

TED演讲者: Steven Pinker | 史蒂芬·平克

演讲标题: Is the world getting better or worse? A look at the numbers | 世界是在变好还是变糟? 让数字说话吧

内容概要: Was 2017 really the "worst year ever," as some would have us believe? In his analysis of recent data on homicide, war, poverty, pollution and more, psychologist Steven Pinker finds that we're doing better now in every one of them when compared with 30 years ago. But progress isn't inevitable, and it doesn't mean everything gets better for everyone all the time, Pinker says. Instead, progress is problem-solving, and we should look at things like climate change and nuclear war as problems to be solved, not apocalypses in waiting. "We will never have a perfect world, and it would be dangerous to seek one," he says. "But there's no limit to the betterments we can attain if we continue to apply knowledge to enhance human flourishing."

2017 年真如某些人所说, 是「史上最糟的一年」吗? 心理学家史蒂芬·平克分析了近期的谋杀、战争、贫困、人口等等资料, 发现和 30 年前相比, 现在在每一方面都做得更好。但进步并非必然的, 且并不代表随时随地每个人的一切都更好。进步是解决问题, 我们应该要将气候变迁及核战这类事情视为待解决的问题, 而不是等着世界末日来临。他说: 「世界永远不会完美, 追寻这样的世界很危险。」「但如果我们继续运用知识来增进人类的繁荣, 那么我们能获得的改善无限。」

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Many people face the news each morning with **trepidation** and **dread**.

许多人每天早上起床看新闻时, 总带着不安和恐惧的心情。[00:13]

Every day, we read of **shootings**, inequality, pollution, **dictatorship**, war and the spread of nuclear weapons.

每天, 我们都会获悉关于枪击、不平等、污染、独裁、战争, 以及核武散布的资讯。[00:18]

These are some of the reasons that 2016 was called the "Worst. Year. Ever."

2016 年之所以被称为「史上最糟的一年」背后是有原因的。[00:28]

Until 2017 claimed that record --

直到 2017 年又更胜一筹 抢下这头衔——[00:35]

(Laughter) and left many people **longing** for earlier decades, when the world seemed safer, cleaner and more equal.

(笑声) 让许多人渴望能回到早期的年代, 回到世界似乎比较安全、比较干净, 且比较平等的年代。[00:38]

But is this a sensible way to understand the human condition in the 21st century?

但在 21 世纪, 用这样的方式 来了解人类的条件, 合理吗? [00:46]

As **Franklin** Pierce Adams pointed out, "Nothing is more responsible for the good old days than a bad memory."

如富兰克林·皮尔斯·亚当斯所言: 「对于过去的好日子, 最需要负起责任的, 就是不好的记忆。」[00:51]

(Laughter) You can always fool yourself into seeing a decline if you compare **bleeding** headlines of the present with **rose-tinted** images of the past.

(笑声) 你总是可以自欺欺人地看到衰落, 如果你把当前流血的头条 拿来和过去染上玫瑰色的影像相比。[00:58]

trepidation: n. 恐惧; 惊恐; 忧虑; 颤抖 **dread**: n. 恐惧; 可怕的人(或物)/vi. 惧怕; 担心/vt. 惧怕; 担心/adj. 可怕的 **shootings**: 射击 **dictatorship**: n. 专政; 独裁权; 独裁者职位 **longing**: n. 渴望; 热望; 憧憬/adj. 渴望的, 极想得到的/v. 渴望(long的ing形式) **Franklin**: n. 小地主; 乡绅 **bleeding**: n. 出血; 渗色/adj. 流血的; 同情的/v. 出血; 渗出(bleed的ing形式); 感到疼痛 **rose-tinted**: adj. 玫瑰色的; 希望的; 乐观的

What does the **trajectory** of the world look like when we measure **well-being** over time using a constant **yardstick**?

世界的轨道看起来会是什么模样, 如果我们用衡量不变的标准 来测量不同时间的幸福指数? [01:10]

Let's compare the most recent data on the present with the same measures 30 years ago.

让我们拿最近的现代资料 和 30 年前同样的测量值做比较。[01:17]

Last year, Americans killed each other at a rate of 5.3 per hundred thousand, had seven percent of their citizens in poverty and **emitted** 21 million tons of **particulate** matter and four million tons of **sulfur dioxide**.

去年, 美国人自相残杀的比率 是每十万人就有 5.3 人, 贫穷公民的比率是 7%, 排放了 2100 万吨的微粒状物质, 以及 400 万吨的二氧化硫。[01:23]

But 30 years ago, the **homicide** rate was 8.5 per hundred thousand, poverty rate was 12 percent and we emitted 35 million tons of particulate matter and 20 million tons of sulfur dioxide.

但 30 年前, 谋杀案的比率 为每十万人有 8.5 人, 贫穷比率则是 12%, 我们排放了 3500 万吨 微粒状物质, 以及 2000 万吨的二氧化硫。[01:38]

What about the world **as a whole**?

整个世界的状况又如何? [01:51]

Last year, the world had 12 ongoing wars, 60 **autocracies**, 10 percent of the world population in extreme poverty and more than 10,000 nuclear weapons.

去年世上有 12 场战争未歇, 60 个独裁政体, 世界有 10% 的赤贫人口, 和超过一万件核武。[01:53]

trajectory: n. [物] 轨道, 轨线; [航][军] 弹道 **well-being**: n. 幸福; 康乐 **yardstick**: n. 码尺 **emitted**: adj. 射出的/v. 排放(emit的过去分词); 发散 **particulate**: adj. 微粒的/n. 微粒, 微粒状物质 **sulfur**: vt. 用硫磺处理/n. 硫磺; 硫磺色 **dioxide**: n. 氧化物 **homicide**: n. 杀人; 杀人犯 **as a whole**: 总的来说 **autocracies**: n. 独裁政治; 专制政治; 独裁政府; 独裁统治的国家

But 30 years ago, there were 23 wars, 85 autocracies, 37 percent of the world population in extreme poverty and

但 30 年前, 有 23 场战争, 85 个独裁政体, 37% 的赤贫人口, 和超过六万件核武。[02:05]

more than 60,000 nuclear weapons.

