

**The worst of times**

**The best of people**

至暗时刻

至善人心



As we **tirelessly** continue to battle the coronavirus, the response from those around the world leaves us, the Chinese people, both deeply **humble** and **resolutely defiant**.

在我们**坚持不懈**抗击疫情之时，世界各地的反应让中国人既深受感动的（**谦卑的**）同时也坚决反对（某些**恶意言行**）。

Let me start by acknowledging the **unprecedented outpouring** of **generosity** and kindness from people around the world.

首先要感谢的是各国民众展示出的空前的**慷慨**与善意。

For instance, since the **inception** of the outbreak, Japanese aid has been **prompt and ample**.

比如，疫情刚刚爆发，来自日本的援助就很**及时且充足**。



**resolutely** *adv.* determinedly 坚定地

**unprecedented** *adj.* 前所未有的

**inception** *n. (formal)* 开端；开始

**ample** *adj.* 充足的

**defiant** *adj.* 违抗的；蔑视的

**outpouring** *n.* 强烈情感的倾吐

**prompt** *adj.* 迅速的；及时的

A million **face masks** donated by people in Japan were among **the first batch of** foreign aid to arrive in China.

最早抵达中国的外国援助物资中，就有日本民众捐助的100万只**口罩**。

By the 7th of February, it's reported that at least 6.3 million masks, 180,000 **protective gears**, over one million pairs of gloves and other materials have been **gifted** to China from people in Japan.

相关报道显示，截至2月7日，日本各界共捐赠给中国至少630万只**口罩**，约18万件**防护服**，一百多万双手套以及其他捐助。

Now, **bilateral relations** have often been **mercurial**.

我们知道，中日两国关系时冷时热，

But this time, **solidarity prevailed**.

但现在，团结战胜了一切。



**a batch of** 一批

**bilateral relation** 双边关系

**solidarity** *n.* 团结

**gift** *vt.* 赠送

**mercurial** *adj.* 含水银的；变幻莫测的

**prevail** *vi.* 流行；战胜

**Heart-warming citations** of ancient Chinese poems posted on the delivery boxes have reminded us of the shared **cultural bonds** between the two nations, **putting aside** what makes us different and bringing us, with an often **checkered** history, closer together **in this time of need**.

日本援华物资包装箱上的**暖心**中国古诗词让人们想起两国间紧密的**文化纽带**，淡化了我们的分歧，让两个有着复杂历史渊源的民族**在艰难时刻**走得更近。

In response, the spokesperson for **China's Ministry of Foreign Affairs** said, such deeds will **be engraved in the hearts of the Chinese people**.

作为回应，**中国外交部**发言人表示，这些善举中国人民将铭记在心。



**citation** *n.* 引用

**put aside** 搁置（情感或争执）

\***checkered** *adj.* 有波折的；有变化的

**be engraved in the heart(s) of sb.** 被某人铭记于心

This is only **the tip of the iceberg**

这只是超越国界的人心暖流中的一小部分。

when it comes to the **compassion exhibited** by organizations, friendly governments, but most importantly, by people of all ages, races, **creeds**, and political beliefs.

来自各机构、友好政府，特别是不分年龄、种族、宗教和政治信仰的普通民众的善意都汇聚其中。

These **demonstrations** of support have **come in all forms**, from material goods to video messages or simply **retweets** of **compassionate** posts.

爱心的表达方式也**多种多样**，有时是援助物资，有时是祝福视频，或者只是转发一条富有同情心的推文。



**the tip of the iceberg** 冰山一角

**exhibit** v. 展览；显出（情感、品质）

\***retweet** n. 推特转发

**compassion** n. 同情；怜悯

**demonstration** n. 证明；（情感）显露

**compassionate** adj. 富有同情心的

Many have **extended their arms**, literally, **to** the Chinese community during this **tumultuous** time.

许多人在这个特殊时期，真的**张开双臂拥抱**华人群体。

I'm sure many foreigners have learned a few Chinese characters these days, such as Wuhan Jiayou. It doesn't take much. **The smallest of gestures**, such as a song, a hug, or a smile, **can go a long way**.

我敢肯定不少外国民众最近学会了几个汉字，比如“武汉加油”。其实不需要什么惊天之举。一首歌、一个拥抱或一个微笑，都能深入人心。

These images have been **circulated** across China on national television and social media. They have brought **a lump to the throat** of millions across the country, including myself.

这些画面在中国的国家电视台和社交媒体上**传播**，无数中国人为之哽咽，我也是其中之一。



**tumultuous** *adj.* 动荡的

**The smallest of gestures can go a long way.** 最小的善举都能深入人心。

**bring a lump to the throat** 让.....哽咽欲泣

However, such support has not been universal. Ugly **rhetoric**, especially racism, has **reared their head above the parapet**. We've seen this not only from individuals, who might be forgiven for being **ill-informed** but also in the response from some in the Western **establishment**.

