



Shennong Tastes Herbs

神农尝百草

/lɒŋ/ /lɒŋ/ /ə'geɪ/ /ðeə/ /lɪvd/ /ə/ /greɪt/ /mæn/ /neɪmd/ /ʃennɒŋ/ /hi:/ /wɒz/ /ðə/ /'li:dər/
Long, long ago, there lived a great man named Shennong. He was the leader
/ɒv/ /ə/ /traɪb/ /ɪn/ /'eɪnʃənt/ /'ʃaɪnə/ /ðə/ /'pi:pəl/ /kɔ:ld/ /hɪm/ /ðə/ /'drɪ'veɪn/ /'fɑ:mə/
of a tribe in ancient China. The people called him the Divine Farmer"
/brɪ'kɒz/ /hi:/ /tɔ:t/ /ðəm/ /haʊ/ /tu:/ /fɑ:m/ /ænd/ /grəʊ/ /krɒps/
because he taught them how to farm and grow crops.

很久很久以前，有一个叫神农的伟大人物。他是中国古代一个部落的首领。人们称他为“神农”，因为他教会了人们耕种和种植庄稼。

/æt/ /ðæt/ /taɪm/ /'pi:pəl/ /dɪd/ /nɒt/ /nəʊ/ /wɪʃ/ /plɑ:nts/ /wɜ:/ /seɪf/ /tu:/ /i:t/ /ænd/ /wɪʃ/
At that time, people did not know which plants were safe to eat and which
/wɜ:/ /'pɔɪzənəs/ /'meni/ /'pi:pəl/ /ɡɒt/ /sɪk/ /ɔ:/ /daɪd/ /'ɑ:ftə/ /'i:tɪŋ/ /ðə/ /rɒŋ/ /plɑ:nts/
were poisonous. Many people got sick or died after eating the wrong plants.
/ʃennɒŋ/ /wɒz/ /'veri/ /sæd/ /tu:/ /si:/ /hɪz/ /'pi:pəl/ /'sɑ:fə/
Shennong was very sad to see his people suffer.

那时候，人们不知道哪些植物可以安全食用，哪些有毒。很多人因为吃错了植物而生病甚至死亡。神农看到人们受苦，非常难过。

/hi:/ /drɪ'saɪdɪd/ /tu:/ /faɪnd/ /ə/ /weɪ/ /tu:/ /help/ /hɪz/ /'pi:pəl/ /hi:/ /wʊd/ /'trævəl/ /ə'krɒs/
He decided to find a way to help his people. He would travel across
/ðə/ /'maʊntɪnz/ /ænd/ /'fɒrɪsts/ /hi:/ /wʊd/ /teɪst/ /'evri/ /plɑ:nt/ /hi:/ /faʊnd/ /hi:/ /wʊd/
the mountains and forests. He would taste every plant he found. He would
/test/ /i:tʃ/ /wʌn/ /tu:/ /si:/ /ɪf/ /ɪt/ /wɒz/ /ɡʊd/ /fɔ:/ /fu:d/ /ɔ:/ /fɔ:/ /'medsən/
test each one to see if it was good for food or for medicine.

他决定想办法帮助人民。他要走遍山川和森林，尝遍他发现的所有植物，测试每一种植物是否能食用或入药。

/ʃennɒŋ/ /hæd/ /ə/ /'speʃəl/ /'stʌmək/ /ɪt/ /wɒz/ /træn'spærənt/ /laɪk/ /ɡlɑ:s/ /wen/ /hi:/
Shennong had a special stomach. It was transparent, like glass. When he
/eɪt/ /ə/ /plɑ:nt/ /hi:/ /kʊd/ /si:/ /ɪts/ /'kʌlə/ /ænd/ /'mu:vmənt/ /θru:/ /hɪz/ /'stʌmək/
ate a plant, he could see its color and movement through his stomach.
/ðɪs/ /hɛlpt/ /hɪm/ /'ʌndə'stænd/ /ðə/ /ɪ'fekt/ /ɒv/ /'evri/ /hɜ:b/
This helped him understand the effect of every herb.