True, last year was a terrible year for terrorism in Western Europe, with 238 deaths, but 1988 was worse with 440 deaths.

What's going on?

Was 1988 a particularly bad year?

Or are these improvements a sign that the world, for all its struggles, gets better over time?

Might we even **invoke** the **admittedly old-fashioned** notion of progress?

To do so is to court a certain amount of **derision**, because I have found that **intellectuals** hate progress.

(Laughter)

(Applause) And intellectuals who call themselves progressive really hate progress.

(Laughter) Now, it's not that they hate the fruits of progress, mind you.

invoke: vt.调用;祈求;引起;恳求 **admittedly**: adv.公认地;无可否认地;明白地 **old-fashioned**: adj.老式的;过时的;守旧的 **derision**: n.嘲笑;嘲笑的对象 **intellectuals**: n.[劳经]知识分子(intellectual的复数)

Most **academics** and **pundits** **would rather** have their surgery with **anesthesia** than without it.

It's the idea of progress that **rankles** the **chattering** class.

If you believe that humans can improve their lot, I have been told, that means that you have a blind faith and a quasi-religious belief in the **outmoded superstition** and the false promise of the myth of the **onward** march of **inexorable** progress.

You are a **cheerleader** for **vulgar** American can-doism, with the **rah-rah** spirit of **boardroom ideology**, Silicon Valley and the **Chamber** of Commerce.

academics: n.学术水平;学术知识;专业学者 **pundits**: 权威(pundit的复数) **would rather**: 宁愿,宁可 **anesthesia**: n.麻醉;麻木(等于anaesthesia) **rankles**: vi.化脓;怨恨;发炎/vt.使怨恨;使疼痛;使痛苦 **chattering**: n.[机]颤振;震颤;颤动/v.唠叨;震颤(chatter的现在分词) **outmoded**: adj.过时的,不流行的/v.使不流行(outmode的过去分词) **superstition**: n.迷信 **onward**: adj.向前的;前进的/adv.向前;在前面 **inexorable**: adj.无情的;不屈不挠的;不可阻挡的;无法改变的 **cheerleader**: n.拉拉队队员 **vulgar**: adj.粗俗的;通俗的;本土的/n.平民,百姓 **rah-rah**: adj.为己方大声叫好的;朝气蓬勃的/n.“好哇”的欢呼声;激动;传统的大学生精神/int.好哇 **boardroom**: n.会议室;交换场所 **ideology**: n.意识形态;思想意识;观念学 **Chamber**: n.(身体或器官内的)室;膛;房间;会所/adj.室内的;私人的,秘密的/vt.把...关在室内;装填(弹药等)

You are a **practitioner** of Whig history, a **naive optimist**, a **Pollyanna** and, of course, a Pangloss, **alluding** to the **Voltaire** character who declared, "All is **for the best** in the best of all possible worlds."

Well, Professor Pangloss, as it happens, was a **pessimist**.

A true optimist believes there can be much better worlds than the one we have today.

But all of this is **irrelevant**, because the question of whether progress has taken place is not a matter of faith or having an optimistic **temperament** or seeing the glass as half full.

It's a **testable hypothesis**.

For all their differences, people largely agree on what goes into human well-being: life, health, **sustenance**, prosperity, peace, freedom, safety, knowledge, leisure, happiness.

practitioner: n.开业者,从业者,执业医生 **naive**: adj.天真的,幼稚的 **optimist**: n.乐观主义者;乐天派 **Pollyanna**: n.盲目乐观的人 **alluding**: vi.暗指,转弯抹角地说到;略为提及,顺便提到 **Voltaire**: n.伏尔泰(法国启蒙思想家,哲学家,作家,历史学家) **for the best**: 出于好意 **pessimist**: n.悲观主义者 **irrelevant**: adj.不相干的;不切题的 **temperament**: n.气质,性情,性格;急躁 **testable**: adj.可试验的;有资格立遗嘱的;可根据遗嘱处理的;有资格作证人的 **hypothesis**: n.假设 **sustenance**: n.食物;生计;支持

All of these things can be measured.

If they have improved over time, that, I submit, is progress.

Let's go to the data, beginning with the most precious thing of all, life.

的确,就西欧的恐怖主义来说,去年是很糟的一年,造成 238 人死亡,但 1988 年更糟,有 440 人死亡。[02:17]

怎么回事? [02:28]

1988 年是特别不好的一年吗? [02:29]

或者,这些改善其实是个征兆,显示在所有的困难议题上,世界随时间变得更好? [02:33]

是不是甚至能承认,我们符合了「进步」这个老式观念呢? [02:39]

这么做,其实会受到相当的嘲笑,因为我发现,知识分子讨厌进步。[02:45]

(笑声) [02:52]

(掌声) 自称进步分子的知识分子 其实很讨厌进步。[02:54]

(笑声) 请注意,这并不是说 他们讨厌进步的果实。[03:01]

大部分的学者和权威者在手术时 偏好用麻醉的还是多于不用麻醉的。[03:05]

是「进步」这个想法 让这个喋喋不休的阶层感到痛苦。[03:12]

有人告诉我,如果相信 人类可以改善命运,那就表示你的信念盲目,你对过时的迷信有宗教般的信仰,[03:17]

而且你对未来的进展神话 怀抱着虚假的希望。[03:27]

你盲从地喝采 美国通俗的「做得到主义」、会议室的意识形态、硅谷和商会。(注:对资本主义信仰者的侮辱说法) [03:34]

你是辉格党历史的实践者、(注:英国历史上的一个政党) 天真的乐观者、乐天派,当然,也是班格罗斯博士,指的是伏尔泰笔下的角色,他宣称:「在最好的世界中,一切的发生 都是为了最好的结果。」[03:45]

好巧不巧,班格罗斯博士 是位悲观主义者。[03:58]

