



MORNING 06:40:27

For the Morning  
**CONQUER I**  
英语阅读

# 读霸天下

清晨篇



主编 张倩

随书附赠超值MP3光盘1张



西安交通大学出版社  
XI'AN JIAOTONG UNIVERSITY PRESS



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# CONQUER I

## 英语阅读

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I

主编 张 健

编者 郭 雯 吉文凯 全 楠



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# 前言

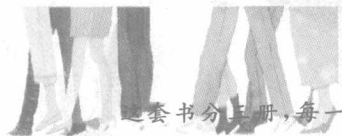
阅读之于一个人有多么重要,我想这无需赘言。对于英语学习者而言,阅读的重要性则尤为突现。因为,要想熟悉这门语言,掌握并运用这门语言,突破之处就是阅读。这一点可以联系我们自己的母语——汉语的习得过程。

阅读可以帮助我们识文断字,增加知识。小时候开始学习语文,其实也就是开始了我们母语习得过程中的原始阅读。渐渐地,我们识字多了,知道的成语、名言佳句也多了,突然发现自己不仅语言质量提高了,更重要的是知识面拓宽了,思想变得深刻了。我们上小学、中学时,都要写作文,老师会评出优秀的文章在班上阅读赏析。大家会发现那些经常被表扬的同学,往往是看书看得多的同学。因为这个同学认识的字多、知道的词句多、懂得多,思路自然开阔,写出的文章就言之有物,值得一读。同样地,大家可以对比一下自己的文字水平随着自身阅读量的增加所产生的变化:读一读自己早前时候写的文章,和阅读量加大后写的文章,水平自然不同。

我们的母语是汉语,对于我上面讲到的简单道理,大家肯定早有感受。而英语的习得跟汉语是一个道理,它十分得益于阅读。

然而,对于英语学习而言,仅凭教科书上的阅读内容还远远不够。而且学习教科书其实无形中带有一种学习的义务性,这样有时反倒会扼杀兴趣,让学习者产生逆反心理,影响学习效果。

正是因为上面提到的这些原因,我们认为:对于英语阅读图书而言,其很重要的目标应该是帮助读者扩大词汇量,拓宽知识面;帮助读者用英语去了解人生,体会情感,增强英语语感;更重要的是,阅读应该是主动的、积极的,更应该是一种持久的、循序渐进的过程。为此,我们编了这套《读霸天下英语阅读》系列丛书,期望能够实现这些目标,帮助读者建立起主动阅读的良好习惯,从而受益终身。




这套书分三册，每一册又分为晨、夜两个板块。晨读系列中，每篇文章包括“单词点点通”、“文章诵读”、“语音提示”这三大块，一些文章还有“知道点”小栏目。其中“语音提示”是一个特色。英语毕竟是一门语言，“读”是一个输入的过程，而这门语言的输出除了“写”，还应包括“说”。对于英语学习者而言，很多时候他可以读懂，却很难读准。因此，不同于其他阅读类书籍，我们在晨读中加入了“语音提示”这一板块，提供给读者一些发音规律，如省读、连读、弱读等，培养读者正确发音的能力，这样，“读”就可以为“说”服务了。在夜读系列中，每篇文章包括三大部分：导读、单词注释、文章正文。主要是为了给读者创造一个没有压力的阅读氛围，让读者可以自由地体验英语，用英语去感悟，在这种轻松阅读的氛围下，逐渐建立英语思维。这套书在选材上涵盖了诸多领域，包括文学、文化、历史、人文、科学等等；书中的文章均摘自名家名作或网络流行的经典美文。为了便于读者更好地学习，我们邀请外籍专家对文章做了一些局部修改。晨读宜于诵读，而夜读则更适合普通的阅读。各册在自成体系的同时，又注重了循序渐进的原则，帮助读者在不知不觉中培养起阅读的良好习惯。

书中的一些文章摘自网络，多为匿名发表。在此，我们对于作者及网站一并表示感谢。

正如培根所说，“读书足以怡情，足以博彩，足以长才”。的确如此，然而要想在阅读中得到这样的收益，就要养成长期阅读的好习惯。我们编这套书，更重要的是在于让读者明白，阅读本身就是一种习惯，一旦养成，将受益无穷。抛开其他，如果这套书能达到这样的效果，已经足以让编者欢欣鼓舞了。由于水平有限，书中难免有不妥之处，敬请读者批评指正，以便日后改进。