神农有一个特殊的胃，像玻璃一样透明。当他吃下一种植物时，可以通过胃看到它的颜色和变化。这帮助他了解每种植物的功效。

/hi:/ /wɔ:kt/ /θru:/ /ðə/ /'fɒrɪsts/ /ænd/ /fi:ldz/ /deɪ/ /'ɑ:ftə/ /deɪ/ /hi:/ /'teɪstɪd/ /grɑ:s/
He walked through the forests and fields day after day. He tasted grass,
/li:vz/ /ru:ts/ /ænd/ /fru:ts/ /səm/ /plɑ:nts/ /wɜ:/ /swi:t/ /səm/ /wɜ:/ /'bɪtə/ /səm/ /meɪd/
leaves, roots, and fruits. Some plants were sweet. Some were bitter. Some made
/hɪm/ /fi:l/ /strɒŋ/ /səm/ /meɪd/ /hɪm/ /fi:l/ /wi:k/
him feel strong. Some made him feel weak.

他日复一日地走过森林和田野。他尝遍了草、叶子、根和果实。有些植物是甜的，有些是苦的，有些让他感觉强壮，有些让他感到虚弱。

/fɔ:r/ /i:t/ /plɑ:nt/ /hi:/ /rəʊt/ /daʊn/ /ɪts/ /teɪst/ /ænd/ /wɒt/ /ɪt/ /dɪd/ /tu:/ /hɪz/ /'bɒdi/
For each plant, he wrote down its taste and what it did to his body.
/hi:/ /təʊld/ /hɪz/ /'pi:pəl/ /'ðɪs/ /plɑ:nt/ /kæn/ /kjuərə/ /ə/ /'fi:və/ /ðæt/ /plɑ:nt/ /kæn/ /stɒp/
He told his people: This plant can cure a fever. That plant can stop
/ə/ /kɒf/ /ðɪs/ /ru:t/ /kæn/ /hi:l/ /ə/ /wu:nd/ /hi:/ /meɪd/ /ə/ /lɪst/ /ɒv/ /ɔ:l/ /ðə/ /plɑ:nts/
a cough. This root can heal a wound." He made a list of all the plants
/hi:/ /'teɪstɪd/
he tasted.

对于每一种植物，他都记下它的味道和对身体的影响。他告诉人们：“这种植物可以退烧，那种植物可以止咳，这种根可以疗伤。”他把自己尝过的所有植物都列成了清单。

/ʃennɒŋ/ /'teɪstɪd/ /'hʌndrədz/ /ɒv/ /plɑ:nts/ /hi:/ /dɪ'skavəd/ /'meni/ /kaɪndz/ /ɒv/ /krɒps/
Shennong tasted hundreds of plants. He discovered many kinds of crops
/ðæt/ /'pi:pəl/ /kɒd/ /i:t/ /saɪf/ /æz/ /wi:t/ /raɪs/ /ænd/ /bi:nz/ /hi:/ /'ɔ:lseʊ/ /faʊnd/ /'meni/
that people could eat, such as wheat, rice, and beans. He also found many
/hɜ:bz/ /ðæt/ /kɒd/ /hi:l/ /'sɪknəs/ /ænd/ /peɪn/
herbs that could heal sickness and pain.