真正的乐观主义者相信 有比现今世界好得多的世界存在。[04:01]

但这些都不相干,因为,是否有进步 并不是信念的问题,也不是有乐观性情 或是看到半满杯子的问题。[04:05]

它是个可试验的假设。[04:16]

虽然人的差异很大,大多数人都同意人类的幸福包括 生命、健康、食物、繁荣、和平、自由、安全、知识、休闲、快乐。[04:18]

上述这些都是可测量的。[04:32]

如果它们都随着时间改善了,我认为那就是进步。[04:33]

让我们看资料,从当中最珍贵的一项开始:生命。[04:38]

For most of human history, life expectancy at birth was around 30.	人类史上大部分时期 出生时预期的寿命是 30 岁。[04:43]
Today, worldwide, it is more than 70, and in the developed parts of the world, more than 80.	今天全世界超过 70 岁, 在世界上已开发的区域, 还会超过 80 岁。[04:48]
250 years ago, in the richest countries of the world, a third of the children did not live to see their fifth birthday, before the risk was brought down a hundredfold .	250 年前, 在世界上最有钱的国家中, 三分之一的孩子 没办法活到 5 岁生日, 后来这个风险数字下降了百倍之多。[04:54]
Today, that fate befalls less than six percent of children in the poorest countries of the world.	现今世界最贫穷的国家 有这种命运的孩子不到 6%。[05:05]
Famine is one of the Four Horsemen of the Apocalypse . It could bring devastation to any part of the world.	饥荒是启示录中的四骑士之一。[05:11] 它能蹂躏世界上的任何一个区域。[05:14]
expectancy : n.期望,期待 hundredfold : n.百倍/adj.百倍的 befalls : vi.降临/vt.降临;发生 poorest : 可怜的/低劣的/贫困的 (poor的最高级) Horsemen : n.骑兵;骑士(horseman的复数) Apocalypse : n.启示;天启 devastation : n.毁坏,荒废	
Today, famine has been banished to the most remote and war-ravaged regions.	现今,饥荒已经被流放到 最偏远、被战争破坏的地区。[05:18]
200 years ago, 90 percent of the world's population subsisted in extreme poverty.	200 年前,世界人口有 90% 过着极度贫穷的生活。[05:23]
Today, fewer than 10 percent of people do.	现今,这样的人剩下不到 10%。[05:28]
For most of human history, the powerful states and empires were pretty much always at war with each other, and peace was a mere interlude between wars.	在人类历史上大部分时期, 强大的国家和帝王 总是在彼此交战, 和平仅是战争间的插曲。[05:32]
Today, they are never at war with each other.	现今,他们都不再打仗了。[05:42]
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The last great power war pitted the United States against China 65 years ago.	最后一次大型的权力战争 是 65 年前美国与中国的战争。[05:44]
More recently, wars of all kinds have become fewer and less deadly.	更近期,各种战争都变少了, 也不那么致命。[05:49]
The annual rate of war has fallen from about 22 per hundred thousand per year in the early '50s to 1.2 today.	年战争率已经从 50 年代初期的十万分之 22 下降到今天的十万分之 1.2。[05:54]
Democracy has suffered obvious setbacks in Venezuela , in Russia, in Turkey and is threatened by the rise of authoritarian populism in Eastern Europe and the United States.	民主碰到了很明显的挫败, 在委内瑞拉、俄国和土耳其, 且受到东欧及美国 专制民粹主义兴起的威胁。[06:02]
banished : v.驱逐,流放(banish的过去分词形式) empires : n.帝国(empire的复数) at war : 在交战状态中 interlude : n.插曲;穿插;幕间节目;[数]插算/vt.使中断/vi.插入 pitted : adj.有麻点的;除了核的;有凹痕的/v.把...放进坑内;挖坑于;使留下疤痕(pit的过去分词) setbacks : n.挫折;周折(setback复数) Venezuela : n.委内瑞拉 authoritarian : adj.独裁主义的;权力主义的/n.权力主义者;独裁主义者 populism : n.民粹主义,平民主义	
Yet the world has never been more democratic than it has been in the past decade, with two-thirds of the world's people living in democracies .	然而以前的世界未曾像 过去十年间这么民主过, 三分之二的世人活在民主中。[06:14]
Homicide rates plunge whenever anarchy and the code of vendetta are replaced by the rule of law.	只要无政府状态和仇杀法 被法治所取代, 谋杀率就会骤降。[06:24]
It happened when feudal Europe was brought under the control of centralized kingdoms, so that today a Western European has 1/35th the chance of being murdered compared to his medieval ancestors.	在封建的欧洲被 中央集权王国控制时发生过, 所以,现今在西欧 被谋杀的机率,只有中世纪祖先 被谋杀之机率的三十五分之一。[06:30]
It happened again in colonial New England, in the American Wild West when the sheriffs moved to town, and in Mexico.	同样的情形在新英格兰殖民时期、 警长进驻小镇的美国大西部, 和墨西哥,也都发生过。[06:42]
Indeed, we've become safer in just about every way.	的确,几乎在每个层面上 我们都比以前更安全。[06:50]
Over the last century, we've become 96 percent less likely to be killed in a car crash, 88 percent less likely to be mowed down on the sidewalk , 99 percent less likely to die in a plane crash, 95 percent less likely to be killed on the job ,	在过去一百年, 在人行道上惨死的机率减少了 88%, 因为坠机而死的机率减少了 99%, 工作时送命的机率减少了 95%。[06:54]
two-thirds : n.三分之二/三分之二的/三分之二地 democracies : 民主 anarchy : n.无政府状态;混乱;无秩序 vendetta : n.(尤指族间或血亲间的)仇杀;深仇 feudal : adj.封建制度的;领地的;世仇的 under the control of : 受控制;置于控制之下 centralized : adj.集中的;中央集权的/v.集中(centralize的过去分词) medieval : adj.中世纪的; 原始的; 仿中世纪的; 老式的 colonial : n.殖民地居民/adj.殖民地的,殖民的 sheriffs : n.州长;郡治安官;执行吏 mowed : v.用镰刀等刈草;割草(mow的过去分词) sidewalk : n.人行道 killed on the job : 因公殉职	
89 percent less likely to be killed by an act of God, such as a drought , flood, wildfire , storm, volcano, landslide , earthquake or meteor strike, presumably not because God	因天灾而死的机率减少了 89%, 天灾包括旱灾、洪水、野火、暴风、火山、土石流、地震、或陨石坠落, 这应该不是因为 上帝对我们不那么生气了, 而

