

REMINISCENCE

背后的故事丛书

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盐背后的故事

海蒂·摩尔

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反正好看

故事新鲜有味
英语地道纯正

ARCTINE
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THE STORY BEHIND
SALT

盐背后的故事

海蒂·摩尔 著

Heidi Moore



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地球上的盐

Salt from Earth



今天，大多数人认为盐只是一种调味品，但它的用途远不仅于此，盐有数百种用途。它可以用于制作冰淇淋、消除衣服上的污点、保持已被采摘花朵的新鲜，还可以用于治疗嗓子沙哑、消融路面的冰雪以及制作肥皂。人们的生活离不开盐。

这种简单的物质在人类历史中扮演着重要的角色。盐贸易使得许多城市和国家发展壮大。盐是战争的一个因素，甚至能引发一场革命，鼓舞人们推翻统治者。

这就是盐背后的真实故事，咱们一起来仔细品味吧……

Today, most people think of salt as something that makes food taste better. But it is so' much more! Salt has hundreds of uses. It can be used for making ice cream, removing spots on clothes, and keeping cut flowers fresh. It can be used for treating sore throats, melting ice on roads, and making soap. Humans need salt to live.

This simple substance has played a large role in human history. The salt trade led to the growth of many cities and countries. Salt has been a factor in wars. It even helped start a revolution! It inspired people to overthrow a ruler.

This is the true story behind salt. Let's take a taste . . .



无论是粗盐还是细盐，它们都有许多不同的用途。

Whether very coarse or finely ground, salt has many different uses.

盐有很多种类，通常人们说到盐的时候，指的是食用盐，食用盐的学名是氯化钠。

就本身而言，钠是一种金属，当它与气体相遇时就会发生爆炸，氯是一种有毒气体；但是当这两者结合时，就会形成一种人类和动物赖以生存的物质——盐。

There are many types of salt. Most of the time, when people talk about salt, they mean table salt. The scientific name for table salt is sodium chloride.

By itself, sodium is a metal that explodes when it comes in contact with moisture. Chlorine on its own is a poisonous gas. But when they combine, they form a substance that both humans and animals need to live – salt.

圣经中的谚语 In the Bible



当人们说到某人是“地球上的盐”时，这意味着这个人是一个友善、诚实的人，这条谚语出自圣经。

When people say someone is "the salt of the earth", it means he or she is a good, honest person. The saying comes from a passage in the Bible.



在一个古老的传说中，一个国王问他三个女儿有多爱他，前两个女儿说她们对爸爸的爱胜过对世界上最好东西的喜爱。第三个女儿说，我爱你就像爱盐一样，国王听了很生气，并把她逐出王国。后来，御厨为国王做了一顿无盐的饭，这顿饭没有一点味道，国王无法忍受，他突然意识到盐的价值，并理解了他的小女儿是多么地爱他。事实上，“我爱你就像爱盐一样”，这是一种最好的赞美辞。

