

Review

Fibroids (balls of anguish): a commented French- English translation of Martine Julien's "*Fibroids: des Boules D'angoisse*"

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This is about a commented English translation of "Les Fibromes: des Boules d'Angoisse", an article by Martine Julien extracted from pages 84-85 of DIVAS, (A French Magazine), no. 2 of July, 1994, involving a text dealing with a report on research experiments and findings on "Fibroids" as a disease-symptoms, diagnosis, types, dangers, management, treatment, etc. Our translation thus qualifies as a scientific-technical translation. It has been undertaken to demonstrate a practical application of the theories relative to the concept of translation, and aspects like: meaning, goal, types/domains, process and tools (terminology). The work generally entails theoretical reflections on scientific-technical translation and its specific attributes, a general commentary on the translation exercise, problems encountered, translation techniques in operation, other steps taken to overcome such problems, as well as a French-English Glossary of specialized (medical) Terms generated from the text translated.

Key words: Multiplication of languages, translation, source language, target language, equivalence, scientific-technical translation.

INTRODUCTION

Translation, a craft consisting in the attempt to replace a written message or statement in one language by the same statement or message in another, has both at the national and international levels been an indispensable activity in human relations throughout human history. Translation is as old as man and language, as can be learnt from the story of the Tower of Babel and the origin of the multiplication of languages in the Bible. Translation has widely been referred to as *the umbilical cord of international communication*

"Translation is one of the most important means of communication at the international level and one of the most effective means of ensuring effective cultural cooperation globally... translation thus appears to be one of the keys of dialogue between nations (Iwunze, 2009, translating M'bow, 1980)."

As a result of the conflict of interests between Divinity and Humanity in the encounter at Babel, where God, with the upper hand disposed of men's plan to construct a tower that would enable them ascend physically together

into God's heavenly abode, contrary to his injunction 'fill the earth' (spread out), by multiplying their languages, thereby rendering them mutually unintelligible and scattering them all over the surface of the earth, the offshoot of Translation was targeted at "Bridging Babel", or eliminating the language or communication barriers in cultural contacts and interactions between the separate speech and cultural entities that sprang up after the encounter at "Babel".

About four to five thousand languages are estimated to be spoken in the world today; these figures are even insufficient, because, no language Atlas can be said to have already been exhausted. Moreover, it is believed that these four to five thousand languages are only the rest of a greater number of languages spoken in the past. Perhaps, true to Köhler's postulation, human language (origin) is rather a secret, a miracle and indeed a divine gift. The difficulties in translating from one language to another are rooted in, and often stem from the divergences existing between languages belonging to



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different cultures and language families of the world. Nkoro (2013) remarks:

“If all the efforts of the translator do not result in the production of the natural equivalent of the message of the Source Language text in the Target Language, meeting its linguistic and extra linguistic requirements, the translator has not succeeded (Our Translation).”

The translator's preoccupation is actually to produce the closest natural equivalent of the message of the Source Language text in the Target Language, as there cannot be “absolute equivalence” in Translation, and there cannot be any “Perfect Translation”.

The importance of translation to humanity can be appreciated from the perspective of its instrumentality in the spreading of culture, the promotion of political consciousness and national unity, the cross-fertilization of languages, the transmission of great thinkings, and above all, the dissemination of scientific and technological information, as well as the teaching of foreign languages. Reflecting on the importance of translation and interpreting, Iwunze (2010), quoting Iheanacho, reaffirms:

“No other profession, phenomenon or institution has contributed more towards the cause of peace through mutual understanding than those two professions. This therefore, underlines the need for Translation at all level of human interaction-personal, national, intellectual, diplomatic, etc.”

Translation domains and fields

Basically, there are three translation domains, viz: scientific and technical translation, pragmatic or general translation and literary translation. With special characteristics distinguishing each domain of translation from others, each domain can further be divided into fields.

Scientific and technical translation: fields and characteristics

Scientific and technical translation is concerned with researches (experiments) and discoveries in science and technology. Such fields as: Nuclear science, Medicine, Aeronautics, Petroleum, Automobile, Agronomy, Chemistry, Biology, Physics, Engineering, Zoology, Mathematics belong to science and technology, and as such, texts related to them in translation constitute scientific and technical translation.