has become less angry with us but because of improvements in the resilience of our infrastructure.	是因为改善了基础建设的韧性。[07:11]
And what about the quintessential act of God, the projectile hurled by Zeus himself?	那么,典型的上帝作为呢?宙斯自己猛力投射的攻击呢?[07:29]
Yes, we are 97 percent less likely to be killed by a bolt of lightning .	是的,我们被闪电电打中而死的机率也一样减少了97%。[07:36]
Before the 17th century, no more than 15 percent of Europeans could read or write.	在17世纪之前,能读能写的欧洲人不到15%。[07:43]
Europe and the United States achieved universal literacy by the middle of the 20th century, and the rest of the world is catching up.	欧洲和美国在20世纪中期达成了全体识字的目标,世界其他国家也陆续追了上来。[07:48]
drought : n.干旱;缺乏 wildfire : n.火灾;磷火,鬼火;散布极快的事物 landslide : n.[地质]山崩;大胜利/vi.发生山崩;以压倒优势获胜 meteor : n.流星;[气象]大气现象 presumably : adv.大概;推测起来;可假定 resilience : n.恢复力;弹力;顺应力 quintessential : adj.精髓的,精萃的 projectile : adj.抛射的;抛掷的;供抛射用的;(触角等)能伸出的/n.射弹;抛射体;自动推进武器 hurled : vt.丢下;用力投掷;愤慨地说出/vi.猛投;猛掷/n.用力的投掷 lightning : adj.闪电的;快速的/n.闪电/vi.闪电 no more than : adv.只是;仅仅 Europeans : n.欧洲人(European的复数) literacy : n.读写能力;精通文学 and the rest : 其他的,等等	
Today, more than 90 percent of the world's population under the age of 25 can read and write.	现今,世界上25岁以下的人口,超过90%都能读和写。[07:56]
In the 19th century, Westerners worked more than 60 hours per week.	在19世纪,西方人每周要工作超过60小时,[08:03]
Today, they work fewer than 40.	现今则不到40小时。[08:07]
Thanks to the universal penetration of running water and electricity in the developed world and the widespread adoption of washing machines, vacuum cleaners , refrigerators , dishwashers , stoves and microwaves , the amount of our lives that we forfeit to housework to fewer than 15 hours a week.	多亏了在已开发世界中普及的自来水和电力,以及被广泛使用的洗衣机、吸尘器、电冰箱、洗碗机、炉子,和微波炉,[08:10]
Do all of these gains in health, wealth, safety, knowledge and leisure make us any happier?	我们人生中耗费在家事上的时间,落至不到每周15小时。[08:24]
The answer is yes.	在健康、财富、安全、知识和休闲上的收获,有让我们更快乐吗?[08:32]
under the age of : 在年龄之下;16岁以下 Westerners : n.西方人(westerners的复数) penetration : n.渗透;突破;侵入;洞察力 adoption : n.采用;收养;接受 vacuum : n.真空;空间;真空吸尘器/adj.真空的;利用真空的;产生真空的/vt.用真空吸尘器清扫 cleaners : n.洗衣店 refrigerators : n.[制冷]冰箱,[制冷]冷藏室,[制冷]冷冻库(refrigerator的复数) dishwashers : n.洗碗机(dishwasher的复数) stoves : n.炉灶;火炉;炉子(stove的复数) microwaves : n.[物]微波;微波炉(microwave的复数)/v.用微波炉烹调(microwave的单三形式) forfeit : n.罚金;没收物;丧失的东西/adj.因受罚而丧失的;被没收的/vt.(因犯罪,失职,违约等)丧失(权利,名誉,生命等) housework : n.家务事	答案是,有。[08:38]
In 86 percent of the world's countries, happiness has increased in recent decades.	世界上有86%的国家在近数十年间,快乐程度都有增加。[08:40]
Well, I hope to have convinced you that progress is not a matter of faith or optimism , but is a fact of human history, indeed the greatest fact in human history.	我希望我已经说服了各位,进步并不是信念或乐观主义的问题,而是人类历史上的一件事实,可说是人类历史上最伟大的事实。[08:45]
And how has this fact been covered in the news?	而新闻是怎么报导这件事实的?[08:56]
(Laughter) A tabulation of positive and negative emotion words in news stories has shown that during the decades in which humanity has gotten healthier, wealthier , wiser, safer and happier,	(笑声)把新闻报导中用到的正面和负面情绪用字制成表格,就能看出,在人类变得更健康、更有钱、更聪明、更安全,且更快乐的这数十年间,[08:59]
the "New York Times" has become increasingly morose and the world's broadcasts too have gotten steadily glummer.	《纽约时报》变得越来越阴郁,世界的广播也都很稳定地变得越来越闷闷不乐。[09:13]
Why don't people appreciate progress?	为什么大家不赏识进步?[09:22]
Part of the answer comes from our cognitive psychology .	部分答案来自我们的认知心理学。[09:25]
optimism : n.乐观;乐观主义 tabulation : n.表格;作表 humanity : n.人类;人道;仁慈;人文学科 wealthier : 富有的(wealthy的比较级) morose : adj.郁闷的;孤僻的 broadcasts : 广播节目(broadcast的名词复数)/无线电广播,播音/广播/播音/撒播(broadcast的第三人称单数) steadily : adv.稳定地;稳固地;有规则地 cognitive : adj.认知的,认识的 psychology : n.心理学/心理状态	
We estimate risk using a mental shortcut called the " availability heuristic ."	我们用一种叫做「易得性法则」的心理捷径来估计风险。[09:28]
The easier it is to recall something from memory, the more probable we judge it to be.	当我们越容易唤起记忆中的一样事物时,我们就越可能判断它容易发生。[09:33]
The other part of the answer comes from the nature of journalism , captured in this satirical headline from "The Onion,"	另一部分答案来自新闻业的天性,在这来自《洋葱报》的讽刺头条中就可以看出来:[09:39]

