



宋姗姗 [美] Colin Davis [美] Michael Tippett / 编译

做漂亮女孩 品"公主"人生 让普通女孩更自信 让文静女孩更活泼 让纯真女孩更成熟 让智慧女孩更优秀





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对于所有女孩子来说,从小她们就插着幻想的翅膀,自由 地翱翔在童话的王国里,为自己编织着五彩缤纷的梦想。她们 梦想自己能成为一个漂亮可爱的"小公主",用善良、美丽和 纯洁去打动英俊而勇敢的王子,穿着华美的公主裙和水晶鞋与 英俊潇洒的王子翩翩起舞,生活在华丽的宫殿里,在所有人的 关心呵护下快乐成长。

"小公主"必定会长大,但是她们依然编织着自己的公主之梦。随着年龄的增长,知识结构在发生变化,学习语言的能力和需求在逐渐提高,女孩儿们不再满足于那些童年时期的简单读本。她们希望在有助于学习的前提下,使自己的心灵得到一丝慰藉,在繁重的学习压力下得到片刻欢娱。为了解决这一难题,帮助她们成为一名优秀的"公主",我们精心汇编了这本《听老外讲最经典的公主故事》供女孩儿阅读。

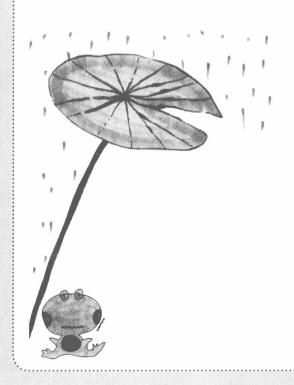
在这本书里,我们所选的故事均为最适合女孩儿阅读的英文经典故事,在错综复杂的故事情节中饱含人生哲理,呈现了"小公主"在成长过程中所必备的各种品质。并且,所有故事都以中英文对照的形式呈现,便于"小公主"们在品读经典故事的同时学习原计原味的英语。原文中出现的疑难语言点以及

文化背景知识都有详细的注解。

另外,本书还配有由北京外国语大学外国专家配音录制的 MP3 光盘,相信他们纯正地道的发音会让"小公主"们在欣赏 经典故事的同时,使英语口语和听力得到进一步的提高。

亲爱的小公主们,书中那一篇篇富有哲理、美妙动听的经典故事如同雨露甘霖,默默地滋润着你的心田。在你孤独寂寞时,为你带来一丝慰藉;在你黯然伤心时,为你带来希望;在你彷徨失意时,为你亮起一盏明灯,指引着你在人生的轨迹上勇往直前。

编 者 2010 年初夏于北京





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1 The Real Princess

豌豆公主

There was once a Prince who wished to marry a Princess, but then she must be a real Princess. He travelled all over the world in hopes of finding such a lady, but there was always something wrong. Princesses he found in plenty; but whether they were real Princesses it was impossible for him to decide, for now one thing, now another, seemed to him not quite right about the ladies. At last he returned to his palace quite cast down, because he wished so much to have a real Princess for his wife.

One evening a fearful tempest[®] arose, it thundered[®] and lightened, and the rain poured down from the sky in torrents[®]; besides, it was as dark as pitch. All at once there was heard a violent knocking at the door, and the old King,

所有一位王子,他希望娶一位公主为妻,但她必须是一位真正的公主。他走遍了全世界,想要寻到这样的一位公主。可是无论他到什么地方,他总是碰到一些麻烦。公主倒有的是,不过他没有办法断定她们究竟是不是真正的公主。她们总是不能让他满意。最终,他只好沮丧地回到了家,因为他是那么渴望得到一位真正的公主。

一天傍晚,一场可怕的暴风 雨突然降临。沥青般漆黑的空中, 瓢泼大雨伴着电闪雷鸣倾盆而 下。就在这时,一阵急促的敲门 声响起,老国王便去开门。

① cast down 沮丧

② tempest ['tempəst] n. 暴风雨, 动乱, 骚乱

③ thunder ['θʌndə] n. 打雷, 轰隆地响

④ torrent ['tu:rənt] n. 急流, 连发, 洪流



the Prince's father, went out himself to open it.

It was a Princess who was standing outside the door. What with the rain and the wind, she was in a sad condition; the water trickled down from her hair, and her clothes clung to her body. She said she was a real Princess.

"Ah! we shall soon see that!" thought the old Queen-mother; however, she said not a word of what she was going to do; but went quietly into the bedroom, took all the bed-clothes off the bed, and put three little peas on the bedstead. She then laid twenty mattresses one upon another over the three peas, and put twenty feather beds over the mattresses.

Upon this bed the Princess was to pass the night.

The next morning she was asked how she had slept. "Oh, very badly indeed!" she replied. "I have scarcely closed my eyes the whole night through. I do not know what was in my bed, but I had something hard under me, and am all over black and blue. It has hurt me so much!"