This branch of translation differs from the other two branches in terms of the public targeted, the vocabulary used and the subject matter treated. Flowery, equivocal and connotative or subjective languages are not used in scientific and technical translation. At times, the level of the technicality of scientific language may be so high that

only professionals in the particular field involved will be able to comprehend the text. Supposedly, a scientific text produces a single invariant message version, no matter the language into which it is rendered, a feature that cannot be associated with literary texts.

Purpose of the study

The study is thus undertaken to review the content and form of the original text, and to practically apply the theories relative to the process and techniques of Translation, as well as generate an important tool for solving problems associated with the Translation of a Scientific-Technical text- the bilingual (French-English) glossary of medical Terms from the text translated (Table 1).

Background to the study

This work is conceived to globally showcase a fruit of didactic translation. In this context, the teacher (Dr. Iwunze) is eager to evaluate the quality of the academic/intellectual input his graduate student (Mrs. Hounvenou) has made towards the realisation of the publication of this work as a project, vis-à-vis lectures received on the concept of translation, meaning, origin, types, process/imperatives, “ce qu'il faut traduire” (what should be translated), techniques, etc.

Thus, the role of the former in this communication is that of a supervisor, while that of the latter is that of an apprentice builder, the estimation being that the ability to reflect substantially (of a publishable quality) on the above subjects vis-à-vis the text in translation is a proof of qualitative apprenticeship.

TRANSLATION METHODS

Every craft practised and taught to apprentices is guided by principles, theories and methods, so is Translation. According to Chidi-Mba et al. (2013), talking about translation methods is talking about the methods which according to Vinay and Darbelnet (1958) help to avoid damage to their original message (Our Translation), such methods as related to direct and indirect or oblique translation include:

Direct Translation

Borrowing

This entails expressing a concept that does not exist in a target language with the help of a foreign language term:

“To introduce a local colour, we need foreign terms, we thus talk about ‘verstes’ and ‘puds’ in

Russia, 'dollars' and 'party' in America, 'tequila' and 'tortilas' in Mexico, etc. A sentence like: "the coroner spoke" is best translated by a borrowing: "le coroner prit la parole" (French) (The coroner spoke) (English). There are old borrowings that are no longer in vogue, since they have become part of our texts and become our heritage (our translation)".

Literal Translation

This implies the word for word re-expression of a source language message in the target language. Recourse to this technique should be guided by the translator's awareness that its application may lead to acceptable and unacceptable translations. Thus, it is a matter of possibilities and limits. Vinay and Darbelnet (1958) see it as involving the passage from the source language to the target language producing an equivalent text in terms of both meaning and style, without having recourse to any other thing but linguistic terms (Our translation). Examples:

SL: Je vais à l'église
TL: I am going to the Church.

SL: Je ne sais pas si mon frère est encore dans la chambre à coucher.
TL: I don't know if my brother is still in the bedroom (Fagbohun, 2008)

Calque

Eke (2000) refers to calque as 'carbon copying', involving the total borrowing of the structure or sentence from another language and translating same literally into the target language. This, according to Vinay and Darbelnet (1958) leads either to calque of expression, which respects the syntactic structures of the target language by introducing a new expressive word (cf "compliment de la saison"), or a structural calque, which introduces in the target language a new construction (cf "science-fiction").

In the above assertions, the expressions "Compliment de la saison (French)" and "Science-fiction" are calqued from the English expression: "Compliments of the Season" and "Science-fiction", respectively.

Indirect Translation

Sometimes, sentences or messages in the source language cannot be easily correctly translated into the target language using the direct translation methods, due to their complex or complicated nature. It thus becomes imperative to resort to the use of indirect or oblique techniques or methods of translation. They include:

Transposition

When parts of speech in the target language different

from those used in the source language convey same messages, transposition, as a translation technique is said to be operational. That is to say, "Transposition results when other parts of speech translate others" (Eke, 2000). Here are some examples:

Noun/Verb: **SL:** Dès son entrée dans la chambre (French)
TL: As soon as he entered the room (English)

Verb/Noun: **SL:** À vendre
TL: For sale

Adjective/Noun: **SL:** Au début du XX^e siècle (French)
TL: In the beginning of the twentieth century. (English)

Modulation

This occurs when the source language's point of view in a message changes in the target language. Occasionally, it is impossible or extremely difficult to translate a source language sentence literally or transposing some of the parts of speech associated with it. It (modulation) according to Ajunwa (1991) has a very wide range of practical applications, especially in literary translations. Examples:

SL (French): "Tu n'a pas le sang vieux"
TL (English): "You've got young blood"

SL (French): "Il ... mit la voiture en marche"
TL (English): "He ... started up the (car's) engine".

