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厕所背后的故事

伊丽莎白·劳姆

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THE STORY BEHIND
TOILETS

厕所背后的故事

伊丽莎白·劳姆 著
Elizabeth Raum

李亚贺 褚龙飞 译
李辉芳 校



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作者: (英) 伊丽莎白·劳姆, (英) 西恩·斯特沃德·普莱斯 著
李亚贺, 诸龙飞, 吕道恩 译 李辉芳 校

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厕具漫话

Potty talk



不管站着、蹲着还是坐着，人类都需要厕所。当人们吃完，身体吸收了需要的东西，然后就要排出剩余的废弃物了。液体的废物叫尿，硬一点的叫大便。

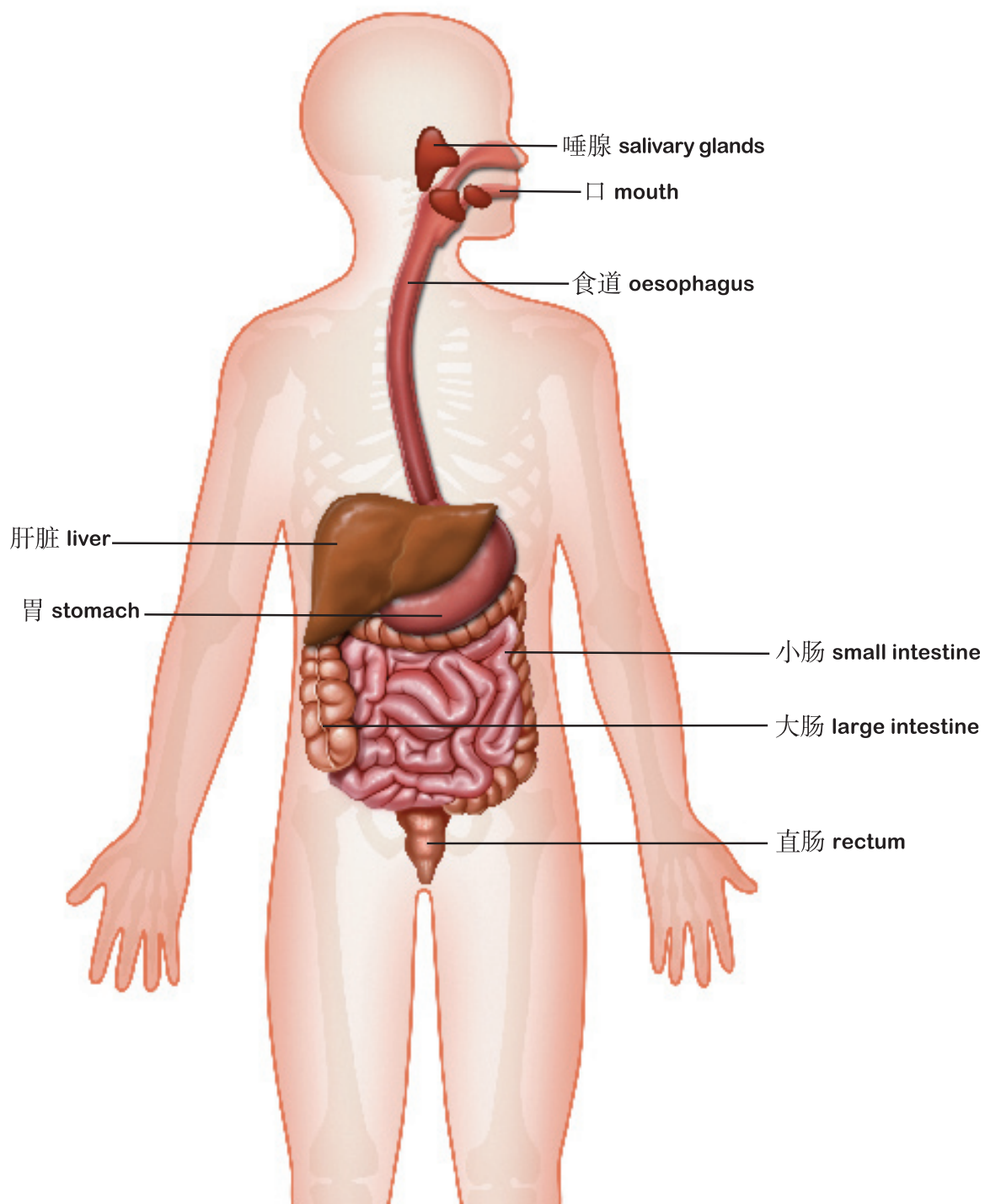
在英国，一般把排泄身体中的废物叫上厕所、如厕，或者出恭。在美国，一般叫上洗手间或盥洗室。很久以前，厕所被叫做圞（q ī ng）厕。室外的厕所叫茅房、一号，或者茅坑。不管叫做什么，厕所都是日常生活的重要组成部分。

