



21世纪致用英语系列教材

# “读”辟“曦”径

——英语晨读素材精编

黄哲 主编

MORNING

READING



白山出版社

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——英语晨读素材精编

主 编 黄 哲  
编 委 马晓菲 吕 冰

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邮 编:110013

电 话:024—23065667

电子信箱:baishan867@163.com

责任编辑:朱忠义

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# 序

英语教学的从业者常常会面对这样极富挑战性的问题：怎样用最短的时间提高英语口语能力？理想化的问题在现实中很难找到务实的答案，因为语言学习不可能有真正的捷径，而是一个日积月累的过程，超群的实力是勤奋与坚守的必然产物。

学习有法，学习要得法。英语学习主要涵盖四个方面，即听、说、读、写。听、读是营养的输入，说、写是汲取营养后的输出，输出的良莠取决于输入的量和质，因此，输入是前提，是输出的决定因素。那么，如何有效地输入？对有志于提高英语能力，特别是口语能力的年轻学子而言，《“读”辟“曦”径——英语晨读素材精编》不失为一种很好的选择。

本书系沈阳工业大学外语学院的我的几位同事辛勤劳作、细选精编的成果。内容包括散文 64 篇、电影片段 12 部、名人演讲稿 12 篇、人物介绍 9 篇、诗歌 20 首、歌词 12 首、幽默文章 10 篇。为最大限度地给读者提供学习便利，继每篇英文原文后，编者刻意安排了语言经典、词汇、作者简介、参考译文等内容，可谓用心良苦。期望本书的读者能有效利用，从中获取更全面的营养，提升每篇文章自我输入的质量。

如何有效地用好这本书并以此为契机不断提高英语的应用能力呢？我的建议是：朗读之，消化之，并以之营养修身养性。

首先，大声朗读。英语口语不好就是因为说的少，越是说的少就越说不好，越是说不好就越是不敢说，于是形成恶性循环的怪圈。无数实践证明，大声朗读是练好口语的必由之路。本书题为《“读”辟“曦”径》，旨在号召读者们伴着黎明，站在晨曦中，选择书中自己的最爱，沉浸在大声朗读的忘我中、愉悦中。提醒一句：晨读贵在坚持！

其次，消化所读的内容。套用时髦的话讲，要把读到的所有内容记在脑中，溶化在血液中。记住：晨读宜精不宜杂，朗读任何文章都要读懂、读好、读入脑中。还记得这句古谚吧：熟读唐诗三百首，不会做诗也会吟。老祖宗的话流传下来的都是精品，其理论价值和实践价值毋庸置疑，照行无误！

最后，在消化的基础上要思考其内容中之精华并以之启迪人生，这是晨读的最高境界，也是本书精选内容的要旨所在。诚如培根先生在其《论读书》中所说：读书足以怡情，足以博彩，足以长才。其怡情也，最见于独处幽居之时；其博彩也，最见于高谈阔论之中；其长才也，最见于处世判事之际。希望本书的每位读者都能对培根先生的所言做到牢记之、慎思之并在捧书晨读时，笃行之！

当你闻鸡鸣而起，伴着晨曦和花香，于无人之处大声朗读本书或其它类似书籍之时，你的语言学习之路便拥有了良好的开端，学业与事业的成功就离你不远。

应几位作者所邀，结合自己的教与学经历，写出以上一些感想，供读者们参考，是为序。

王洪刚

2008 年 4 月于沈阳工业大学

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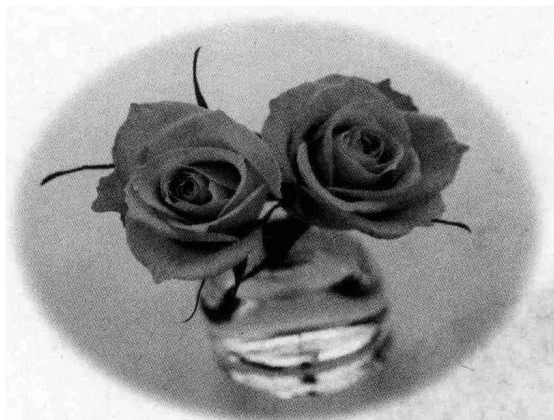
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# Mother



■ Howard Johnson

## Focus

Engulfing them like the morning's mist, warming them like the noontime sun, and covering them like a blanket of evening stars.

母亲的伟大无需多言,而 Howard Johnson 的一首诗“Mother”又使人想起母亲那无私的爱。

“M” is for the Million things she gave me,  
“O” means only that she's growing old,  
“T” is for the Tears she shed to save me,  
“H” is for her Heart of purest gold,  
“E” is for her Eyes, with the love-light shining,  
“R” means Right, and right she'll always be,  
Put them all together, they spell “MOTHER”,  
A word that means the world to me.

A mother's love is like a circle, it has no beginning and ending. It keeps going around and around ever expanding, touching everyone who comes in touch with it. Engulfing them like the morning's mist, warming them like the noontime sun, and covering them like a blanket of evening stars. A mother's love is like a circle, it has no beginning and ending.