Other examples:

SL (English): A stray dog
TL (French): Un chien abandonné

SL (French): Vivre au jour le jour
TL (English): To live from hand to mouth

SL (French): Il prêche dans le desert
TL (English): He is talking to a brick wall.

Equivalence

It is commonly known as the linguistic form used to express the same idea in another language (Our Translation). Equivalence is the case in social circumstances wherein cultural differences inhibit a word-for-word translation, and Translators have recourse to equivalent statements in the target language culture, vis-à-vis the context of the SL message. Examples:

French: Pomme de discorde
English: Bone of contention

French: Il tombe des hallebardes
English: It's raining cats and dogs

French: Qui s'assemble se ressemble
English: Birds of the same feather flock together.

Equivalence is often used in translating clichés, idiomatic

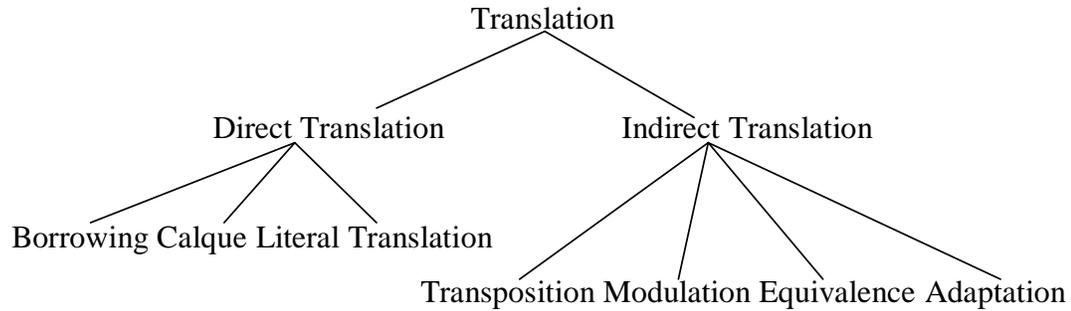


Figure 1. A schematic view of translation methods according to Vinay and Darbelnet's Postulations.

expressions and proverbs. It is referred to in the circle of translation experts as an extension of modulation, and as such must be translated in conformity with the genius of the target language. Other examples include:

Igbo: Awo adighi agba oso ehihie n'efu
English: There is no smoke without fire

Igbo: Choo ewu ojii mgbe ihe ka di
French: Il faut battre le feu pendant qu'il est chaud (Ajunwa, 1991).

Adaptation

Mostly in literary works, when a cultural barrier exists between two languages in contact in a translation operation, the SL message is adapted in the TL. This may entail adapting the whole text as is the case with most literature books written in English and French, translated into African languages." It is believed in academic circles that Ola Rotimi's *The Gods are not to Blame* is an adaptation into English and into Yoruba culture(s) of Sophocles' *Oedipus Rex* (King *Oedipus*).

Other views on Translation techniques

Besides Vinay and Darbelnet (1958), other scholars have been concerned with the subject of translation techniques and procedures. In *Approche Linguistique des problèmes de traduction*, Chuquet and Paillard (1989) compressed the seven procedures identified by Vinay and Darbelnet (1958) into two, viz: Transposition and Modulation. That is to say that translation in all its implications involves either changes in points of view due to cultural divergences or grammatical exercises to achieve equivalent meaning of a text from a given source language to a given target language- the operation of (on) the text grammatically and semantically (Figure 1).

We have so far reflected on technical translation methods, according to Vinay and Darbelnet's classification and other views held on the subject matter by Chuquet and Paillard, not forgetting Van Hoof, who, in his own outline in *Traduire l'anglais* (1989) treated

"Explication" as the same method as "Etoffement" (Stuffing).

An outline of non-technical translation methods including Vinay and Darbelnet's four is presented below thus:

Amplification

This is the case when emphasis is made in translating a particular point of view with more words or expressions than in the original text (SL), in a bid to make a message clearer. As the word implies, it is a method used to boost understanding of a view point in the target language. Examples:

SL (English): Blood will out
TL (French): Bon sang ne saurait pas mentir

SL (English): Yesterday's week
TL (French): Il y a hier huit jours.

