

本集内容

Could honey provide a way of tackling resistance to antibiotics? 蜂蜜能否提供解决抗生素耐药性的方法？

文字稿

Bees and their honey could have a part to play in dealing with a huge modern-day health problem. Overusing antibiotics is making infections harder to treat. Researchers at Cardiff University are looking to see if honey could help tackle some of the most stubborn infections.

蜜蜂和蜂蜜可以在解决一个巨大的现代健康问题上发挥作用。过度使用抗生素使感染愈发难治。卡迪夫大学的科研人员正在研究蜂蜜是否有助于对抗一些最顽固的感染。

Prof Les Baillie, Cardiff University, School of Pharmacy

"The problem we're having is that we're now seeing bacteria that have evolved to be resistant to almost all the antibiotics we're currently using to treat diseases. We're reaching a stage where the cupboard is empty. There's no real new antibiotics on the horizon. And if we don't do something new, something novel and innovative, we face a scenario where we return to the pre-antibiotic age."

莱斯·贝利教授 卡迪夫大学药剂学院

“我们现在面临的问题是，细菌已经进化到对目前用于治疗疾病的几乎所有抗生素都产生了耐药性。我们进入了药柜里空空如也、无从应对的阶段。眼下还没有真正新型的新抗生素问世。如果没有创新，那我们将面临回到前抗生素时代。”

Beekeepers welcome the research and say that honey remedies are part of our history, mentioned in Wales as far back as the 12th Century by herbalists – Meddygon Myddfai.

养蜂人对这项研究表示支持，并称蜂蜜疗法是人类历史的一部分。早在 12 世纪，在威尔士就有人就提到了蜂蜜疗法，这些人是“草药医生”（威尔士语：Meddygon Myddfai）。

Gruffudd Rees, Beekeeper

"For me, it's not a surprise, you know. I've been keeping bees for over 12 years. I'm fully aware of how good honey is and from the people that buy honey from me, I hear the stories of people putting honey on their wounds, on their sores. That everything. And it heals them."

格鲁弗斯·里斯 养蜂人

“对我来说，蜂蜜疗法并不奇怪。我养蜜蜂已经有 12 多个年头了。我很清楚蜂蜜的益处，听从我这里买蜂蜜的人说，有人把蜂蜜涂在伤口和疮上。伤口就愈合了。”

Dandelions are a great source of food for bees – rich in pollen and nectar, but they also contain compounds that are natural virus killers that could be used to develop new future therapies.

蒲公英是蜜蜂的重要食物来源，因为它富含花粉和花蜜，它还含有化合物，这些化合物是天然的病毒杀手，可以用于开发新疗法。

Prof Les Baillie, Cardiff University, School of Pharmacy

"Dandelions in our research had been shown to be very potent. We're doing a lot of research right now to try and find out what the active ingredients [are], and if you look back through the past, dandelions had been used for millennium in treatments to treat diseases."

莱斯·贝利教授 卡迪夫大学药剂学院

“在我们的研究中，蒲公英被证明药效强大。我们正在做很多研究，试图找出蒲公英中的活性成分。纵观历史，蒲公英已有千年的药用史。”

Garry Owen, BBC reporter

With concerns increasing about antibiotic resistance, researchers are now looking at age-old remedies. And honey could be part of the answer to a huge modern-day problem in the health service.

加里·欧文 BBC 通讯员

“随着人们对抗生素耐药性的担忧日益增加，研究人员开始探究古老的疗法。蜂蜜可能是解决现代医疗服务中一个巨大问题的部分答案。”

Honey is an ancient remedy, but it's now a starting point in the race to tackle the very real problem of hospital superbugs – and save lives.

蜂蜜是一种古老的疗法，但它现在是人们竞相创新解决医院超级细菌这一现实问题并拯救生命的起点。

视频链接

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