"CNN Holds Morning Meeting to Decide What Viewers Should Panic About For Rest of Day."	「CNN 开晨间会议来决定 今天读者应该要对什么感到慌张。」 [09:46]
(Laughter)	(笑声) [09:50]
(Applause) News is about stuff that happens, not stuff that doesn't happen.	(掌声) 新闻的重点是已发生的事情, 而非没发生的事情。 [09:52]
You never see a journalist who says, "I'm reporting live from a country that has been at peace for 40 years," or a city that has not been attacked by terrorists.	你永远不会看到一个新闻记者说:「我正在一个已经和平了 40 年的国家做实况报导。」 [10:00] 也不会去报导没有 被恐怖分子攻击的城市。 [10:07]
Also, bad things can happen quickly, but good things aren't built in a day.	此外,坏事的发生可能很快, 但好事不是一天就能建造起来的。 [10:10]
shortcut: n.捷径;被切短的东西 availability: n.可用性;有效性;实用性 heuristic: adj.启发式的;探索的/n.启发式教育法 journalism: n.新闻业,新闻工作;报章杂志 satirical: adj.讽刺性的;讥讽的;爱挖苦人的 Viewers: n.观众(viewer的复数);浏览器;阅读器 live from: 离某地远 at peace: 处于和平状态	
The papers could have run the headline, "137,000 people escaped from extreme poverty yesterday" every day for the last 25 years.	如果报纸用了这头条:「昨天 137,000 人脱离赤贫」, [10:15] 不可能在接下来 25 年 天天都用这头条。 [10:21]
That's one and a quarter billion people leaving poverty behind, but you never read about it.	那相当于 12.5 亿人脱离贫穷, 但你从来没有读过这种报导。 [10:24]
Also, the news capitalizes on our morbid interest in what can go wrong, captured in the programming policy, "If it bleeds , it leads."	此外,新闻要利用我们想看 事情能怎么出错的病态心理,「见到血,才能见头条」 这条节目制作政策很一针见血。 [10:31]
Well, if you combine our cognitive biases with the nature of news, you can see why the world has been coming to an end for a very long time indeed.	如果把我们的认知偏见 和新闻的天性结合起来, 你就能了解为什么 长年以来都一直在说 好像世界末日即将来临一样了。 [10:40]
Let me address some questions about progress that no doubt have occurred to many of you.	无疑地,许多人应该都有一些 关于进步的问题想问,就让我来谈谈。 [10:50]
First, isn't it good to be pessimistic to safeguard against complacency , to rake the muck , to speak truth to power?	首先,用悲观的方式 来避免自满,来揭发不当行为,来向当权者说出真相,不好吗? [10:56]
capitalizes: vt.使资本化;以大写字母写;估计...的价值/vi.利用;积累资本 morbid: adj.病态的;由病引起的;恐怖的;病变部位的 bleeds: v.[印刷]出血(bleed的第三人称单数);感到疼痛/n.出血版;活门;细管(bleed的复数) biases: n.偏差,偏见(bias的复数形式)/v.偏见(bias的三单形式) no doubt: adv.无疑地;很可能地 pessimistic: adj.悲观的, 厌世的; 悲观主义的 safeguard: n.[安全]保护;保卫;保护措施/vt.[安全]保护,护卫 complacency: n.自满;满足;自鸣得意 rake: vi.搜索;用耙子耙,掠过,擦过/vt.倾斜;搜索;掠过;用耙子耙/n.耙子;斜度;钱耙;放荡的人,浪子 muck: n.淤泥;垃圾;肥料;品质低劣的东西/vt.弄脏;施肥;清除...的污物/vi.闲逛;鬼混	
Well, not exactly.	嗯,不见得。 [11:04]
It's good to be accurate.	精确是好事。 [11:06]
Of course we should be aware of suffering and danger wherever they occur, but we should also be aware of how they can be reduced, because there are dangers to indiscriminate pessimism .	当然,我们应该要在 苦难和危险发生时 意识到它们的存在, 但我们也应该要意识到 如何能减低它们, 因为不分皂白的悲观主义是危险的。 [11:08]
One of them is fatalism .	其中一种危险就是宿命论。 [11:18]
If all our efforts at improving the world have been in vain , why throw good money after bad?	若我们投入改善世界的所有努力 都是白费的, 为何要再砸钱填补无底洞? [11:20]
The poor will always be with you.	贫穷永远会与你同在。 [11:25]
And since the world will end soon -- if climate change doesn't kill us all, then runaway artificial intelligence will -- a natural response is to enjoy life while we can, eat, drink and be merry, for tomorrow we die.	既然世界末日很快就会来临—— 若我们没有都死于气候变迁, 我们还是会死于失控的人工智能—— 自然的反应就是, 趁还可以时尽量享受人生, 去吃喝玩乐, 因为我们活不过明天。 [11:28]
The other danger of thoughtless pessimism is radicalism .	轻率的悲观主义会带来的 另一种危险就是激进主义。 [11:42]
If our institutions are all failing and beyond hope for reform, a natural response is to seek to smash the machine, drain the swamp, burn the empire to the ground, on the hope that whatever rises out of the ashes is bound to be better than what we have now.	如果我们的制度全都没有用, 且也没有改革的希望, 自然的反应就是要 想办法砸烂这台机器, 把不好的给根除, 把整个帝国烧毁, 希望不论从灰烬中重生的是什麼, 都能够比我们的现况更好。 [11:45]
aware: adj.意识到的; 知道的; 有...方面知识的; 懂世故的/ indiscriminate: adj.任意的;无差别的;不分皂白的 pessimism: n.悲观,悲观情绪;厌世主义 fatalism: n.宿命论 in vain: 徒然;无效 runaway: adj.逃亡的;逃走的/n.逃跑;逃走的人 thoughtless: adj.轻率的;欠考虑的;考虑不周的;不顾及他人的 radicalism: n.激进主义 hope for: 希望,期待 bound to: 一定会;束缚于	
Well, if there is such a thing as progress, what causes it?	嗯,如果有「进步」这回事, 是什麼造成进步的? [12:03]
Progress is not some mystical force or dialectic lifting us ever	进步不是能把我们抬得更高的 神秘力量或辩证