SL (English): For a mere trifle
TL (French): Pour un oui, pour un non.

Stuffing (L'Etoffement)

This is a variation of amplification applicable to French prepositions that need to be amplified or substantiated (stuffed) through the adjunction of an adjective, a past participle, or even a noun, while the English prepositions are okay as they are. The direct opposite of this type of amplification (stuffing) is "shedding" (le dépouillement). Eke (2000) identifies the following English prepositions in relation to stuffing in French translations:

English	French
As	au fur et à mesure que
If	dans la mesure où
On	au-dessus de
When	au moment où

Economy

A notion in comparative linguistics, economy in

translation occurs when a target language succeeds in expressing the same thing (message) as the source language with fewer linguistic items (words). In that sense it could be said to be the direct opposite of “amplification” as a resemblance of shedding. Examples:

SL (English): The easing of tension
TL (French): La détente
SL (French): deux fois par jour
TL (English): twice daily

Some linguists prefer to call ‘economy’, ‘suppression’

Explication

This consists in introducing some precisions on some terms or words in the target language which are implicit in the source language in relation to context and situation, for clarity purposes. It can be likened to ‘paraphrase’ or ‘definition’.

Explication does not allow for economy and (only) shows deficiencies in the target language. It hinders accurate (good) translation and should only be adopted as a last resort.

Dilution

This according to Vinay and Darbelnet (1958), is the repetition of a ‘signified’ into several ‘signifiers’ (our translation). Dilution is a prosodic phenomenon. Eke (2000) gives us some examples in contrast to ‘concentration’.

Dilution L’homme de l’homme: La fuite d’examen: Au fur et à mesure	Concentration The tout Expo (Nigerian English) as
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Shedding (Le dépouillement)

As already mentioned, this is the direct opposite of ‘stuffing’ (l’étouffement), isolating or setting off the substance (essential) of a signifier and expressing it in a condensed form. Going French- English, we meet simple prepositions compared to ‘stuffed’ forms of expression. Shredding is a particular form of ‘economy’. Example:

French Les hommes qui l’entouraient	English the men around him.
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THE ORIGINAL TEXT AND ITS ENGLISH TRANSLATION

Here, it is about the text “Les Fibromes: des boules d’angoisse”, translated into the target language (English) as “Fibroids: balls of anguish”, as follows:

LES FIBROMES: DES BOULES D’ANGOISSE

Environ une femme sur trois, après 35 ans, souffre d’un fibrome sans que l’on en sache exactement l’origine. Et on ne peut plus expliquer pourquoi les fibromes sont plus fréquents chez nous.

ATTENTION À L’ANEMIE

Prendre rendez-vous avec sa gynécologue pour un simple frottis et se retrouver avec un diagnostic de fibromes n’est pas bien drôle. Mais c’est fréquent, tant le fibrome est répandu et facile à découvrir lors d’une simple palpation de bas-ventre associée au toucher vaginal. Les fibromes sont parfois asymptomatiques, c’est-à-dire qu’on peut en avoir et ne pas en souffrir, mais il faut quand même les surveiller et savoir quand il est utile de les retirer et quelles sont les techniques les moins traumatisantes pour le faire.

Le fibrome est constitué comme son nom indique, de masses de tissu fibreux très denses et dures, qui font corps avec l’utérus. Il s’agit toujours d’une tumeur bénigne qui ne dégénère pas en cancer. Les fibromes peuvent provoquer des saignements et c’est souvent à cette occasion que les femmes les découvrent.

Des règles de plus en plus abondantes, et qui durent de plus en plus longtemps, sont un signe typique de la présence d’un ou plusieurs fibromes. En plus de l’inconfort créé par les saignements, ceux-ci doivent être contrôlés rapidement parce qu’ils risquent de provoquer une anémie. La perte de quantité trop importante de sang, plusieurs jours par mois, entraîne, en effet, une déperdition de fer et peut être la cause d’une sensation de fatigue inexplicable.