Whether they stand up, squat, or sit down, all people need toilets. When people eat and drink, their bodies use what they need and then get rid of the rest as waste. Liquid waste is called urine. Solid waste is called excrement.

In the United Kingdom, people say they go to the toilet, lavatory, or the loo to get rid of bodily waste. In the United States, people say they go to the restroom or bathroom. In past times, toilets were called privies. Toilets outside the house are called outhouses, necessary houses, or latrines. Toilets, no matter what they are called, are an important part of daily life.

◀ 人们使用这样的欧式马桶时，通常是坐在上面的。

People usually sit down when they use European-style toilets like this one.



消化 Digestion



消化是身体从食物中获得维生素和能量的过程。当人吃东西时，嘴里的唾液使食物变软，这样有助于下咽。然后食物穿过一根叫做食道的管道进入胃（参看图解）。胃把食物磨碎成为一种液体的混合物。混合的食物进入小肠，小肠帮助身体吸收维生素和食物中其他一些人体生长和保持健康需要的东西。剩余的废物转到大肠，再从那里排出体外进入厕所。

Digestion is the process that lets the body get vitamins and energy from food. When people eat, the saliva in the mouth softens the food. This helps with swallowing. Then the food goes through a tube called the oesophagus to the stomach (see diagram). The stomach mashes the food into a liquid mixture. The mashed-up food passes into the small intestine. The small intestine helps the body take in the vitamins and other things it needs from food to grow and stay healthy. The leftover waste goes to the large intestine. From there it is pushed out of the body and into the toilet.



这幅简图展示了人体主要的消化器官。

This diagram shows the major parts of the body used in digestion.

厕所简史

A short history of toilets



公元前2500年

厕所出现在美索不达米亚、印度河流域和苏格兰。
Toilets exist in Mesopotamia, the Indus Valley, and Scotland.

早期人类不住在城镇或村庄，而是在一个地方住上一段时间后，就会留下他们的粪便而继续迁移。当人类开始集体生活时，不得不寻找一种新的方法来处理粪便。

最初，古代人靠挖坑埋粪，或者使用便盆，事后倒到外边。大约公元前2500年（4500年以前），苏格兰和印度河流域（现在的巴基斯坦）的古代村落使用一种管道系统，将粪便从室内厕所排出。大概同一时期，美索不达米亚的苏美尔国王在他的宫殿里修建了六个厕所。

Early people did not live in towns or villages. Instead, they camped in one place for a while. Then they moved on. They left their waste behind. As people began to live in communities, they had to find another way to deal with human waste.

At first ancient people dug holes for waste or used pots that had to be emptied. In about 2500 BCE (4,500 years ago) ancient communities in Scotland and in the Indus Valley (present-day Pakistan) used a system of pipes to carry waste outside from indoor toilets. At about the same time, the king of Sumer in Mesopotamia built six toilets in his palace.



这幅地图展示了古代出现了厕所的地方。

This map shows the places in the ancient world that developed toilets.

