

The Truth about Autism 关怀自闭症。拥抱自闭儿

At first glance, John may seem like an ordinary three-year-old boy. But if you observe his behavior for a brief time, it becomes apparent that he's a special child. John has trouble interacting with the other kids in class and shows little **response** to social **stimuli**. He's slow to **pick up on** non-verbal communication and he seldom makes eye contact with others. John suffers from **autism**, a **neurological disorder** that **impairs** his social skills.

看第一眼时，约翰似乎是个平凡的3岁小男孩，但是如果你观察他的行为一段时间，你会知道很明显他是个特别的小孩。约翰在课堂很难和其他小孩互动，并且对社交上的外在刺激并没有太多的回应。他不太能察觉非语言的沟通，而且很少跟其他人的目光有所接触。约翰患有自闭症，这是一种神经上的障碍，使得他的社交技巧受损。

Autism is a developmental disorder that stays with a person for their entire life. Males are four times more likely to develop the disease than females. The cause of autism is unknown, but scientists believe it may be due to a genetic **mutation** that occurs when the brain is in its first stages of development. Autism is **undetectable** at birth, but symptoms do begin to emerge during the first three years of a child's life. **Autistic** people have a **tendency to resist** change and may demonstrate **repetitive** behavior patterns. For example, they might become **preoccupied with** certain TV shows and watch them all day. They might also repeat certain movements, such as rocking back and forth whenever they sit down.

自闭症是一种发展障碍，这种障碍会一辈子跟随病患。男性比女性更容易得到此病，比率为4:1。自闭症的原因并不清楚，但是科学家相信起因可能是当大脑在发展的初始阶段时所发生的基因突变。自闭症在出生时并不会被检测到，但是症状会在婴孩前3年的生命中开始出现。自闭症的人有拒绝改变的倾向，并会表现出不断重复的行为模式。例如，他们会全然投入于某个电视节目，并一整天都看它。他们或许也会重复某些动作，例如一坐下来就开始前后摇动。

Due to the complex nature of autism, many people **misunderstand** the disorder. Instead of **recognizing** the condition, people will often **label** an autistic person as strange or **anti-social**. As a result, many children with autism grow up to be lonely as adults. Although there is no effective treatment for autism at present, there is hope that a cure can be found in the future. Until then, we should accept autistic people for their differences and provide them with plenty of love and support.

因为自闭症的本质复杂，许多人对这种障碍都有所误解。与其辨识出自闭症的病状，人们常常认为自闭症患者很奇怪或是反社会。因此许多患有自闭症的小孩长大以后变得很孤单。虽然目前没有有效的方法治愈自闭症，未来有希望能找到解药。在那之前我们必须接受自闭症患者的不同，并给予他们许多的爱与支持。

— by Jamie Blackler

Vocabulary

response [rɪˈspɑːns] n. 应答, 反应, 回答

stimulus [ˈstɪmjələs] n. 刺激 (名复: stimuli)

pick up on: 【美】【口】了解到; 注意到 to take into the mind and understand, typically with speed

verbal [ˈvɜːbəl] adj. 口头的

disorder [dɪsˈɔːdə] n. 紊乱, 失调; 不适

undetectable [ˌʌndɪˈtɛktəbəl] adj. 察觉不到的

tendency [ˈtɛndənsɪ] n. 倾向; 癖性; 天分

resist [rɪˈzɪst] v. 抵抗, 反抗, 抗拒

repetitive [rɪˈpɛtɪtɪv] adj. (做事) 重复的, 反复的

be preoccupied with: 全神贯注的; 入神的 engrossed or absorbed in something, esp one's own thoughts

recognize [ˈrɛkəgˌnaɪz] v. 认出, 识别

label [ˈleɪbəl] v. 贴上....的标签

anti-social [ˌæntɪˈsoʊəl] adj. 不喜欢社交的; 反社会的

More Information

autism [ˈɔːtɪzəm] n. 自闭症 (尤指儿童因大脑障碍而无法与人建立正常的人际关系)

neurological [ˌnjʊrəˈlɒdʒɪkəl] adj. 神经学的; 神经病学的

impair [ɪmˈpeɪr] v. 损害, 损伤

mutation [mjuˈteɪʃən] n. 变种, 突变

autistic [ɔːˈtɪstɪk] adj. 自闭症的

misunderstand [ˈmɪsʌndəˈstænd] v. 误解, 误会