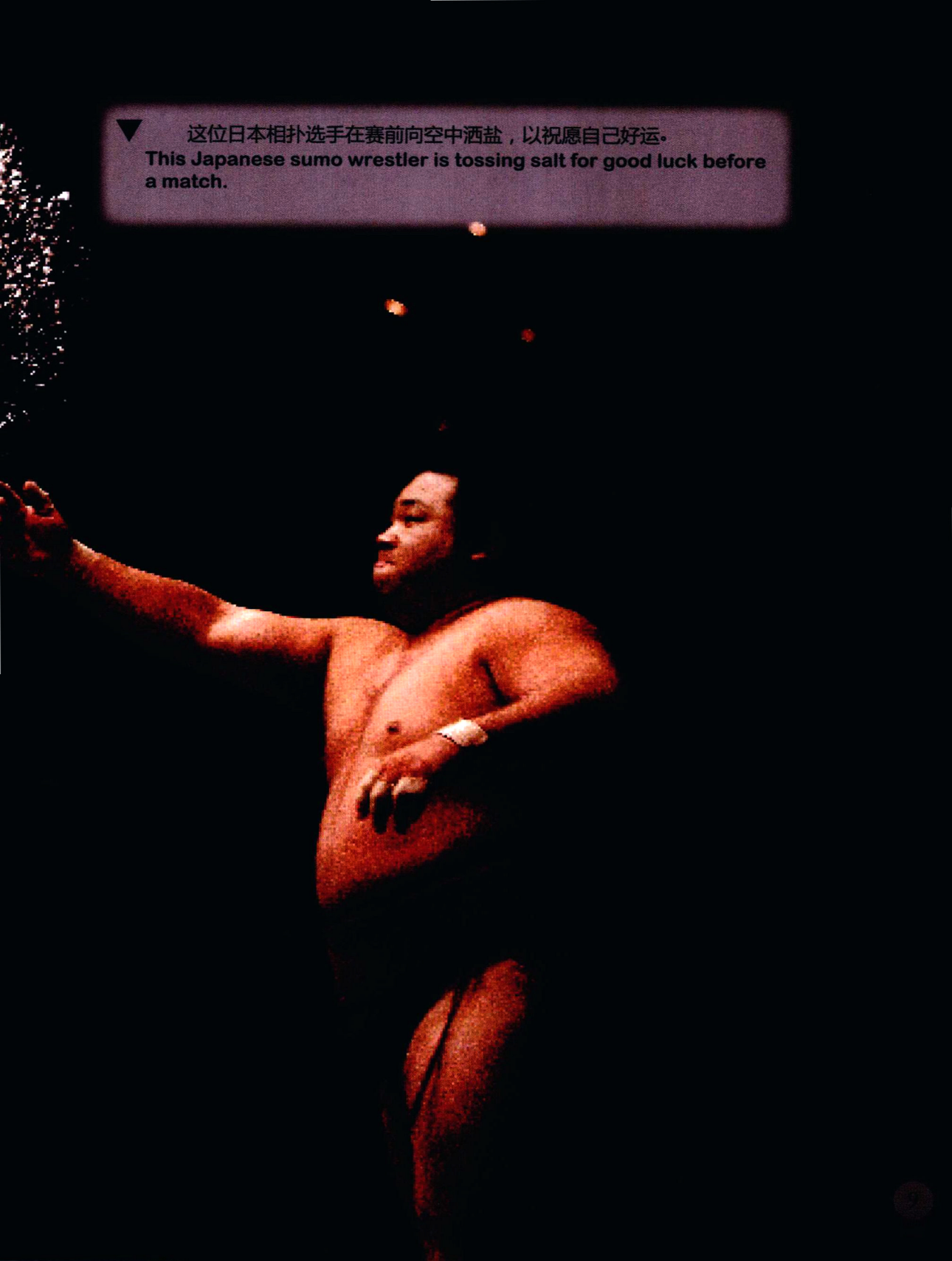
In an old folktale, a king asks his three daughters to tell him how much they love him. The first two daughters tell their father they love him more than the finest things in the land. The third tells her father, "I love you like salt." This angers the king, and he forces her to leave the kingdom. Later his cook serves him a meal without salt. The meal is tasteless, and the king cannot stand it. Suddenly he realises the true value of salt and understands how much his daughter loves him. To be loved like salt was, in fact, a great compliment!







这位日本相扑选手在赛前向空中洒盐，以祝愿自己好运。
This Japanese sumo wrestler is tossing salt for good luck before a match.



盐是什么

What is salt?





这张照片显示的是放大很多倍的盐的晶体的形状。

This photo has been magnified many times to show the shape of the salt crystals.

盐也是一种矿物质。在自然界中可以找到盐。矿物质是一种固态物质，由许多晶体组成，晶体是由微小原子按照一定顺序重复排列的。

Salt is also a mineral. Minerals are found in nature. A mineral is a solid substance that is made up of many crystals. Crystals are made up of tiny parts arranged in an ordered, repeating pattern.