Les fibromes peuvent aussi se manifester par des douleurs lors des règles ou des rapports sexuels. Certains peuvent augmenter un peu les saignements, mais ne grossissent pas, alors que d’autres ont tendance à prendre du volume, les médecins ont adopté des images faciles à saisir : on parlera de fibrome de la taille d’une noisette, d’un pamplemousse ou d’un melon, sachant que certains atteignent plusieurs dizaines de centimètres de diamètre. Mais même si au toucher le médecin a détecté la présence d’un fibrome, il faudra en outre faire une échographie pour préciser sa taille et sa localisation exacte. Une fois établi, le diagnostic reste à décider du traitement : médical ou chirurgical, tout dépend de la stabilité du fibrome et des désagréments éventuels qu’il occasionne.

LES FIBROMES À OUBLIER ET LES AUTRES

Si on vous a dit que vous avez un fibrome et qu’il ne grossit pas plus qu’il ne vous gêne, oubliez-le. La visite annuelle chez votre gynécologue suffira à le surveiller. Un traitement hormonal, à base de progestérone, peut

aussi aider à limiter les saignements des fibromes, qui ne se manifestent que de cette façon. C'est également une manière pour les femmes de plus de 50 ans d'attendre la ménopause, un moment où les fibromes disparaîtront du fait de l'arrêt naturel de production des œstrogènes.

On peut aussi créer une ménopause artificielle en inhibant la production d'œstrogènes, mais les effets secondaires (migraines, bouffées de chaleur, fatigue, et risque de perte osseuse) sont disproportionnés par rapport aux effets bénéfiques du traitement. Si la ménopause est encore 'lointaine', on peut être obligé d'intervenir, mais, pas de panique, le temps est loin où on n'avait pas d'autre choix que l'ablation de l'utérus. La 'totale' ou l'hystérectomie n'est plus du tout la seule solution possible quand on a un ou des fibromes volumineux et qui font saigner. Mais cette intervention, il faut le savoir, peut aussi, dans certains cas, être inévitable.

Quand le fibrome mesure moins de 10 cm ou qu'il y en a plusieurs de moins de 5cm, le chirurgien peut les retirer par la laparotomie. Cette intervention sous anesthésie générale, se fait en vue directe par le laparoscope, un tube introduit dans l'abdomen et qui ne laisse comme cicatrice que trois petites 'boutonnières'. Le séjour à l'hôpital n'est que de vingt-quatre heures et, au bout de trois jours les activités normales peuvent être reprises.

La myomectomie (ablation du fibrome) peut aussi être réalisée par hystéroscopie, sous anesthésie générale. L'hystéroscopie est un tube muni d'une caméra qui sera introduit dans l'utérus en passant par le col. Les suites sont encore plus simples que pour la laparoscopie, mais cette opération n'est réalisable que sur les fibromes situés à l'intérieur de la cavité utérine. Ces interventions préservent toutes les chances des grossesses futures, mais ne garantissent pas toutefois contre le retour d'autres fibromes.

COAGULATION OU EMBOLISATION

Les techniques les plus récentes mises au point par des gynécologues new-yorkais, la myolise ou la coagulation des fibromes, consiste à amener un courant électrique au cœur du fibrome, en plusieurs points. L'instrument est introduit dans l'abdomen par des petits tubes. Le courant électrique détruit les fibres musculaires du fibrome, dénature sa structure et détruit le réseau sanguinaire qui l'alimente. S'ensuit un rétrécissement des fibromes qui dégénèrent et, avec deux ans de recul pour le moment, ne semblent pas reprendre leur croissance. C'est une technique très prometteuse mais encore réservée aux femmes qui ne désirent plus d'enfant. Le séjour hospitalier est de moins de vingt-quatre heures et a convalescence de deux ou trois jours.

L'embolisation des artères utérines n'est pas à proprement parler une nouvelle technique puisqu'elle est utilisée depuis plus de dix ans dans le traitement des

hémorragies rebelles après l'accouchement. Mais l'équipe de Professeur Jacques-Henri Ravina (Hospital Lanboisière, Paris) a eu l'idée, dès 1995, de l'appliquer au traitement du fibrome pour le priver du sang qui assure sa survie et sa croissance. L'intervention est réalisée sous anesthésie locale : on introduit une sonde dans l'artère fémorale pour enfin atteindre l'artère utérine qui nourrit le fibrome. A ce moment-là, le chirurgien injecte une substance sclérosante, qui viendra obstruer les petits vaisseaux du fibrome et celui-ci rétrécira au fil des mois jusqu'à devenir asymptomatique. Bien que des femmes aient pu avoir des enfants après cette intervention, elle n'est quand même pas recommandée, à celles qui espèrent d'autres grossesses, faute de recul nécessaire. L'embolisation ne nécessite que 24 heures d'hospitalisation, mais des douleurs du bas-ventre, par fois importantes requièrent un traitement antidouleur puissant.