higher.	法:[12:07]
It's not a mysterious arc of history bending toward justice.	进步不是历史的神秘弧形, 朝向正义的方向弯曲:[12:12]
It's the result of human efforts governed by an idea, an idea that we associate with the 18th century Enlightenment , namely that if we apply reason and science that enhance human well-being, we can gradually succeed.	而是由想法支配人类努力的结果, 这想法和 18 世纪启蒙运动有关, 也就是, 如果我们运用 增进人类福祉的理性和科学, 我们可以逐渐成功。[12:15]
Is progress inevitable? Of course not.	进步是必然的吗? 当然不是。[12:32]
Progress does not mean that everything becomes better for everyone everywhere all the time.	进步并不表示随时随地 任何人的一切都会变得更好。[12:35]
That would be a miracle, and progress is not a miracle but problem-solving .	那叫做奇迹, 而进步并不是奇迹, 而是解决问题。[12:41]
Problems are inevitable and solutions create new problems which have to be solved in their turn.	问题是无可避免的, 而解决方案会创造出新的问题来, 接着又要解决这些问题。[12:47]
mystical : adj. 神秘的; 神秘主义的 dialectic : n. 辩证法; 逻辑论证/adj. 辩证的; 辩证法的; 方言的 mysterious : adj. 神秘的; 不可思议的; 难解的 bending : n. 弯曲度/v. 弯曲(bend的ing形式) governed : v. 管理(govern的过去式和过去分词); 统治; 支配 associate with : v. 联合; 与... 联系在一起; 和... 来往 Enlightenment : n. 启迪; 启蒙运动; 教化 problem-solving : adj. 问题解决	
The unsolved problems facing the world today are gargantuan , including the risks of climate change and nuclear war, but we must see them as problems to be solved, not apocalypses in waiting, and aggressively pursue solutions like deep decarbonization for climate change and global zero for nuclear war.	现今世界面对巨大的问题, 包括气候变迁的风险, 以及核战, 但我们必须视它们为 有待解决的问题, 而不是等着即将到来的世界末日, 并要很进取地去寻找解决方案, 就像针对气候变迁要深度减碳; 针对核战要全球零核。[12:53]
Finally, does the Enlightenment go against human nature?	最后, 启蒙运动是否有违人类天性? [13:15]
This is an acute question for me, because I'm a prominent advocate of the existence of human nature, with all its shortcomings and perversities.	对我来说, 这是个尖锐的问题, 因为我是人性存在的主要倡导者, 即使这天性有各种缺陷和任性。[13:19]
In my book "The Blank Slate ,"	在我的书《空白的石板》中, [13:28]
I argued that the human prospect is more tragic than utopian and that we are not stardust , we are not golden and there's no way we are getting back to the garden.	我主张人类的前景 比乌托邦要更悲剧些, 且我们并非星尘, 我们不是黄金的, 所以我们不可能回到花园。(注: 一首歌的歌词) [13:30]
(Laughter) But my worldview has lightened up in the 15 years since "The Blank Slate" was published.	(笑声) 但在《空白的石板》出版后的 15 年间, 我的世界观亮了起来。[13:39]
unsolved : adj. 未解决的; 未解答的 gargantuan : adj. 庞大的, 巨大的 aggressively : adv. 侵略地; 攻击地; 有闯劲地 go against : 不利于; 违反; 反对 prominent : adj. 突出的, 显著的; 杰出的; 卓越的 advocate : vt. 提倡, 主张, 拥护/n. 提倡者; 支持者; 律师 shortcomings : 毛病 Slate : n. 板岩; 石板; 蓝色; 石片/vt. 铺石板; 严厉批评某人; 计划/adj. 板岩的; 石板色的 utopian : adj. 乌托邦的; 空想的; 理想化的/n. 空想家; 乌托邦的居民 stardust : n. 星团; 宇宙尘; 幻觉 worldview : n. 世界观 lightened : adj. 减轻的; 发光的/v. (使) 减轻(lighten的过去分词形式); (使) 变亮	
My acquaintance with the statistics of human progress, starting with violence but now encompassing every other aspect of our well-being, has fortified my belief that in understanding our tribulations and woes , human nature is the problem,	我最先熟悉 人类进步相关统计数字, 是暴力相关的数字, 但现在包含了我们 幸福的每一个面向, 这加强了我的信念, 相信在了解我们的动乱与不幸上, 问题其实是人类天性, [13:47]
but human nature, channeled by Enlightenment norms and institutions, is also the solution.	但透过启蒙标准与制度做为管道, 人类天性也同样是解决方案。[14:02]
Admittedly, it's not easy to replicate my own data-driven epiphany with humanity at large .	显然, 很难把我自己 透过资料而导出的醒悟, 复制到人类总体上。[14:09]
Some intellectuals have responded with fury to my book "Enlightenment Now,"	所以, 知识分子对我的书《现在的启蒙》反应是非常愤怒, [14:16]
saying first how dare he claim that intellectuals hate progress, and second, how dare he claim that there has been progress.	首先, 说他怎么有胆子 声称知识分子讨厌进步, 再来, 他怎么有胆子声称有进步。[14:20]
acquaintance : n. 熟人; 相识; 了解; 知道 statistics : n. 统计; 统计学; [统计] 统计资料 encompassing : adj. 包含的; 包容的, 环绕/v. 围绕, 包围(encompass的ing形式) every other : 所有其他的; 每隔一个的 fortified : v. 筑防御工事于...(fortify的过去式)/adj. 加强的/n. 强化酒 tribulations : n. 苦难(tribulation的复数形式) woes : abbr. 准尉军官(warrant officer); 陆军部(war office) channeled : adj. 有沟的; 有缝的; 槽形的/v. 引导; 在... 上开渠; 输送(channel的过去分词) norms : n. [标准] 标准; 规范; 基准(norm复数形式) replicate : vt. 复制; 折叠/vi. 重复; 折转/adj. 复制的; 折叠的/n. 复制品; 八音阶间隔的反覆音 data-driven : adj. 依照数据处理的 epiphany : 对事物真谛的顿悟; 主显节(每年一月六日纪念耶稣显灵的节日); 显现(特指神的显现) at large : 详尽的; 未被捕的, 整个的 responded : v. 回答, 回报; 反应(respond的过去分词) fury : n. 狂怒; 暴怒; 激怒者	
(Laughter) With others, the idea of progress just leaves them cold.	(笑声) 对于其他人, 进步的想法 只让他们心寒。[14:28]
Saving the lives of billions, eradicating disease, feeding the	拯救数十亿人的性命, 消灭疾病, 提供食物给饥饿的

