

Attack of the Airborne Allergy Makers 花粉过敏大作战

It's got you by the throat – and the nose. It leaves you with **runny, itchy** eyes, a **dripping** nose, and **earth-shattering sneezing fits**. “It” is [hay fever](#), a most oddly-named **malady**, since sufferers are neither **feverish**, nor affected by hay.

它攻击你的喉咙.....和鼻子。它带给你流泪不止又发痒的眼睛、鼻涕直流的鼻子及足以撼动地表的喷嚏。「它」就是「花粉症」(又称干草热), 一种有着最奇怪名字的慢性病, 因为患者既不会发烧也不会受干草影响。

Hay fever's (more accurate) medical term is allergic **rhinitis**. It is caused by waves of **airborne pollen** entering the **respiratory** system and causing inflammation. Since plants release **pollen** mostly during the spring, this time of year is, not surprisingly, the peak season for allergy sufferers. But it's not the only time, and some people suffer from spring right through late fall.

更正确地说, 花粉症在医学上称为过敏性鼻炎。其成因是因在空中传播的花粉进入呼吸系统而导致发炎。因为植物大多在春天释放花粉, 可想而知, 每年这个时候就是过敏症患者发病的高峰期。但这可不是唯一的发病时期, 有些人从春天一直到秋末都深受其扰。

The pollen of colorful and sweet-smelling flowers is often thought to be the worst for sufferers. However, this **bit of folk wisdom** is wrong, as flowers rely on birds and insects to spread their pollen. The true source of most allergy-causing pollen is trees and grass, though the exact species vary from one region to another. In the UK, for example, grasses with **innocuous** names such as [meadow foxtail](#) and [timothy](#) are to blame. In Spain, it's mainly the olive plant.

那些色彩鲜艳、气味芬芳花朵的花粉通常被认为会引发患者最严重的病情。然而, 这种民间说法并不正确, 因为花朵其实是藉由鸟类与昆虫传播花粉。大部分会引起过敏的花粉事实上是来自树木与草, 不过确切的物种因地而异。例如, 在英国, 某些名字听起来无害的草, 像是牧场狗尾草和猫尾草就是罪魁祸首。而在西班牙则主要是橄榄树。

Unfortunately, almost anywhere you go, you'll hear **sniffs** and sneezes. There's no escaping: pollen can reportedly travel hundreds of miles in one single day! So run; hide indoors; move to another country. It's all **in vain**. With hay fever it's **medicate**, or **sneeze**.

不幸的是, 不管你到哪里, 你几乎都会听见擤鼻子和打喷嚏的声音。没有人逃得过: 据报导, 花粉能在一天内前进数百哩。所以, 逃跑、躲在屋内或搬到其他国家, 全都是白费力气。对付花粉症, 不乖乖就医的话, 就继续打喷嚏吧!

—by Murray Walker

Vocabulary

allergy [ˈælərdʒɪ] n. 过敏症

feverish [ˈfivəriʃ] adj. 发热的，发烧的

innocuous [ɪˈnɒkjʊəs] adj. 无害的；不危险的

respiratory [rɪˈspairətɔːri] adj. 呼吸的

itchy [ˈɪtʃɪ] adj. 痒的

shatter [ˈʃætə] v. 粉碎，砸碎

More Information

malady [ˈmælədi] n. 病，疾病

rhinitis [raɪˈnaɪtɪs] n. 鼻炎

pollen [ˈpɒlən] n. 花粉

bit [bɪt] n. 少量，一点点

folk wisdom: 民间的传言 **saying** referring to common fact, knowledge

sniff [snɪf] n. 抽鼻涕；鼻子发呼哧呼哧声

in vain: 徒劳 without any useful result

medicate [ˈmɛdɪˌket] v. 用药治疗

sneeze [sniːz] v. 打喷嚏； n. 喷嚏（声）

meadow [ˈmɛdo] **foxtail** [ˈfɒksˌteɪl] n. 狐尾草

timothy [ˈtɪməθɪ] n. 梯牧草，猫尾草

airborne [ˈɛrˌbɔːn] adj. 空中传播的，风媒的

runny [ˈrʌni] adj. 流泪(鼻)水的

drip [drɪp] v. 滴下

earth-shattering [ˈɜːθˌʃætərɪŋ] adj. 惊天动地的

fit [fɪt] n. (病的) 发作