Plusieurs techniques alternatives à l'hystérectomie s'offrent donc aux femmes qui souffrent aujourd'hui de fibromes. Si c'est le chirurgien qui décide, en dernier ressort, de celle qui est le mieux adaptée, votre opinion sur la question reste déterminante. Prenez le temps de la réflexion, et surtout n'hésitez pas à demander plusieurs avis sur la nécessité absolue d'une intervention.

AN ENGLISH TRANSLATION OF THE ORIGINAL TEXT FIBROIDS: BALLS OF ANGUISH

On the average, women above the age of thirty five years suffer from a fibroid without knowing its true cause. And we cannot even explain why cases of fibroid are rampant among us.

BEWARE OF ANAEMIA

Fixing an appointment with a gynaecologist for a simple smear test and finding oneself diagnosed with fibroid is not funny. But it often happens. Fibroid spreads much and is easily discovered by simple palpitation of the lower abdomen associated with vaginal examination. Fibroids are sometimes asymptomatic, meaning that one can have fibroids without having their symptoms. But they should however be monitored in order to know when it is necessary to remove them and which techniques of doing so have less traumatic effects.

Fibroid, as the name implies, is made up of very thick and hard mass of fibrous tissues which are embedded in the uterus. It is usually a benignant (mild) tumour which does not degenerate to cancer. Fibroids can cause bleedings and it is often at this stage that women discover them.

Long-lasting menstrual flows that become heavier and heavier are a typical symptom of one or multiple fibroids. The discomfort caused by the bleedings, must alongside

them be quickly checked because they can lead to anaemia.

Loss of very significant quantities of blood lasting many days in a month actually entails a loss of iron and can be the cause of un-explained feeling of tiredness.

Fibroids can also be noticed from pains during menstruation or sexual intercourse. Some can increase bleeding a little but do not increase in size, while others tend to increase in size to the extent of compressing the organs that are near them. To ascertain their size, doctors have adopted images easy to grasp: we talk of fibroids the size of a hazelnut; of a grapefruit or a melon; having in mind that some reach tens of centimetres in diameter. But even if by touching, the doctor has detected the presence of fibroids, a scan is still necessary to determine the size and the exact location. Once fibroid has been diagnosed, a treatment often is decided, either medical or surgical, depending on the stability of the fibroid and the eventual discomforts that follow.

FIBROIDS TO BE FORGOTTEN AND OTHERS

If you have been diagnosed with a fibroid and it is neither increasing in size nor disturbing you, forget it. Annual visit to your gynaecologist will be enough to monitor it. A hormonal treatment based on progesterone can help reduce the fibroid's bleeding which only manifests this way. It is equally one way for women above fifty years of age to expect menopause, a time when fibroids disappear due to a natural ceasure of estrogen production. Artificial menopause can also be created by inhibiting the production of estrogens but the side effects (migraines, internal heat, tiredness and danger of bone loss are out of proportion) compared to the beneficial effects of the treatment. If menopause is still far off, one may undergo an operation but no need to panic because time has passed when one had no other choice than the oblation of the uterus. The 'total' or hysterectomy is no longer the only possible solution when one has a fibroid or large fibroids that cause bleeding. But this operation, as you know can also, in certain cases, be inevitable.

When the fibroids measure less than 10 cm or when there are many of them less than 5 cm, the surgeon can remove them by laparotomy. This operation, done under a general anaesthesia, is done by laparoscopy involving seeing directly through the laparoscope tube introduced into the abdomen which leaves only three small 'button holes' as scars. Admission in the hospital is only for twenty four hours and after three days, normal activities can be resumed. Myomectomy, the ablation of fibroids, can also be done through hysteroscopy under general anaesthesia. Hysteroscopy, a tube fitted with a camera will be introduced into the uterus through the cervix. What follows next is yet simpler than that of laparoscopy but this operation is only possible for fibroids located in the

interior cavity of the uterus. This operation preserves all the chances of future pregnancies but does not altogether guarantee the non-reoccurrence of other fibroids.

