

### About this script

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### 关于台词的备注:

请注意这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

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### Size Zero 零号

Lily: Hello and welcome to BBC Learning English. I'm Lily.

Oliver: 大家好，我是 Oliver。

Lily: Today we are going to talk about fashion and the size zero culture in the UK.

Oliver: 零号这个词儿来自于美国市场上对女性服装的型号设置，零号是最小的服装型号，大小相当于英国市场的 4 号。

Lily: In the fashion industry it refers to very very thin or 'skinny' models.

Oliver: Skinny models 骨瘦如柴的模特儿。I don't think they are beautiful at all.

Lily: I agree. There has been continuing debate on whether the UK should ban size zero models from the catwalk.

Oliver: Debate 争论、辩论。人们一直在争论是否应该禁止零号模特儿上 T 型台表演。

Lily: Tessa Jowell is the UK culture secretary. She believes it is an important issue for the youth culture.

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*I am as concerned about the wider social consequences of this culture of thinness, which I think is – it is endemic in the health and well-being and sense of self-esteem of young teenagers right across the country. And I think that – I hope it doesn't sound like too large a leap – but I think that by beginning to address the culture of thinness, the tyranny of thinness on the catwalk, we can in time begin to lift some of the oppression, that the expectation that thinness is perfection for women.*

Lily: That's culture secretary Tessa Jowell. She said it is a big issue for young girls in this country. A big issue.

Oliver: 大问题。

Lily: A big issue for not only the health and well-being of the young models who parade the catwalks.

Oliver: 行走在 T 型台上的年轻模特儿们的身心健康。



- Lily: But also a concern about the wider social consequences of this culture of thinness.
- Oliver: 以瘦为美的文化。
- Lily: The culture of thinness is endemic in the sense of self-esteem of young teenagers.
- Oliver: Endemic 地方病, self-esteem 自尊心。
- Lily: There are a few more words to learn from this clip:
- Lily: The tyranny of thinness on the catwalk,
- Oliver: 零号模特儿统治时装舞台。
- Lily: To lift the oppression,
- Oliver: 消除社会压力。
- Lily: The expectation that thinness is the perfection for women,
- Oliver: 认为消瘦体形是女人的完美体型。
- Lily: Now let's listen to this clip again:

### Insert

*I am as concerned about the wider social consequences of this culture of thinness, which I think is – it is endemic in the health and well-being and sense of self-esteem of young teenagers right across the country. And I think that – I hope it doesn't sound like too large a leap – but I think that by beginning to address the culture of thinness, the tyranny of thinness on the catwalk, we can in time begin to lift some of the oppression, that the expectation that thinness is perfection for women.*

- Oliver: 在英国，关于零号模特儿以及是否应该禁止零号模特儿表演的争论一直在进行。
- Lily: While it's desirable to be slim, it is not healthy to try to be size zero by dieting.
- Oliver: Of course, there is a big difference between slim and size zero. 苗条和骨瘦如柴。
- Lily: Yes the word 'slim' is positive whereas 'thin' and 'skinny' are negative, so be careful when and where you use them.
- Oliver: Slim 是个褒义词，而 thin 和 skinny 都含有贬义，所以在使用时要特别的注意。

- Lily: We mentioned earlier that size zero is an American women's clothing size, equivalent to a UK size 4.
- Oliver: 让我来告诉你零号到底是个什么概念，那就是胸围 80 公分，腰围 60 公分 臀围 86 公分。
- Lily: Very good. Although a small proportion of women may be naturally petite, the majority are not that tiny and skinny.
- Oliver: 没错，大量的女性在尝试从正常体形减肥到零号不仅是不健康的，而且是不自然的。
- Lily: But why has the ideal of beauty changed so drastically in the past two decades?
- Oliver: The ideal of beauty 对于美的观念，changed drastically 彻底的改变。
- Lily: From the powerful athletic supermodels of the 80's, to the skeletal models you see on the catwalk today.
- Oliver: Athletic supermodels 运动型的超级名模儿; skeletal models 骨感模特儿。
- Lily: Elise Slater, who designs for a fashion forecaster, shared her view on this point:

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*I think all fashion revolves around the idea of being untouchable or aspirational. And I think whatever's in fashion is whatever's hard to achieve at a point in time. So when it was hard to become plump, that was fashionable, and now it's hard – requires money, time, effort and exercise – to become thin – so that's sort of become a form of discrimination in modern day fashion.*

- Lily: As far as Elise is concerned, all fashion revolves around the idea of being untouchable or aspirational.
- Oliver: Untouchable 不可及的， aspirational 渴望， revolves around 围绕着。
- Lily: In her opinion, whatever's in fashion is whatever's hard to achieve at a point in time.
- Oliver: Hard to achieve at a point in time, 在某一段时间内很难达到。
- Lily: She used the word plump.
- Oliver: Plump 丰满的，她说以瘦为美成为时尚的原因就是在于这一点很难达到。
- Lily: It requires money, time, effort and exercise to become thin.
- Oliver: Let's listen to this clip again:

## Insert

*I think all fashion revolves around the idea of being untouchable or aspirational. And I think whatever's in fashion is whatever's hard to achieve at a point in time. So when it was hard to become plump, that was fashionable, and now it's hard – requires money, time, effort and exercise – to become thin – so that's sort of become a form of discrimination in modern day fashion.*

Lily: You are listening to BBC Learning English with Oliver and me Lily.