编者

2008年8月于西安



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## 人生漫漫

## 单词点点通

1. staff [stɑ:f] *n.* 全体职员
2. bug [bʌg] *v.* 装置窃听器, 打扰
3. candidate ['kændidit] *n.* 候选人; 投考者
4. phony ['fəʊni] *adj.* 假冒的
5. rally ['ræli] *n.* 集会
6. obsess [əb'ses] *vt.* 迷住, 使困扰
7. pursue [pə'sju:] *vt.* 继续; 从事
8. preclude [pri'klu:d] *v.* 消除

## You Don't Have to Win Every Time

Thurman

Richard Nixon was running for re-election as president in 1972. He directed his campaign staff<sup>1</sup> to take all available measures to win as many votes as possible. Most famous, of course, were the break-ins they staged at Democratic Party headquarters in the Watergate building in order to plant bug-ging<sup>2</sup> devices. But staff workers also engaged in *an endless series of*<sup>\*</sup> what

*an endless series*

*of*<sup>\*</sup>; endless 以辅

音 [s] 结尾, 而 se-

ries 以 [s] 开头,

两个词放在一起

endless 中的 [s]

音一般省读。



Nixon himself labeled “dirty tricks”. They would call up pizza parlors and order a hundred pizzas to be delivered to the office of an opposition candidate<sup>3</sup>. They would hand out phony<sup>4</sup> fliers telling people that an opponent’s rally<sup>5</sup> had been canceled. They would call meeting halls and cancel reservations opponents had made for an event. Why did they do these things? Nixon was obsessed<sup>6</sup> with winning—at all costs.

The great irony was that Nixon was winning anyway and didn’t need any of these tricks. But his inability to deal with the possibility of losing caused him to pursue<sup>7</sup> these extreme methods and ultimately *cost him*<sup>\*</sup> the prize that he had so desperately pursued.

Competitiveness can preclude<sup>8</sup> life satisfaction because no accomplishment can prove sufficient, and failures are particularly devastating. Ultracompeti-

*cost him*<sup>\*</sup>: cost

以辅音 [t] 结尾,

him 一词以 [h]

开头,二者连读时

him 中 [h] 一般

不发音,因而二者

连读为 [kɒstim]。

tive people rate their successes with lower marks than some people who rate their failures.

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## 单词点点通

1. reel [ri:l] *n.* (棉纱、电线等的) 卷轴; (磁带等的) 一盘
2. telescope ['teliskəʊp] *n.* 望远镜 *v.* 压缩
3. disaffected [disə'fektɪd] *adj.* 抱不平的, 有叛意的, 不服的
4. brevity ['brevɪti] *n.* (时间) 短暂, (讲话, 文章等) 简短
5. cosmic ['kɒzmɪk] *adj.* 宇宙的
6. molecular [məʊ'lekjulə] *adj.* [化] 分子的, 由分子组成的

## Two Views of Time

R. Grudin

Imagine that you *spent your whole life*\* at a single house. Each day at the same hour you entered an artificially-lit room, undressed and took up the same position in front of you every day of your life. On your seventy-second birthday, the reel<sup>1</sup> of film was shown. You saw yourself growing and aging over seventy-two years in less than half an hour. Images of this sort, though

*spent your whole life*\*: *spent* 与 *your* 在一起, *spent* 中辅音 [t] 可以跟 *your* 连读, 形成类似 ['spɛntjʊr] 的发音。

terrifying, are helpful in suggesting unfamiliar but useful perspectives of time. They may, for example, symbolize the telescoped<sup>2</sup>, almost momentary character of the past as seen through the eyes of an anxious or disaffected<sup>3</sup> individual. Or they may suggest the remarkable brevity<sup>4</sup> of our lives in the cosmic<sup>5</sup> scale of time. If the estimated age of the cosmos were shortened to seventy-two years, a human life would take about ten seconds.

But look at time the other way. Each day is a minor eternity of over 86,000 seconds. A few seconds are long enough for a revolutionary idea, a startling communication, a baby's conception, a wounding insult, a *sudden death*\*. Depending on how we think of them, our lives can be infinitely long or infinitely short.

a sudden death\*:  
sudden 与以辅音  
音素 [d] 开始的  
death 在一起时,  
sudden 中鼻音  
[n] 一般省音。

## 单词点点通

1. overwhelmingly *adv.* 压倒性地; 不可抵抗地
2. ecstasy ['ekstəsi] *n.* 入迷
3. sacrifice ['sækrɪfaɪs] *v.* 牺牲; 献出; 献祭; 供奉
4. famine ['fæmɪn] *n.* 饥荒, <古> 饥饿; 严重的缺乏
5. mockery ['mɒkəri] *n.* 嘲笑
6. alleviate ['æli:vieɪt] *vt.* 使(痛苦等)易于忍受; 减轻

## What I Have Lived for (abridged)

Bertrand Russell

Three passions, simple but overwhelmingly<sup>1</sup> strong, have governed my life: *the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind*\*.