COAGULATION OR EMBOILISATION

The most modern techniques discovered by New York gynaecologists, myolise or coagulation of fibroids entail setting electric currents in the heart of the fibroid in many areas. The instrument is inserted into the abdomen through small tubes. The electric current destroys the muscular fibres of the fibroid, deforms its structure and destroys the blood network which nourishes it. It leads to the shrinking of the fibroids which deteriorates and within two years of dormancy do not seem to have regained their growth. It is a very promising technique but again reserved for women who do not desire to have more children. Admission in the hospital is less than twenty-four hours and healing takes place within two to three days.

It will not be correct to say that embolisation of the arteries inside the uterus is a new technique since it has been in use for ten years now in the treatment of stubborn haemorrhage that linger after child birth. But Professor Jacques-Henn Ravina's (Lariboisière Hospital, Paris) team had the idea, since 1995, of using it in the treatment of fibroids by starving the fibroid of the blood which sustains its survival and growth. The operation is carried out under local anaesthesia. A probe is introduced into the female arteries in order to reach the uterine artery which feed the fibroids. The surgeon injects a sclerosant substance which will come and block the small vessels of the fibroid and as the months go by, it will shrink until it becomes asymptomatic. Although some women have been able to have children after this operation, it is however not recommended for those expecting to get pregnant again, a call for necessary precaution. Embolisation only takes twenty four hours admission in the hospital, but the lower abdominal pains, sometimes worrisome, require a strong analgesic treatment.

Many alternative technique options to hysterectomy are thus available to women who today, suffer from fibroids. If it is the surgeon who decides, as the last resort, the most suitable operation to be undergone, your opinion on the matter remains sacrosanct. Take time to reflect on it, and, above all, do not hesitate to seek many options on the absolute necessity of an operation.

A GENERAL COMMENTARY ON THE TRANSLATION EXERCISE

At this stage, we are going to comment on an outline of some units of expression of our outstanding/particular

interest found in the original text, in relation to the translation methods adopted in the operation, on one hand, and the problems encountered in their translations into the target language, as well as steps taken to surmount them, on the other hand.

Problems associated with the translation

The degree of difficulty encountered in every translation exercise usually depends on the nature of the text in translation. Some original texts are beautifully constructed, and their contents easily understood. A meticulous reading of the original text remains sacrosanct in the translator's bid to understand the import of the SL text. Expressive styles and language use of some authors render the messages in their write-ups stressfully accessible, and sometimes incomprehensible. Wrong use of punctuation marks and organisational structures of some SL texts also present awful challenges in translation.

The translator's mastery of the various translation techniques and theories is of course, taken for granted, if he must wriggle out of the difficulties posed by such troublesome SL texts. McGuire (1980) observes that these techniques tend to be normative... to instruct the translator on the optimal solution.

The translator having fully understood the entire message of the source language (SL) text, recreates it in the target language (TL) which in principle is his, as he tries hard to respect not only the meaning, but also the articulation and connotations of the SL text (Our translation of Darbelnet's preface to 'Ecrire et Traduire sur la voie de la création' by Jacques Flamond, 1983).

Experience has shown that all problems of translation are finally reduced to linguistic and stylistic problems. Such problems in the translated text include:

Linguistic problems

It is pertinent to note that the expressive form of the original text facilitated the understanding of its content, having been expressed in "simple language". It was only in our attempt to also produce as much "global (simple) English" as possible that we reconstructed or restructured some expressions, or changed the grammatical categories of some terms in the target language.

French

1) Environ

Method:

- Transposition: Environ (adverb)—Average (Noun)
- Stuffing/amplification (more words used in the target language)

2) Sans que l'on en sache: without knowing

Method:

English

On the average

Economy/ Dilution/ Shedding (Use of fewer words in the target language)

3) Sans que l'on en sache exactement l'origine: without knowing its true cause

Method:

- Transposition: exactement (adverb)—true (adjective)
- Modulation: origine – cause

Here, the meaning of the word in the source language changes from 1: "the place or situation in which something (Fibroid) begins to exist", or 2: "the country, race, or type of family which something (Fibroid) came from" (origin-origine) (Longman Dictionary of Contemporary English), to... event or thing that makes something (Fibroid) happen in the target language.

4) ... pourquoi les fibromes sont plus frequents... why fibroid cases are rampant.