Oliver: 节目当中我们正在讨论的是在英国零号模特儿对年轻人产生的冲击和影响。

Lily: The British fashion industry, as well as the government, are taking on the culture of thinness.

Oliver: To take on 挑战。

Lily: As recent examples showed, the effects of size zero can be horrendous.

Oliver: Horrendous 可怕的，模特儿卢西奥·拉莫斯以及安娜·芮斯顿的死也被归咎于零号模特的潮流。

Lily: Louise Ramos, aged 22, died of a heart attack last August after trying to live on just a Diet Coke and lettuce leaves.

Oliver: 只靠喝减肥可乐、吃生菜叶子为生，最终导致她死于心脏病发作。Heart attack.

Lily: Since then, Brazilian model Ana Carolina Reston also died because of the pressures of becoming slimmer.

Oliver 安娜只吃苹果喝西红柿，由此导致肾功能衰竭而死。

Lily: These tragic examples showed that size zero can seriously damage a person's health and causes sickness relating to eating disorders.

Oliver: Eating disorders 说到饮食不正常，这里有两个词儿您可应该学会：

Lily: That's right, they are: 'anorexia' – A.N.O.R.E.X.I.A. – 'anorexia',

Oliver: 厌食症。

Lily: And 'bulimia' – B.U.L.I.M.I.A. – 'bulimia'.

Oliver: 'Bulimia', 贪食症。

Lily: Elise feels strongly that there should be legislation to check on the fitness of models.

Oliver: Legislation 立法。 There are a few more words to help you:

Lily: Outmoded,

Oliver: 过时的。



Lily: Cylinder,

Oliver: 圆柱; 滚筒。

Lily: To take into account,

Oliver: 考虑。

Lily: Body frame,

Oliver: 身体结构。

Lily: Muscle mass,

Oliver: 肌肉群。

Lily: Blood pressure,

Oliver: 血压。

Lily: A proper health check,

Oliver: 彻底的、全面的身体检查。

Lily: Suffer from an eating disorder,

Oliver: 由于不规律饮食的而造成的伤害。

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*I really think there should be some legislation and I completely agree that the BMI is outmoded. It treats the body like a cylinder – it doesn't take into account body frame, muscle mass, or anything else. So there needs to be a proper health check of models – like taking their blood pressure and various other tests, to establish whether they are in fact healthy or whether they are suffering from an eating disorder – and offer them support if in fact they are.*

Lily: She thinks that models' health should be checked.

Oliver: 而且，在她们需要时，能够给她们提供帮助。文化部长泰萨·乔维尔也表示了自己的支持。

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*Well, I certainly want it to be unequivocal in its insistence that the young women who are on the catwalks are clearly healthy and are not suffering from anorexia. And secondly, I hope that the taskforce will conclude that there is no case for using young women who are under 16. And I hope also, that we can spread this, beyond just the short moment of attention that this gets during London Fashion Weeks, and really begin to address the interaction between the self-esteem, the self-perception of young women.*

Lily: She said that she wants to be unequivocal in its insistence that young women who are on the catwalk are clearly healthy and are not suffering from anorexia. There are three key words you may find difficult: unequivocal,

Oliver: 不含糊的，没有二话的。

Lily: Insistence,

Oliver: 坚持。

Lily: Anorexia,

Oliver: 厌食症。

### Insert

*Well, I certainly want it to be unequivocal in its insistence that the young women who are on the catwalks are clearly healthy and are not suffering from anorexia.*

Oliver: 她谈到的第二点是禁止使用 16 岁以下的模特儿。

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*And secondly, I hope that the taskforce will conclude that there is no case for using young women who are under 16.*

Lily: Finally she emphasized that Britain should begin to address the interaction between the self-esteem of young women and fashion.

Oliver: Emphasize 强调。要对时尚潮流给女子自尊心给带来影响这个问题加以重视。  
Self-esteem 自尊。

### Insert

*And I hope also, that we can spread this, beyond just the short moment of attention that this gets during London Fashion Weeks, and really begin to address the interaction between the self-esteem, the self-perception of young women.*

Lily: Well, having discussed the danger of pushing oneself to size zero, I must add that some women are naturally size zero.

Oliver: And others are close enough to the point where they can be size zero with no health problems.

Lily: What is being emphasized is that one shouldn't go out of her way to come down to size zero at the cost of health.

Oliver: 我记得曾经听过的一句温莎女公爵的名言，你永远不会觉得自己非常富有或者非常瘦。

Lily: So the quote is "You can never be too rich or too thin". Mmmm, I am not sure whether I totally agree.



Oliver: Well, we would like to hear your opinion. Do you agree with this statement: "You can never be too rich or too thin"?

Lily: You can write to us any time to [chinaelt@bbc.co.uk](mailto:chinaelt@bbc.co.uk)

Oliver: 我重复一下，邮箱是 [chinaelt@bbc.co.uk](mailto:chinaelt@bbc.co.uk)

Lily: Thanks for listening and see you next time.

Oliver: 再见。