站在门外的是一位公主。可是,经过风吹雨打之后,她的样子是多么难看啊!雨水顺着她的头发流下,浸透了她的全身。她说她是一位真正的公主。

"是的,这点我们马上就可以知道了。"老皇后心里这样想着,可是她什么也没说,而是走进了卧房,把所有的被褥都掀开,在床榻上放了三粒豌豆,又取出二十床垫子,把它们压在豌豆上。随后,她又在这些垫子上放了二十床鸭绒被。

这位公主夜里就睡在这张床 上面。

第二天早晨,大家问她昨晚睡得怎样。"啊,不舒服极了!"公主说,"我差不多整夜都没合眼!不知道我床上有件什么东西,我只觉得床上有块儿很硬的东西,弄得我全身发青发紫,很痛!"

① trickle ['trikl] vi 滴流, 细细地流

Now it was plain that the lady must be a real Princess, since she had been able to feel the three little peas through the twenty mattresses and twenty feather beds. None but a real Princess could have had such a delicate sense of feeling.

The Prince accordingly made her his wife; being now convinced that he had found a real Princess. The three peas were however put into the cabinet of curiosities, where they are still to be seen, provided they are not lost.

现在大家就看出来了,她是一位真正的公主,因为压在这一一位真正的公主,因为压在这二十床垫子和二十床鸭绒被下面的三粒豌豆,她居然还能感觉得出来。除了真正的公主以外,任何人都不会有这么嫩的皮肤。

当然,那位王子就选她作为 妻子了,因为现在他知道,他得 到了一位真正的公主。这三粒豌 豆因此也被送进了博物馆,如果 没有人把它们拿走的话,人们现 在还可以在那儿看到它们呢。



2

Goldilocks and the Three Bears

金发姑娘和三只熊

Papa Bear, Mama Bear, and Baby bear lived in the forest. "Ring—" went the telephone. "Come to my house for lunch." said Auntie Bear.

"Yes, we will come." said Mama Bear. She set out bowls of stew[®] to cool for supper. Then, the Bears went to Auntie Bears house.

A little girl named Goldilocks lived in the village. She discovered the Bears house and went inside without asking. She sat in a chair. "This chair is too hard!" she complained.

The next chair was smaller, but too soft. The third chair was just right. She sat down with a flop², and the chair legs gave way.

Goldilocks saw the three bowls of stew. The big bowl was much too hot!

会爸、熊妈妈和熊宝宝 完全活在森林里。"叮铃铃──"电话铃响了。"来我们家吃午饭吧!"熊姑妈说。

"好的,我们马上就去。"熊妈妈说。她摆出几碗炖肉等放凉了当晚饭吃。然后,小熊一家就出发去了熊姑妈家。

一个叫金发姑娘的小女孩住在这个村庄里。她发现了熊的房子,并且没有经过允许就进入了房间。她在一把椅子上坐下,"这把椅子太硬了!"她抱怨道。

旁边的椅子小一点儿,但太软 了。第三把椅子刚刚好。她便坐在 这把椅子上,可是椅子腿儿却断掉 了。

金发姑娘看到有三碗炖肉。 大碗里的太烫了。"或许这碗凉

① stew [st ju:] vt. 炖肉

② flop [flop] vi. 砰然落下

金发姑娘和三只能

"Maybe this bowl will be cooler." she said.

Goldilocks was right, but it was too cold. She grabbed the third bowl and gobbled[®] it down. It was just right.

Then with a yawn, she headed upstairs to the bedroom. Goldilocks tried the first bed, but it was too hard. The next was too soft.

Goldilocks sighed and fell asleep as she was lying in the third bed.

When the Bears arrived home, Papa Bear shouted, "Somebody's been sitting on my chair!" Mama Bear cried, "Somebody's been sitting on my chair!" Then Baby Bear cried, "Somebody's been sitting on my chair and now it's all broken!"

In the kitchen, Papa Bear looked into his bowl of stew. He said, "Somebody's been eating my stew!" Mama Bear cried, "Somebody's been eating my stew!" Baby Bear cried, "Somebody's been eating my stew, and they ate it all up!"

The three bears growled as they

一些。"她自言自语道。

金发姑娘说对了,但那碗炖 肉太凉了。第三碗刚刚好。她便 抓起第三碗炖肉就狼吞虎咽地把 它吃掉了。

金发姑娘打了个哈欠,上楼 来到了卧室。金发姑娘试了试第 一张床,太硬了,可旁边的床又 太软了。

金发姑娘叹了一口气,一躺 在第三张床上就睡着了。

当小熊一家回到家里,熊爸爸大喊:"有人坐过我的椅子!" 熊妈妈大叫:"有人坐过我的椅子!"熊宝宝也大叫:"有人坐 过我的椅子,还把我的椅子坐坏了!"