然而，这些反应并不是全部。丑恶言论，尤其是种族主义言论也开始抬头。出于**认知局限**，个人的种族主义言行或许可以原谅。但有些西方**当权人士**居然也有这样的倾向。

In a recent article, Prof. Zheng Yongnian from the National University of Singapore **highlighted** this racist **undercurrent** in the way some have sought to **isolate** China in their response and **overreaction to** the coronavirus. Racism, he says, **is deeply rooted in** the Western **ideology**.

新加坡国立大学教授郑永年在最近发表的一篇文章中**强调指出**，这种种族主义暗流表现在面对疫情时有些国家**对华“隔离”**的措施和**过度反应**。他说，种族主义**在西方意识形态中根深蒂固**。



**rhetoric** *n.* 花言巧语

**isolate** *vt.* 隔离，孤立

**rear one's head above the parapet** 不好的事物抬头、出现

**undercurrent** *n.* 暗流

**ideology** *n.* 意识形态

Some have used the situation to **promulgate** the Western **liberal order**, which largely **hinges on Caucasian dominance**. The **cacophony** of opinions expressed over the last few weeks leaves much for the Chinese to **ponder**.

一些人开始利用目前的形势推行西方**自由主义秩序**，而这一秩序很大程度上以白人的主导地位为核心。过去几周来出现的这两类截然不同的声音让中国人深思。

We shall quietly and resolutely **guard** ourselves **against** those who chose to **exploit** the circumstances and attack us as **a people**. But, to those who have shown us such warmth and kindness in one of our darkest chapters, we say loudly and **with the utmost gratitude**, thank you!

我们将**安静且坚决地捍卫**自己，**防止**有人借此次疫情攻击**中华民族**。但是，对于那些在此至暗时刻对中国人展现出**至善精神**的人们，我们**心怀无上感激**，想大声说一句，**谢谢**！



**promulgate** *n.* 推行

**Caucasian dominance** 白人主导

**cacophony** *n.* 刺耳的声音

**with the utmost gratitude** 心怀无上感激

**hinge on** 取决于

**ponder** *vi.* 深思

**exploit** *vt.* 利用

## 语法填空

# THE WORST OF TIMES    THE BEST OF PEOPLE



携手抗疫  
共克时艰



# What I learned from the temporary hospitals in Wuhan



All 16 of the **temporary** hospitals in Wuhan, central China, have been closed. They were **transformed** from public spaces over a month ago to help cure COVID-19 patients with **mild symptoms**. Back then **infection** numbers were rising by two to three thousand a day.

武汉的16所方舱医院全部休舱了。这些临时医院是1个多月前通过改造公共场所而建成的，用来收治新冠肺炎轻症患者。那时湖北省每天新增确诊病例两到三千人。

While introducing the measure on national TV, a top expert admitted, "this was an **imperfect** solution **under extraordinary circumstances**." As hospitals had been **swamped**, people with mild symptoms were **in dire need of care in a massive and efficient manner**. Otherwise their situations could **deteriorate**, and they could **infect** many others.

有位顶尖专家在国家电视台的节目中介绍这项举措时承认“方舱医院是特殊时期的无奈之举”。随着大批患者涌入医院，轻症病人急需有效收治。否则，他们的情况会恶化，同时造成更多人感染。

**under extraordinary circumstances** 在特殊情况下

**dire** *adj.* serious, terrible 严重的，严峻的

**swamp** *v.* 淹没

**in dire need of care** 急需收治

**deteriorate** *v.* worsen 恶化

Within two days, the first such hospital was ready. Within a week or two, the number reached 16. Gyms, stadiums, exhibition centers were turned into **wards**. Local business leaders generously donated the use of spaces, but also the **furbishing** needed. **Meticulous thoughts went into the details**. Kits of **daily necessities** were handed out to make people feel as comfortable as possible. Let's not forget the city was locked down, and the authorities had been **scrambling** to deal with the outbreak and shock from the sudden loss of lives.

两天以内，第一所方舱医院准备就绪。在一到两周内，总数便达16所。体育馆、体育场、展览中心等都被改造成病区。当地企业界慷慨相助，无偿提供一些场所，还捐献了必要**物资**。**细心周到体现在每个细节**。免费发放的**日常必需品**小包让患者尽可能感到舒适。别忘了那时武汉还在封城。相关部门在争分夺秒应对疫情的暴发以及面对生命突然逝去所带来的冲击。

**ward** *n.* 病房

**meticulous** *adj.* 细心的，小心翼翼的

**furbish** *v.* 改善……面貌；翻新

**scramble** *v.* 爬，攀登；争夺

The temporary hospitals in Wuhan have been closed. But they have left a deep impression. Patients came in **reluctant, doubtful, exhausted**, or even angry, but they left feeling **relieved, reassured**, and healthy. **Given** the solution was temporary, there were regrets. People could not take showers. One nurse said her biggest challenge was how to meet the individual needs of each patient.

