较能够应付的程度。

There’s abundant **testimony** that a good **ramble** fuels creativity. Thomas Mann assured us, “Thoughts come clearly while one walks.” J.K. Rowling **observed** that there is “nothing like a nighttime **stroll** to give you ideas,” while the turn-of-the-20th-century novelist Elizabeth von Arnim concluded that walking “is the perfect way of moving if you want to see into the life of things.”

408 Words

**take ... for granted** 视……为理所当然 | He just took it for granted that he would pass the exam. 他还想当然地认为自己能通过考试呢。

**ample** ['æmpl] *adj.* 大量的，充裕的，丰富的 | There was ample time to get to the airport. 有足够的时间到达机场。

**proclaim** [prə'kleɪm] *v.* 宣告，声明；明确显示，表明 | His pronunciation proclaimed that he was an American. 他的发音表明他是美国人。

**allude to** 间接提到，暗指，影射

**attest** [ə'test] *v.* 证明，表明 | She can attest to the facts. 她可以证实这些情况。

**soothe** [su:ð] *v.* 安慰，抚慰；减轻，缓解 | She made a cup of tea to soothe her nerves. 她泡了杯茶让自己平静下来。

**recede** [rɪ'si:d] *v.* 后退，远离；减弱，减小 | The pain was receding slightly. 疼痛正在一点一点地减弱。

**testimony** ['testɪmoʊni] *n.* 证据，证明；证词 | This increase in exports bears testimony to the successes of industry. 出口增长证明了工业的成

有大量证据表明，一次愉快的散步可以激发创造力。德国作家托马斯·曼向我们保证：“散路的时候，思想就会清晰起来。”《哈利·波特》原著作者 J.K.罗琳说，“没有什么比夜间漫步更能带给你灵感了”，而 20 世纪初的英国小说家伊丽莎白·冯·阿尼姆总结道，“如果你想洞察万物，散步是最佳的行动方式”。

And ask any deep thinker about the benefits of what Bill Bryson calls the “**tranquil tedium**” walking **elicits**. Jean-Jacques Rousseau admitted, “There is something about walking that **animates** and activates my ideas.” Even the **resolutely** pessimistic Friedrich Nietzsche had to **give it up for** a good **saunter**, “All truly great thoughts are **conceived** while walking.”

问问任何一个深刻的思想者，美国作家比尔·布莱森所说的散步带来的“平静的乏味”有什么好处。法国启蒙思想家让-雅克·卢梭承认：“散步能激活我的思想。”即使是极为悲观的德国哲学家弗里德里希·尼采都不得不赞美散步，他说：“所有真正伟大的思想都是在散步中孕育出来的。”

While my own **ruminations** may not approach the **lofty** heights to which Nietzsche referred, a good long walk, or even one not so long, begins to carve out space between my thoughts that allows clarity to rise up through my shoes in a way that no other mode of transport does. Instead of viewing walking as simply the slowest way to get somewhere, I grew to see it not only as a means to an end, but as the event itself.

虽然我自己的沉思可能达不到尼采所指的高度，但一次愉快的长时间散步，甚至是一次时间不那么长的散步，开始在我的思想之间开辟出空间，让清晰的思想从我的脚下升起，这是其他任何交通方式都做不到的。我不再单纯认为散步是到达某个地方最慢的方式，我逐渐意识到它不仅是达到目的地的一种手段，散步本身就是一件事。

The great naturalist John Muir keenly observed, “I only went out for a walk and ... going out, I found, was really going in.” Has anyone ever emerged from **ambling** through nature for an hour and regretted their improved state of being? Perhaps

功。

**ramble** ['ræmbl] *n./v.* 漫步，散步；漫谈，闲聊

**observe** [əb'zɜ:rv] *v.* 说话，评论；观察；遵守

**stroll** [stroʊl] *n./v.* 散步，遛达

**tranquil** ['træŋkwɪl] *adj.* 安静的，平静的 | She led a tranquil life in the country. 她过着恬静的乡村生活。

**tedium** ['ti:diəm] *n.* 单调乏味，冗长，啰嗦 | We sang while we worked, to relieve the tedium. 我们边唱歌边干活来排遣无聊。

**elicit** [i'lisɪt] *v.* 引起，引出；套出（信息） | Her tears elicited great sympathy from her audience. 她的眼泪博得观众的无限同情。

**animate** ['ænimeɪt] *v.* 使具活力，使生气勃勃 *adj.* 有生命的，有活力的 | A smile suddenly animated her face. 她嫣然一笑，立显容光焕发。

**resolutely** ['rezəlu:tli] *adv.* 坚决地 | They remain resolutely opposed to the idea. 他们仍然坚决反对这种观点。

**give it up for ...** 为……鼓掌

**saunter** ['sɔ:ntər] *n./v.* 漫步，闲逛

**conceive** [kən'si:v] *v.* 想出，构思；怀孕 | She had conceived the idea of a series of novels. 她萌生出撰写系列小说的想法。

**rumination** [ˌru:mɪ'neɪʃn] *n.* 沉思，认真思考

this is what that dedicated walker Henry David Thoreau was referring to when he wrote, “I took a walk in the woods and came out taller than the trees.”

伟大的自然主义者约翰·缪尔敏锐地指出：“我只是出去散步……我发现，走出去实际上就是走进去。”有没有人在大自然中漫步了一个小时后，后悔自己的状态得到了改善？也许这就是敬业的步行者亨利·戴维·梭罗所指的，他写道：“我在树林里散步，出来时比树还高。”

So the secret is out there. It's under the leaves on the trail. It's right there on the sidewalk. Spring has **sprung**. **Lace** up.

所以秘密就在那里。就在小路上的树叶下。就在人行道上。春天来了。系上鞋带，出门走走吧。

**lofty** ['lɑ:fti] *adj.* 高耸的；崇高的，高尚的 | Amid the chaos, he had lofty aims. 尽管身处混乱之中，他却怀有崇高的目标。

**amble** ['æmbl] *v.* 缓行，漫步

**spring** [sprɪŋ] *v.* 突然出现；跳跃  
*n.* 春天；弹簧；泉 | Tears sprang to her eyes. 她眼里一下子涌出了泪水。

**lace** [leɪs] *n.* 鞋带，系带；花边，蕾丝  
*v.* 系（鞋带），用带子系紧；掺入 | Lace up your boots firmly. 把你的靴子带缚紧。

## ➤ 脉络梳理

- Para. 1 引出话题：散步大有好处  
Para. 2-6 引用名人言论说明散步对身体和思想的好处  
Para. 7 呼吁读者行动起来，出去散散步

## ➤ 长难句拆解

主语+谓语 | 宾语从句，做 alluding to 的宾语 | 定语从句，修饰 many |  
He was alluding to what so many who came after would attest,

同位语从句，解释说明 what so many who came after would attest  
that walking not only nourishes the body but also soothes the mind while it burns off tension and makes our troubles recede into a more manageable perspective.