盐的种类

盐主要以两种形式存在。

Types of salt

There are two main types of salt.

海盐

海盐存在于在海水之中，海水蒸发后就会有晶体盐出现。海盐是光滑或粗糙的颗粒，它一般还包含有少量其它矿物质。

Sea salt

Sea salt is found in sea water. Crystals of salt form when the sea water evaporates. Sea salt can have fine or coarse (rough) grains. It often contains small amounts of other minerals.

岩盐

陆地上可以发现岩盐。这种类型盐的另一个名字是石盐，石盐可以在干涸的海或湖的矿床里找到，它比海盐纯净。

Rock salt

Rock salt is found in the ground. Another name for this form of salt is halite. Halite can be found in beds of minerals from evaporated (dried up) seas and lakes. It is purer than sea salt.

- ▼ 食用盐使食物美味可口。
Table salt is used to flavour food.



海盐

Sea salt



你曾经疑惑过是什么使海水变咸的吗？海水中的盐来自那些在海水中溶解或分解的东西，这其中有一些岩石、矿物质和死鱼。雨水也把陆地上的一些盐冲入了海洋。水体含盐量的多少叫做盐度，这是衡量单位体积水内所含盐多少的量度。海水含盐量在3.4%到3.7%之间。

Have you ever wondered what makes the ocean salty? The salt comes from things that have dissolved, or broken down, in the water. Some of these things are rocks, minerals, and dead fish. Rain also washes some salt from the land into the ocean. The level of saltiness of a body of water is called its salinity. This is a measure of the amount of salt per volume of water. The ocean is 3.4 to 3.7 per cent salt.

盐的星球 Salty planet



海水覆盖了地球表面的70%。想象一下，如果你把世界海洋里的盐散布到地球表面，它将会形成一个超过152.4米（500英尺）高的盐层，这大约是40层楼房的高度。

Sea water covers more than 70 per cent of Earth's surface. Imagine that you could spread all the salt in the world's oceans across Earth's surface. It would form a layer more than 152.4 metres (500 feet) thick. That is about the height of a 40-story building!



海水缓慢侵蚀着岩石，海水中的一些盐来自于这些岩石。

Sea water gets some of its salt from the rocks that are very slowly worn away by the ocean.

淡水比海水的含盐量小得多。淡水就是大多数湖和河中的水。0.03立方米（1立方英尺）的海水蒸发后，会留下1千克（2.2磅）的盐，但是，0.03立方米（1立方英尺）的淡水如温德米尔湖（Lake Windermere）的水，仅仅含有5克（0.17盎司）的盐。

Fresh water contains far less salt than salt water. Fresh water is what you find in most lakes and rivers. When 0.03 cubic metre (1 cubic foot) of sea water evaporates, it leaves 1 kilogram (2.2 pounds) of salt. However, 0.03 cubic metre (1 cubic foot) of water from a freshwater lake, such as Lake Windermere, contains only about 5 grams (0.17 ounce) of salt.

有趣的海盐 Fancy sea salt



今天，有趣的是，罕见的海盐是烹饪的好作料。红土使夏威夷的海盐呈现粉红色。塞浦路斯薄片状盐拥有独特的金字塔形状的晶体。在一些菜肴中加入用烟熏过的海盐，会增添特别的味道。一些世界顶级餐厅会在菜肴中添加这些昂贵的食用盐。

Today, fancy, rare sea salts are prized for cooking. Hawaiian alaea sea salt gets its pink colour from red clay. Cyprus flake salt has unique, pyramid-shaped crystals. Some sea salts are smoked, to add extra flavour to dishes. Some of the top restaurants in the world serve these costly sea salts in dishes.

▶ 包括手指形的密歇根湖在内的北美五大连湖都是淡水湖，它们的含盐量较低。

The Great Lakes in the United States, including the finger-shaped Lake Michigan, are freshwater lakes. They do not contain much salt.