在厨房里,熊爸爸看看他那碗炖肉,说:"有人吃了我的炖肉!"熊妈妈大叫:"有人吃了我的炖肉!"熊宝宝也大叫:"有人吃了我的炖肉!"熊宝宝也大叫:"有人吃了我的炖肉,还把我的吃光了!"

二只能咆哮着来到卧室。熊

① gobble ['gobl] vt. 狼吞虎咽



climbed the bedroom stairs. Papa Bear growled, "Somebody's been sleeping in my bed!"

Mama Bear growled, "Somebody's been sleeping in my bed!" Baby Bear cried, "Somebody's been sleeping in my bed, and there she is!"

Goldilocks woke up and wanted to run away, but no one could move. They all froze in their tracks.

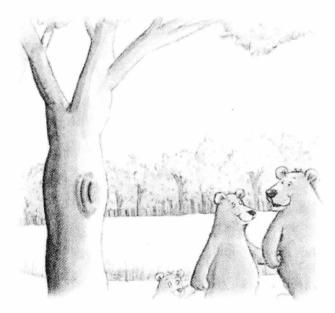
"Please, forgive me," Goldilocks cried. The Bears forgave her. Since then she quit sneaking¹ into peoples' homes.

爸爸咆哮道:"有人睡过我的床!"

熊妈妈咆哮着:"也有人睡过我的床!"熊宝宝也大叫:"有人睡在我的床上,她在这儿!"

金发姑娘醒了过来,想逃跑, 但谁都没有动,他们全都愣在那 儿了。

"请原谅我。"金发姑娘哭着 哀求道。于是,小熊一家原谅了 她。从此以后,金发姑娘再也 不偷偷摸摸地钻进别人的房子里 了。



① sneak [sni:k] vi. 鬼鬼祟祟做事

3 The Little Red Princess

红色的小公主

Everyone knew that she was a princess because she wandered all day through the castle without doing any work. It was a very busy kingdom indeed even if it was so tiny. It was only about two inches high above the meadow, not nearly as tall as the grass blades that grew all around it. The grass looked like a forest of trees to the little red princess, and a wild forget-me-not that bent down over the castle made her sky, for it was almost as blue and nearly as large to her wee eyes.

There were many roads and streets that went up and down through the kingdom, none of them much wider than the 家都知道她是个公主,因为她整天都在城堡里无所事事。虽然这个王国很小,但是每天都很繁忙。这个王国只比草地高两英寸,甚至还没有周围生长的草叶高。这些草叶对于红色小公主来说简直就像树林一样,一片野生的'勿忘我'吹过城堡,为她构建起一片天空,从她的小眼睛里望去,蔚蓝的天空是那么的广阔。

王国里上上下下纵横着无数 条街道和马路,不过宽度像野菊 的花茎一般。街边有许多小房子,

① wander [wondə] v. 漫游, 徘徊

meadow ['medəu] n. 草地,牧场,(河边的) 低洼地

③ blade [bleid] n. 刀口,刀刃,(机器上旋转的)叶片

④ wee [wir] adj. 很小的,极小的



stalk[®] of a daisy. There were many little houses along the streets and there was the castle of the little red princess with more windows than one could count, and more winding passages than she could walk through.

The castle was full of other busy little people in red who waited on the princess. They milked her cows, and played with her, and managed the house-keeping² so that she did not have to do a bit of work. She was the only one, though, in the whole kingdom who did not work.

As the little red princess looked from her highest window she saw her subjects hurrying to and fro. They were always bringing sand for building, whole lines of them, and putting up new houses, and making better roads. Sentinels watched the gates of the city, and hundreds of workers in red brought in food from the meadow.

If one could have heard so tiny a person as the little red princess speaks, she would have said, "Why should I work

红色小公主的城堡也坐落在那 里,城堡里有多得数不清的窗户, 还有很多纵横交错的道路,很多 路她都从未走过。

城堡里到处是忙碌的红色的 小人儿,他们时刻准备着侍奉公 主。他们要负责给公主的奶牛挤 奶,和她一起玩耍,还要专人负 责为她操持家务。她是城堡中唯 一一个不干活的人。

红色小公主从城堡里最高的 窗户向外望去,她看到她的臣民 们忙碌地来回穿梭着。他们经常 搬运沙土盖房子,盖了一排又一排的新房子,同时还修缮街道。 哨兵则一直注视着城门,成百上 千的红色的劳工从草地里把食物 搬运回来。

如果有谁可以听到这个红色 小公主所说的话,那她一定在说 "我有这么多人服侍我,我为什

① stalk [sto:k] n. 主茎, 花梗, 叶柄

② house-keeping 家务, 管家