## Note

engulf [ ɪn'ɡʌlf ] v. 吞没



## About the Author

霍华德·约翰逊 (Howard Johnson, 1887—1941), 美国歌词作者。

## Chinese Version

“M”代表她赋予我的一切，

“O”的意思是她渐渐变老，

“T”是她为抚育我所流的眼泪，

“H”是她那颗金子般纯洁的心，

“E”就是她的眼睛，洋溢着爱的光芒，

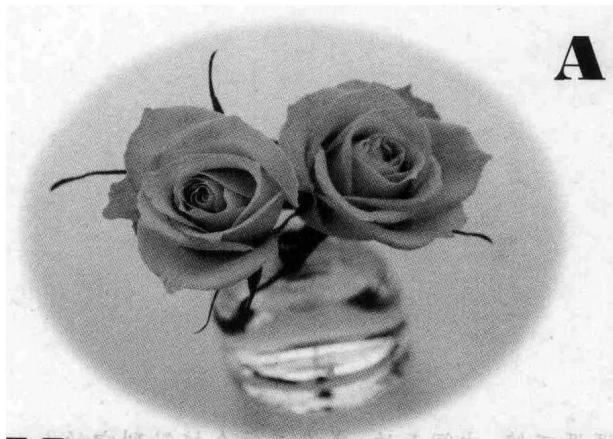
“R”的意思是正确，因为她永远都是对的。

将以上字母串在一起就是“母亲(MOTHER)”，

对我而言，这个字意味着整个世界。

母爱就像一个圆环，没有起点也没有终点。它源源不绝，广阔无边，感染着每个接触到它的人。母爱如清晨的浓雾，笼罩着人们；如正午的太阳，温暖着人们；如夜晚的星空，掩盖着人们。母爱就像一个圆环，没有起点也没有终点。





# A Story of the Angel

## 天使的 故事

### Focus

1. Sometimes that is exactly what happens when things don't turn out the way they should.
2. Some people come into our lives and quickly go...  
Some people become friends and stay awhile...  
Leaving beautiful footprints on our hearts...  
and we are never quite the same because we have made a good friend!
3. Yesterday is history.  
Tomorrow a mystery.  
Today is a gift.  
That's why it's called the present!

如果你有信念,如果你心存感激,如果你认真对待人生,你会发现:其实天使就在你身边。

Two traveling angels stopped to spend the night in the home of a wealthy family. The family were rude and refused to let the angels stay in the mansion's guestroom. Instead the angels were given a small space in the cold basement. As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it. When the younger angel asked why, the older angel replied, "Things aren't always what they seem."

The next night the pair came to rest at the house of a very poor, but very hospitable farmer and his wife. After sharing what little food they had the couple let the angels sleep in their bed where they could have a good night's rest. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field. The younger angel was infuriated and asked the older angel, "How could you have let this happen? The first man had everything, yet you helped him," she accused, "The second family had little but was willing to share everything, and you let the cow die."

"Things aren't always what they seem", the older angel replied. "When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it."

"Then last night as we slept in the farmer's bed, the angel of death came for his wife, I gave him the cow instead. Things aren't always what they seem."



Sometimes that is exactly what happens when things don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage. You might not know it until some time later...

Some people come into our lives and quickly go...

Some people become friends and stay awhile...

Leaving beautiful footprints on our hearts...

and we are never quite the same because we have made a good friend!

Yesterday is history.

Tomorrow a mystery.

Today is a gift.

That's why it's called the present!

Take this little angel and keep her close to you, she is your guardian angel sent to watch over you.

## ►► Note

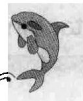
mansion [ 'mænjən ] n. 大厦

hospitable [ 'hɒspɪtəbl ] adj. 好客的

infuriated [ ɪn'fjuəriətɪd ] adj. 激怒的

obsessed [ əb'sest ] adj. 着迷的

accused [ ə'kju:zd ] n. 被告 adj. 被控告的



## ►► Chinese Version

两个正在旅行的天使到一个富有的家庭借宿。这家人对他们并不友好,并且拒绝让他们在舒适的客房过夜,而是在冰冷的地下室给他们找了一个角落。当他们铺床时,年老的天使发现墙上有一个洞,就顺手把它修补好了。年轻的天使问为什么要这样做。老天使答道:“有些事并不像它看上去那样。”

第二天晚上,两人又到了一个非常贫穷的农家借宿。主人夫妇俩对他们非常热情,把仅有的一点点食物拿出来款待客人,然后又让出自己的床铺给两个天使。第二天一早,两个天使发现农夫和他的妻子在哭泣——他们唯一的生活来源,一头奶牛死了。年轻的天使非常愤怒,他质问老天使为什么要这样做,第一个家庭什么都有,老天使还帮助他们修补墙洞,第二个家庭尽管如此贫穷还是热情款待客人,而老天使却没有阻止奶牛的死亡。

“有些事并不像它看上去那样。”老天使说,“当我们在地下室过夜时,我从墙洞看到墙里面堆满了金块。因为主人被贪欲所迷惑,不愿意分享他的财富,所以我把墙洞填上了。”

“昨天晚上,死亡之神来召唤农夫的妻子,我让奶牛代替了她。所以有些事并不像它看上去那样。”

有些时候事情的表面并不是它实际所表现的样子。如果你有信念,你只需要坚信付出总会得到回报。当时你可能不会发现,直到后来……

有些人走进我们的生活,然后很快就离开了……

有些人成为我们的朋友,并稍作停留……在我们的心里留下美丽的足印。因为有了——一个好朋友,我们会变得跟从前不一样!

昨天是历史。明天是一个谜。今天是一个礼物。

因此它才被称为 present!

带着这个小天使,不要让她远离你。她是专门来照看你的守护天使。