公元前2000年

在克里特岛使用 冲水厕所。 Flush toilets are used in Crete.

其他古代厕所

古埃及厕所是形状类似锁眼，让人感觉舒服。座位下面的盆里装满沙子，粪便掉进沙子里然后由仆人清空。后来，罗马人（生活在现在的意大利）建造了下水道系统，将粪便从厕所排到附近的小溪和河流中。

Other ancient toilets

Toilets in ancient Egypt had a keyhole shape to make them comfortable. A pot beneath the seat was filled with sand. Human waste fell into the sand and was emptied by a servant. Later, the Romans (who lived in present-day Italy) built sewer systems. The sewers carried waste from toilets into nearby streams and rivers.

冲水马桶

克里特岛上的克诺索斯宫殿修建于大约公元前2000年（4000年以前），那里有最早的冲水马桶。宫殿顶上的盘子收集雨水，雨水顺着管道慢慢流到厕所，冲走粪便。排水系统用木制座位盖起来，这个座位能让使用者不被弄湿。还有木制的座位盖住排水系统。

Flush toilets

The palace of Knossos, built about 2000 BCE (4,000 years ago) on the island of Crete, had the first toilets that flushed. Pans on the roof of the palace collected rainwater. Pipes slowly carried the rainwater to the toilets, washing away waste. A wooden seat covered the drain system. The seat also kept the person using it dry.



▲ 这是一个可以让12个人同时使用的厕所，它修建于公元100年到200年之间非洲的突尼斯。

There are places for twelve men to use this toilet at one time. It was built between 100 and 200 CE in Tunisia in Africa.

100—500年

罗马人使用冲水厕所并修建了下水道系统。 The Romans use flush toilets and build a sewer system.

便壶

埃及、希腊和罗马的富人选择用罐或者盆来做便器，这些都被称为便壶。穷人一般都直接到户外方便，如果生病了实在没法出去，他们会使用陶盆。

Chamber pots

Rich Egyptians, Greeks, and Romans chose to use jars or pots as toilets. These were called chamber pots. Poor people simply went outside. If they were too ill to go outside, they used clay pots.

中世纪的厕所

在中世纪（公元500年—1450年），几乎所有的冲水马桶和下水道系统都消失了。人们不是到户外方便，就是使用便壶。

城堡里常常有一些悬厕，也就是在悬于城堡壕沟上方的小隔间里装上一些座位。粪便顺着城墙落进壕沟，堆满污物的壕沟恶臭难闻。

16世纪，有钱人使用被称为马桶的精美便壶。它们大多看起来像个箱子，开盖后看到的是一个用天鹅绒和蕾丝装饰的座位，座位下面是一个储粪盆。

Middle Ages

During the Middle Ages (500–1450 CE), almost all flush toilets and sewer systems disappeared. People either went outside or used chamber pots.

Castles often had garderobes. These were small seats built into a tiny closet hanging over the castle's moat. Waste ran down the castle wall into the moat. Moats full of sewage smelled terrible.

In the 1500s, rich people used fancy chamber pots called close stools. Many were made to look like a box. The lid opened to show a seat decorated in velvet and lace. Beneath the seat was a pot to catch waste.

500—1450年

出现了便壶和悬厕。 Chamber pots and garderobes are in use.
冲水厕所消失。 Flush toilets disappear.



► 这个18世纪的美国便壶用英王乔治三世的肖像作装饰。
This American chamber pot from the 1700s is decorated with the face of King George III.

罕见的侮辱 An unusual insult



18和19世纪初美国的一些便壶上，画着不受欢迎的领导人面孔。美国独立战争时期（1775-1783），英王乔治三世的肖像就被这么用过，因为他试图向美国殖民地征税。

Some chamber pots from the 1700s and 1800s had the face of an unpopular leader painted on them. During the American Revolution (1775-83), the face of King George III was used. This was because he had tried to tax the US colonies.