hungry, teaching kids to read? Boring.	人, 教孩子识字? [14:35] 无聊。[14:42]
At the same time, the most common response I have received from readers is gratitude, gratitude for changing their view of the world from a numb and helpless fatalism to something more constructive , even heroic .	同时,我从读者得到的回应中, 最常见的是感激, 感激我改变了他们的世界观, 从一种麻木和无助的宿命论, 变得更有建设性, 甚至更英勇。[14:44]
I believe that the ideals of the Enlightenment can be cast a stirring narrative , and I hope that people with greater artistic flare and rhetorical power than I can tell it better and spread it further.	我相信,启蒙的理想 能被用很激动人心的方式描述, 我希望比我更有艺术气息 和修辞能力的人, 能说得更好,传播得更远更广。[14:57]
It goes something like this.	类似这样。[15:09]
We are born into a pitiless universe, facing steep odds against life-enabling order and in constant jeopardy of falling apart.	我们出生在无情的世界, 面临着对生命有利的秩序的严重冲击, 并且一直处于崩溃的危险之中。 [15:12]
eradicating : 根除 numb : vt.使麻木;使发愣;使失去感觉/adj.麻木的;发愣的 constructive : adj.建设性的;推定的;构造上的;有助益的 heroic : adj.英雄的;英勇的;记叙英雄及其事迹的;夸张的/n.史诗;英勇行为 stirring : adj.激动人心的;活跃的;活泼的;忙碌的/v.激起(stir的ing形式) narrative : n.叙述;故事;讲述/adj.叙事的,叙述的;叙事体的 flare : vt.使闪耀;使张开;用发光信号发出;使外倾/vi.闪耀,闪光;燃烧;突然发怒/n.闪光,闪耀;耀斑;爆发;照明弹 rhetorical : adj.修辞的;修辞学的;夸张的 pitiless : adj.冷酷的,无情的;无同情心的 steep : adj.陡峭的; 不合理的; 夸大的; 急剧升降的/vt.泡; 浸; 使...充满/vi.泡; 沉浸/n.峭壁; 浸渍 odds : n.几率;胜算;不平衡;差别 jeopardy : n.危险;(被告处于被判罪或受处罚的)危险境地	
We were shaped by a process that is ruthlessly competitive .	形塑我们的过程,是个无情竞争的过程。[15:21]
We are made from crooked timber, vulnerable to illusions, self-centeredness and at times astounding stupidity .	我们是用歪曲的木材制成的, 容易产生幻想,以自我为中心, 有时甚至还惊人的愚蠢。[15:25]
Yet human nature has also been blessed with resources that open a space for a kind of redemption .	然而,人类天性也因资源而得福, 这些资源打开了某种救赎用的空间。[15:33]
We are endowed with the power to combine ideas recursively , to have thoughts about our thoughts.	我们被赋予不断递归式地 将想法结合的力量, 对我们的想法有所想法的力量。[15:39]
We have an instinct for language, allowing us to share the fruits of our ingenuity and experience.	我们对于语言具有直觉, 让我们能分享我们 心灵手巧和经验的果实。[15:45]
We are deepened with the capacity for sympathy, for pity, imagination, compassion , commiseration .	我们还有更深一层的能力, 会同情、怜惜、想像、同理、怜悯。[15:51]
ruthlessly : adv.无情地;残忍地;冷酷地 competitive : adj.竞争的; 比赛的; 求胜心切的 crooked : adj.弯曲的;歪的;不正当的 vulnerable : adj.易受攻击的, 易受...的攻击; 易受伤害的; 有弱点的 self-centeredness : 自我中心 at times : 有时;偶尔 astounding : adj.令人震惊的;令人惊骇的 stupidity : n.愚蠢;糊涂事 blessed : adj.幸福的;受祝福的;神圣的/v.祝福(bless的过去分词) redemption : n.赎回;拯救;偿还;实践 endowed with : 被赋予;天生具有 recursively : adv.递归地;递归地 ingenuity : n.心灵手巧;独创性;精巧;精巧的装置 deepened : 加深/变低沉/加剧/使加深 compassion : n.同情; 怜悯 commiseration : n.怜悯,同情	
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These endowments have found ways to magnify their own power.	这些才能已经找到 放大本身力量的方式。[15:59]
The scope of language has been augmented by the written, printed and electronic word.	语言的范围已经被扩增, 靠的是书写、列印,和电子文字。[16:03]
Our circle of sympathy has been expanded by history, journalism and the narrative arts.	我们的同情圈已经被扩展, 靠的是历史、新闻,和叙事性艺术。[16:09]
And our puny rational faculties have been multiplied by the norms and institutions of reason, intellectual curiosity, open debate, skepticism of authority and dogma and the burden of proof to verify ideas by confronting them against reality.	我们微不足道的理性机能已经倍增, 靠的是理性的标准和制度、需要智力的好奇心、公开辩论、对于权威及污名的怀疑态度, 和通过面对现实 来验证观点的举证责任。[16:14]
As the spiral of recursive improvement gathers momentum , we eke out victories against the forces that grind us down, not least the darker parts of our own nature.	随着递归式改善的螺旋势头 越来越强劲, 在对抗压榨我们的力量时, 我们的胜算增加了, 特别是我们自身天性中 较黑暗的部分。[16:32]
endowments : n.禀赋;才能(endowment的复数) magnify : vt.放大; 赞美; 夸大/vi.放大; 有放大能力 augmented : adj.增广的;增音的;扩张的 expanded : adj.扩充的;展开的/vt.扩大(expand的过去式) puny : adj.弱小的;微不足道的;微小的 faculties : n.系,学院;才能,能力;全体教员(faculty的复数形式) multiplied : 乘/增加(multiply的过去式) skepticism : n.怀疑论;怀疑的态度 authority : n.权威; 权力; 当局 dogma : n.教条,教理;武断的意见 confronting : v.面对;对抗(confront的ing形式);对立 spiral : n.螺旋;旋涡;螺旋形之物/adj.螺旋形的/vt.使成螺旋形/vi.盘旋;螺旋形上升 gathers : n.碎褶;密褶(gather的复数)/v.收集,积聚(gather的第三人称单数) momentum : n.势头;[物]动量;动力;冲力 victories : 胜利/精神胜利 grind : vt.磨碎;磨快/vi.磨碎;折磨/n.磨;苦工作	
We penetrate the mysteries of the cosmos , including life and mind.	我们看透了宇宙的神秘, 包括生命和心智。[16:43]
We live longer, suffer less, learn more, get smarter and enjoy more small pleasures and rich experiences.	我们活得更久, 受得苦难更少, 学习得更多, 变得更聪明,享受更多小小的乐趣, 以及丰富的经验。 [16:47]