武汉方舱医院已经休舱。但却在人们心中留下深深的印象。患者入住时带着**犹豫、质疑、疲惫**，有些甚至带着怒气，离开时却往往带着**宽慰、放心**和健康。临时措施可能不完美。比如人们无法洗澡。一位护士遇到的最大挑战是怎样满足每位病人的个性化需求。

But both sides **cope** and supported each other. They even found creative ways to cultivate a sense of **normalcy**. A middle-aged woman decided to continue her daily dance routine, as if in the middle of a park...

但医患双方都克服困难，守望相助。他们甚至用创造性的方法营造出一种平常感。一位中年女性决定重拾广场舞，就像在公园里一样.....

**given prep.** 考虑到

**cope v.** 成功的对付处理 (~ with sth.)

**normalcy n.** 正常状态，常态

This video showed a nurse from **Xinjiang Uygur Autonomous Region** teaching patients how to do a traditional Uygur dance. Others found a moment of peace in reading. People **from all walks of life** and different parts of China, with various dialects and backgrounds **converged** and bonded while faced with a shared **adversary**.

视频里的这位医疗队成员来自**新疆维吾尔自治区**，她正在教患者们跳维吾尔族传统舞蹈。还有人则在阅读中寻找宁静。来自全国各地不同各业，操着不同方言，背景各异的人们汇聚于此，患难与共，阻击共同的对手。

The temporary hospitals have been closed, but for some, the memories will last a lifetime. Some patients became friends with the doctors and nurses. They've promised to visit each other in the future, even to cover the expenses. One woman told journalists, food was handed out for free, but she had no appetite when she first arrived, because of physical and psychological **distress**. But upon the closure of the **venue**, she was almost **relishing** the meal.

武汉方舱医院已经休舱，但对于一些人来说在那里的记忆却永生难忘。有的病人和医护人员成为朋友，他们承诺将来要相互探望，甚至提出要为对方承担开销。一位女士告诉记者方舱医院中免费发放三餐，但她刚刚入住时却因为生理和心理上的不是而没有什么胃口。但等到医院即将休舱时，她对最后一餐却有些不舍。

**from all walks of life** 来自各行各业  
**adversary** *n.* 敌手，对手 (rival; opponent)  
**venue** *n.* (事件或活动) 发生地，举办场地

**converge** *v.* 汇集，会合  
**distress** *n.* 忧虑，痛苦  
**relish** *v.* 享受

The temporary hospitals in Wuhan have been closed, but they marked "a **crucial** and significant step" in the battle. A total of 9,000 medical staff from all over China took care of some 12,000 patients. Some international media **smear**ed this measure in the beginning, calling the hospitals "concentration camps." But what happened has proven them all wrong. No medical staff were infected. No patient died. No one came back after being released. This has been called "a **milestone** in China's medical assistance history."

武汉房舱医院已经休舱。但他们成了战“疫”当中“**非常关键，意义重大**”的一个举措。来自全国各地的九千名医务工作者救治了12000名病人。有些海外媒体最初对这一举措嗤之以鼻，称这些医院为“集中营”。事实证明他们太错特错。这里实现了“零感染”、“零死亡”、“零回头”，被称为“中国医疗救助史上的一座**里程碑**”。

The temporary hospitals in Wuhan have been closed, but they made me wonder what can we take away from this experience, not just in fighting the virus, but also in our own lives? Instead of accusations and name-calling, what's more constructive? Under the same roof, faced with the same adversaries, understanding, **forbearance**, positivity and a true sense of community that will keep us all **afloat**. There's no other way.

武汉房舱医院已经休舱。但这番经历令人深思，我们能够从中领悟些什么，不仅用在抗击病毒方面，也在我们每个人的生活中。与指责以及谩骂相比，什么更具建设性？同一片屋檐下，同一个困难面前，理解、**忍耐**、积极和真正的社区意识才能让我们共度时艰。除此之外，别无他法。

**smear** v. 弄脏；抹黑，诽谤

**forbearance** n. 忍耐

**afloat** adj. 漂浮不沉的；经济上周转得开的

**The temporary hospitals in Wuhan have been closed. I hope we won't be needing them again, but let's keep the spirit alive.**

武汉方舱医院已经休舱。我希望我们永不再有这样的需求，但“方舱精神”值得传扬。

## 阅读七选五

### What I learned from the temporary hospitals in Wuhan



*Thank you!*

*Oscar Shen*