16世纪

开始使用马桶。 Close stools are used.



城市里的厕所问题

在17世纪以前，大多数人生活在农场或是小村庄，粪便不是什么问题。但是当人们搬进拥挤的城市时，粪便问题产生了。人们在街道上撒尿，还往大街上倒便壶。农民会收走一些粪便，把它作为肥料撒到自己的田地里。剩下的则淌进河流或是水井，使饮水变得不安全。

City problems

Before the 1600s, most people lived on farms or in small villages. Waste was not a problem. But as people moved to crowded cities, the problem of human waste grew. People urinated in the streets. They also emptied chamber pots onto the streets. Farmers collected some of the waste to spread on their fields as a fertilizer. The rest of the waste ran into rivers and wells. This made the water unsafe to drink.

17世纪到19世纪

随着城市增长，排污变成突出问题。 Cities grow and so do waste problems.



Caption: Chamber pots being emptied in the street in Elizabethan times. Credit: ©iF abomas / TopFoto



夜壶里的粪便过去常常就倒在街道上。

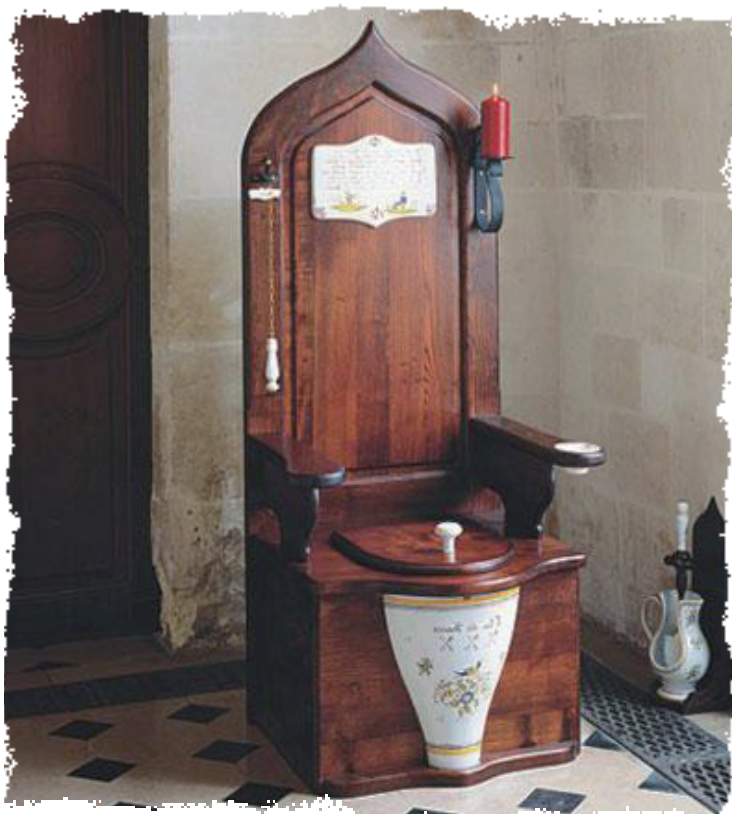
Chamber pots used to be dumped onto the street.

现代冲水马桶

1590年，英国发明家约翰·哈林顿勋爵设计了一种冲水马桶，把它安在自己家里。按下马桶的手柄时，靠近天花板的水箱就会放水。女王伊丽莎白一世也曾在她的宫殿里装过一个，但其他人很少愿意一试。事实上，他们都拿哈林顿的冲水马桶当笑话。

Modern flush toilets

In 1590 English inventor Sir John Harington designed a flush toilet. He put it in his own home. A tank near the ceiling released water when the toilet's handle was pulled. Queen Elizabeth I had one set up in her palace. Few others were willing to try it. In fact, they made fun of Harington's flush toilet.



1590年

英国发明家约翰·哈林顿勋爵发明冲水马桶。
English inventor Sir John Harington invents the flush toilet.