Fewer of us are killed, assaulted, enslaved, exploited or oppressed by the others.	被他人杀害、攻击、奴役、利用, 或迫害的人数变少了。[16:56]
From a few oases , the territories with peace and prosperity are growing and could someday encompass the globe.	和平繁荣的领域在变大, 从只有几个绿洲, 到有一天会贯穿全球。[17:03]
Much suffering remains and tremendous peril , but ideas on how to reduce them have been voiced , and an infinite number of others are yet to be conceived .	许多的苦难和极大的危险仍然存在, 已经有人提出如何减少它们的想法, 还有无数的想法还没被构想出来。[17:11]
We will never have a perfect world, and it would be dangerous to seek one.	我们永远不会有有一个完美的世界, 去寻找这样的世界是很危险的。[17:22]
mysteries: n.神秘的事物;难以理解的事;古代的秘密宗教仪式(mystery的复数) cosmos: n.宇宙;和谐;秩序;大波斯菊 suffer: vt.遭受; 忍受; 经历/vi.遭受, 忍受; 受痛苦; 经验; 受损害/ pleasures: n.愉快;乐事(pleasure的复数)/v.使高兴;觉得高兴;外出玩乐(pleasure的三单形式) assaulted: v.强奸(assault的过去分词);攻击;袭击 enslaved: n.奴役(死亡金属乐队) exploited: 利用/开发利用/英勇事迹/剥削/充分利用 oppressed: adj.受压制的,受压迫的/v.压迫;折磨(oppress的过去分词) oases: n.绿洲(oasis的复数形式) territories: n.地区;领土;边疆区(territory的复数) tremendous: adj.极大的, 巨大的; 惊人的; 极好的 peril: n.危险;冒险/vt.危及;置...于险境 voiced: adj.浊音的;有声的/v.表达(voice的过去式和过去分词);说出 conceived: v.构思;设想(conceive的过去式)	
But there's no limit to the betterments we can attain if we continue to apply knowledge to enhance human flourishing .	但如果我们继续运用知识 来增进人类的繁荣, 那么我们能获得的改善无限。[17:26]
This heroic story is not just another myth.	这英勇的故事并不是另一个神话。[17:34]
Myths are fictions , but this one is true, true to the best of our knowledge, which is the only truth we can have.	神话是虚构的,这个故事是真实的, 就我们所知是真实的,而我们的所知 就是我们唯一能拥有的真相。[17:37]
As we learn more, we can show which parts of the story continue to be true and which ones false, as any of them might be and any could become.	随着我们越学越多, 我们能够显示出故事中 任何部分都有可能是真是假, 也可能变真或成空。[17:44]
And this story belongs not to any tribe but to all of humanity, to any sentient creature with the power of reason and the urge to persist in its being, for it requires only the convictions that life is better than death, health is better than sickness, abundance is better than want, freedom is better than coercion , happiness is better than suffering and knowledge is better than ignorance and superstition.	这个故事不属于任何种族, 而是属于全人类的, 属于任何具有理性力量、感知能力, 以及有强烈欲望想要活下来的生物, 因为只需要相信 生命比死亡更好, 健康比生病更好, 丰足比缺乏更好, 自由比胁迫更好, 幸福比受苦更好, 知识比无知和迷信更好。[17:54]
flourishing: adj.繁荣的;繁茂的;盛行的/v.茂盛(flourish的ing形式) Myths: 神话/谬见 fictions: n.小说;杜撰(fiction的复数)/v.使小说化;可被编成小说(fiction的三单形式) tribe: n.部落; 族; 宗族; 一伙/ sentient: adj.有感情的;有感觉力的;意识到的/n.有知觉的人 persist in: 坚持;固执于 convictions: n.定罪;确信;证明有罪 coercion: n.强制;强迫;高压政治;威压 ignorance: n.无知, 愚昧; 不知, 不懂	
Thank you.	谢谢。[18:22]
(Applause)	(掌声) [18:23]

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