神农尝了数百种植物。他发现了许多可以食用的作物，比如麦子、稻谷和豆子。他还找到了许多能治病止痛的草药。

/bʌt/ /wʌn/ /deɪ/ /ʃennɒŋ/ /faʊnd/ /ə/ /nju:/ /plɑ:nt/ /hi:/ /dɪd/ /nɒt/ /nəʊ/ /ɪts/ /neɪm/ /hi:/
But one day, Shennong found a new plant. He did not know its name. He
/'teɪstɪd/ /ɪt/ /ɪt/ /tʜ:nd/ /aʊt/ /tu:/ /bi:/ /ə/ /'veri/ /'pɔɪzənəs/ /plɑ:nt/ /ɪt/ /bɜ:nd/ /hɪz/
tasted it. It turned out to be a very poisonous plant. It burned his
/θrəʊt/ /ænd/ /meɪd/ /hɪm/ /'veri/ /sɪk/ /br'fɔ:/ /hi:/ /daɪd/ /hi:/ /lʊkt/ /æt/ /hɪz/ /'pi:pəl/
throat and made him very sick. Before he died, he looked at his people
/ænd/ /sed/ /aɪ/ /hæv/ /faʊnd/ /ə/ /plɑ:nt/ /ðæt/ /kæn/ /kɪl/ /du:/ /nɒt/ /i:t/ /ɪt/
and said, I have found a plant that can kill. Do not eat it."

但有一天，神农发现了一种新植物。他不知道它叫什么名字。他尝了尝。结果那是一种剧毒的植物。它灼烧了他的喉咙，让他病得非常严重。临死前，他看着人们说：“我找到了一种能致命的植物。不要吃它。”

/Shennong/ /daɪd/ /bʌt/ /hɪz/ /wɜ:k/ /dɪd/ /nɒt/ /end/ /hɪz/ /'pi:pəl/ /rɪ'membəd/ /'evriθɪŋ/
Shennong died, but his work did not end. His people remembered everything
/hi:/ /hæd/ /tɔ:t/ /ðəm/ /ðeɪ/ /pɑ:st/ /hɪz/ /'nɒlɪŋ/ /frɒm/ /,ʤenə'reɪʃən/ /tu:/
he had taught them. They passed his knowledge from generation to
/,ʤenə'reɪʃən/
generation.

神农去世了，但他的工作没有结束。人们牢记他教导的一切，把他的知识代代相传。

/'leɪtə/ /hɪz/ /'rekɔ:dz/ /wɜ:/ /kə'lektɪd/ /'ɪntu:/ /ə/ /bʊk/ /kɔ:ld/ /ðə/ /'klæsɪk/ /ɒv/ /'hɜ:bəl/
Later, his records were collected into a book called The Classic of Herbal
/'mɛdsən/ /ɪt/ /brɪ'keɪm/ /ðə/ /fɜ:st/ /'mɛdɪkəl/ /bʊk/ /ɪn/ /ʃaɪ'ni:z/ /'hɪstəri/ /'dɒktəz/ /ænd/
Medicine. It became the first medical book in Chinese history. Doctors and
/'hi:ləz/ /ju:zd/ /ɪt/ /fɔ:/ /'θaʊzəndz/ /ɒv/ /jɪəz/ /tu:/ /tri:t/ /'peɪfənts/
healers used it for thousands of years to treat patients.

后来，他的记录被汇编成一本叫《神农本草经》的书。它成为中国历史上第一部医学著作。千百年来，医生和药师都用它来治疗病人。

/'i:vən/ /tə'deɪ/ /'pi:pəl/ /stɪl/ /'ɒnə/ /Shennong/ /æz/ /ðə/ /'fɑ:ðə/ /ɒv/ /ʃaɪ'ni:z/ /'mɛdsən/
Even today, people still honor Shennong as the father of Chinese medicine.
/hɪz/ /'kærɪŋ/ /ænd/ /'kaɪndnəs/ /seɪvd/ /'kaʊntləs/ /lɪvz/ /hi:/ /ʃəʊd/ /ʌs/ /ðæt/ /wʌn/
His courage and kindness saved countless lives. He showed us that one
/'pɜ:sənz/ /'sækrɪfəɪs/ /kæn/ /ʃeɪndʒ/ /ðə/ /wɜ:ld/
person's sacrifice can change the world.

直到今天，人们仍然尊神农为中医药之父。他的勇气和善良挽救了无数生命。他让我们明白，一个人的牺牲可以改变世界。