I have sought love, first, because it brings ecstasy<sup>2</sup>. Ecstasy is so great that I would often have sacrificed<sup>3</sup> all the rest of life for a few hours of this

*the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind*\*: 此处为并列列举结构, 前面几项需要使用升调, 最后使用降调。

joy. I have sought it because it relieves loneliness.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. A little of this, but not much, I have achieved.

Love and knowledge, so far as they were possible, led upward toward the heavens. But always pity brought me back to earth. Children in famine<sup>4</sup>, victims tortured by oppression, helpless old people and the whole world of loneliness, poverty, and pain make a mockery<sup>5</sup> of what human life should be. I long to alleviate<sup>6</sup> the evil, but I cannot, and I too suffer.

This has been my life. I have *found it worth living*<sup>\*</sup>, and would gladly live it again if the chance were offered me.

*found it worth living*<sup>\*</sup>: found 中辅音 [d] 遇到 it 时应该连读, 形成类似 ['faundit] 的发音; worth 末尾辅音遇到 living 开头的辅音 [l] 时一般省读。

## 单词点点通

1. consulting [kən'saltɪŋ] *adj.* 商议的; 顾问资格的; 咨询的
2. accomplish [ə'kɒmplɪʃ] *vt.* 完成, 达到, 实现
3. ironically *adv.* 说反话地, 讽刺地
4. cranky ['kræŋki] *adj.* 任性的; 暴躁的; [航海] 摇荡不稳的; 怪僻的
5. ice cream cone 蛋卷冰淇淋
6. predictable [prɪ'dɪktəb(ə)l] *adj.* 可预言的

## Use a Strategy for Happiness

Ljubomirsky

What is the *first sign*\* of a healthy business? A healthy business plan. That is the argument of the Strategic Management Center, a business consulting<sup>1</sup> firm. They believe every business must define its purpose and then create a strategy to accomplish<sup>2</sup> that purpose.

This same approach can be used by people. Define what you want, then

*first sign*\*: first  
末尾清辅音 [t]  
遇到以辅音 [s]  
开头的 sigh 一般  
弱读或省音。

use a strategy to get it. Ironically<sup>3</sup>, children are better at this than adults. Small children know when being cranky<sup>4</sup> will get them an ice cream cone<sup>5</sup>. And they know when being too noisy will get them a cross reaction from their parents. Children *understand that*<sup>\*</sup> there are rules and predictable<sup>6</sup> patterns to life, and they use a strategy to help them get what they want.

Living a happy life as an adult is like trying to get that ice cream cone as a child. You need to know what you want and use a strategy to get it. Think about what makes you happy and what makes you sad, and use this to help you get what you want.

*understand that*<sup>\*</sup>:  
understand 中浊  
辅音[d]遇到 that  
中开头的浊辅音  
[ð]时通常省音。





## 单词点点通

1. saunter ['sɔ:ntə] *n. & vi.* 闲逛, 漫步
2. fashion ['fæʃən] *vt.* 形成, 造, 做; 把……塑造成; 使适应, 使适合; 改革, 改变
3. roll [rəʊl] *vt. & n.* 发出隆隆声; 发出低沉、连续和起伏的轰鸣声
4. swish [swɪʃ] *n.* 嗖嗖声
5. linger ['lɪŋgə] *v.* 逗留; 闲荡; 拖延; 游移
6. gorgeous ['gɔ:dʒəs] *adj.* 华丽的; 灿烂的
7. riot ['raɪət] *n.* 暴乱, 骚动; (植物、疾病等)蔓延

**The Simple Joys of Life (abridged)**

Minne M. Bauer

As I become less and less able to get around, I think of the joys of walking down a country road of sauntering<sup>1</sup> along a running stream, observing nature *at its best*<sup>\*</sup>. Or the satisfaction of just doing one's daily tasks well, or taking time to fashion<sup>2</sup> something for the pure joy of it.

As my hearing gradually leaves

*at its best*<sup>\*</sup>: at 以清辅音 [t] 结尾, 后面为元音开头的代词 its 时, 二者连读, 形成 [ætɪts] 的读音。