Method:

Modulation: frequent – rampant

Here, there is a change from the implicit point of view of 'happening often' to the explicit point of view of the "overwhelming" presence of 'something bad' (disease), due to many cases of it, and the difficulty in controlling it, attributes that the word 'rampant' clarify in the target language.

5) D'autres ont tendance à prendre du volume: others tend to increase in size

Method:

Explication: the word 'size' was introduced in relation to the term 'volume', which has an implicit meaning of 'volume'- 'amount of something': "the total amount of something, especially when it is large or increasing, in order to make the context or aspect of increase (size) in relation to the disease (Fibroid) explicit or clearer in the target language.

6) Le séjour hospitalier: Admission in the hospital

Method:

Explication: Séjour: Admission

The word 'Admission' in the target language makes the meaning of the word 'séjour' (stay, sojourn) more explicit and clearer in relation to the context and situation in the SL text.

A literal rendition of the term as "hospital stay/sojourn" would have been ambiguous, concealing the identity of the subject – a patient, one taken (assigned a bed) into a hospital for treatment, tests or care.

Stylistic problems

We have already noted that we did not encounter any serious challenge with the expressive style of the SL text. It should be noted, however, that while the author favoured verbalisation, our translation gave more room for implicit understanding, especially as it concerned notation of the concrete, ushering in nominal phrases and

Table 1. A bilingual (French-English) glossary of specialised terms in the text translated.

French	English
Fibrome	Fibroid
Gynécologue	Gynaecologist
Simple palpitation	Simple palpitation
Toucher vaginal	Vaginal examination
Fibromes asymptomatiques	Asymptomatic Fibroids
Techniques moins traumatisantes	Less traumatising techniques/ techniques with less traumatising effects
Frottis	Smear test
Tissus fibreux	Fibrous tissues
Tumeur bénigne	Benignant tumour
Cancer	Cancer
Saignements	Bleedings
Anémie	Anaemia
Echographie	Scan
Fibromes à oublier	Fibroids to be forgotten
Traitement hormonal	Hormonal treatment
Progestérone	Progesterone
Ménopause artificielle	Artificial menopause
Production des œstrogènes	Production of estrogens
Effets secondaires	Side effects
Migraines	Migraines
Bouffées de chaleur	Internal heat
Risque de perte osseuse	Danger/ Risk of bone loss
Ablation de l'utérus	Oblation of the uterus
Hystérectomie	Hysterectomy
Intervention	Operation
Anesthésie générale	General Anaesthesia
Laparoscopie	Laparoscope
Laparotomie	Laparotomy
Séjour à l'hôpital	Admission in the hospital
Myomectomie	Myomectomy
Hysteroscopie	Hysteroscopy
Coagulation	Coagulation
Embolisation	Embolisation
Myolise	Myolise
Fibres musculaires	Muscular fibres
Embolisation des artères	Embolisation of the arteries
Hémorragies rebelles	Stubborn haemorrhage
Anesthésie locale	Local anaesthesia
Artère fémorale	Femoral arteries
Artère utérine	Uterine artery
Chirurgien	Surgeon
Douleurs du bas-ventre	Pains in the lower abdomen
Traitement antidouleur	Analgesic treatment

abstract nouns.

CONCLUSION

This paper started with theoretical reflections on the

concept of Translation- meaning, origin, goal and importance. We then focused on the special attributes of scientific - technical translation, based on the typology of the text translated, identifying precision, non equivocation and clarity in relation to the vocabulary or language used.

Some of such texts, we noted, may be so highly technical in language and expression that only the initiated in the particular field of science or technology can comprehend them. Further along the same line of reflection, we outlined several translation procedures or techniques relevant to the translation of the original text, as proposed by such translation theorists and practitioners as Vinay and Darbelnet, Chuquet and Paillard, etc. to include: Borrowing, Calque, Literal translation, Transposition, Modulation, Equivalent and Adaptation, among others. We had earlier digested in highlight Vinay and Darbelnet's two-fold classification of translation; direct and indirect. Then came the actual translation exercise as commented in terms of the translation methods or techniques adopted to surmount the few stylistic and linguistic problems associated with the original text in translation. It must be noted, however, that the translation is only a reflection of the extent to which we understood the message of the SL text. It should therefore be sufficed to be a proposed resemblance of the content (message) of the SL text in the TL in all its shades of meaning, with an appreciable degree of fidelity, but economy of words.

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