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与美国人同步欣赏的英文美文



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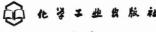
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本书为中英双语版,并配有美籍外教录制的地道美音 MP3,书中精心挑选了每天都要读的那些"最清新的散文"、"最动听的诗歌"、"最温馨的随笔"和"最精彩的演讲"。这些美文或清新隽永,或动人心弦,或温馨浪漫,或精彩励志,是英美国家青少年必读之作。除了英文原文和中文翻译之外,书中介绍了"名人风采",文中的生词配有注释以便读者查阅,文末的"典藏碎语"抛砖引玉,期待读者有更多更精彩的感言。

图书在版编目(CIP)数据

英文诵典·每天都要读的美文(中英对照 + MP3)/风云英语 策划中心 李敏编译.—北京:化学工业出版社,2010.8 ISBN 978-7-122-08948-9

I. 英··· Ⅱ. 风··· Ⅲ. ①英语 – 汉语 – 对照读物②散文 – 作品集 – 世界③诗歌 – 作品集 – 世界 Ⅳ. H319.4: Ⅰ

中国版本图书馆 CIP 数据核字(2010)第 121814号

责任编辑:杜春阳 史文晖

装帧设计:尹琳琳

责任校对:宋 夏

出版发行: 化学工业出版社(北京市东城区青年湖南街13号 邮政编码100011)

印 装:化学工业出版社印刷厂

880mm×1230mm 1/32 印张6¾ 字数200千字

2010年8月北京第1版第1次印刷

购书咨询:010-64518888(传真:010-64519686)

售后服务: 010-64518899

网 址:http://www.cip.com.cn

凡购买本书,如有缺损质量问题,本社销售中心负责调换。

定 价:19.80元

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最清新的散文 The Most Refreshing Essays

Youth青春

Samuel Ullman 塞缪尔·厄尔曼

名人风采

塞缪尔・厄尔曼(1840 — 1924),美国作家。1840年生于德国一个犹太人家庭、竜 年时为逃避种族歧视移居美国。参加过南北战争,因负伤两次,退伍回家,战争中的枪伤 导致一耳失聪,继而导致了永久性耳聋,后来定居于阿拉巴马州的伯明翰市。他经商并积 极涉足城市公民事务及宗教事务,毕生不懈地维护工人、妇女和儿童的权益,热心公益几 十年如一日。其精力充沛、幽默风趣、理想抱负及无暇的声誉,广为大众敬仰和传颂。由 于失聪加剧, 厄尔曼不得不歇业退休。之后, 他又精神饱满地投入到诗歌创作中去。写于 古稀之年的散文诗《青春》,在他逝世后不仅见诸名报之端,还为全世界读者所传咏。

Youth is not a time of life; it is a state of mind:

It is not a matter of rosy cheeks, red lips and supple1 knees;

It is a matter of the will, a quality of the imagination², a vigor³ of the emotions;

It is the freshness of the deep springs of life.

Vocabulary

1.supple ['sApi]

adj.柔软的,顺从的

2.imagination [i,mædzi'neifən]

n.想象,想象力

3.vigor ['viqə]

n.活力,精力

4.predominance [pri'dominans]

n.卓越,优势,控制

5.appetite ['æpitait]

n.爱好,嗜好,食欲

6.desert [di'zə:t]

n.沙漠

V.遗弃

7.enthusiasm [in' θ ju:zi α zəm]

v.& n.热情,热心

8.lure [ljuə]

n.饵,诱惑

v.引诱,诱惑

 $\textbf{9.childlike} \ ['t] aildlaik]$

adj.孩子似的,天真烂漫的

10.appetite ['æpitait]

n.食欲,嗜好

11.wireless [station]

n. 无线电台

12.infinite ['infinit]

adj.无限的,无穷的

n.无限

13.aerial ['ɛəriəl]

adj.空气的,空想的

n.天线

14.cynicism ['sinisizəm]

n.犬儒主义,玩世不恭

15.pessimism ['pesimizm]

n.悲观,悲观主义

Youth means a tempera-mental **predo-minance**⁴ of courage over timidity, of the **appetite**⁵ for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20.

Nobody grows old merely by a number of years. We grow old by **deserting**⁶ our ideals.

Years may wrinkle the skin, but to give up enthusiasm⁷ wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spring back to dust. Whether 60 or 16, there is in every human being's heart the lure⁸ of wonder, the unfailing childlike⁹ appetite¹⁰ of what's next and the joy of the game of living.

In the center of your heart and my heart there is a wireless station¹¹:

so long as it receives messages of beauty, hope, cheer, courage and power from men and from the **infinite**¹², so long are you young.

When the aerials¹³ are down, and your spirit is covered with snows of cynicism¹⁴ and the ice of pessimism¹⁵, then you are grown old, even at 20, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at 80.

青春不是年华, 而是心境; 青春不是桃面、丹唇、柔膝、

▼ 月各小足/范围、刀/台、未除,

而是坚强的意志, 宏伟的想象, 炽热的情怀;

青春是生命的清泉,涌流不息。

青春是豪情万丈、拼搏进取,而非懦弱、荀安。如此锐气,二十后生 有之,花甲之人更有之。

年岁有加,并非垂老;理想丢弃,方堕暮年。

岁月悠悠,衰微只及肌肤;热忱抛却,颓废必至灵魂。忧烦、惶恐、 丧失自信,定会使心灵扭曲,意气如灰。无论年届花甲,亦或芳龄二八, 心中皆有生命之欢乐,奇迹之诱惑,孩童般天真久盛不衰。

你我心中皆若有一座无线电台,只要你接收天上人间之美好、希望、 欢乐、勇气和力量的讯号,你将青春永驻,风华长存。

若天线倾倒,锐气便被冰雪覆盖,玩世不恭、自暴自弃之心态油然而生,即使年方二十,实已垂垂老矣;然而只要调整方向,转而接收乐观的讯号,即使八十高龄告别尘世时仍觉年轻。

【典藏碎语】

太平洋战争打得正酣之时,麦克阿瑟将军常在百忙中抬头凝视墙上镜框里的一篇文章,它就是美国作家塞缪尔·厄尔曼所著的《青春》。装裱这篇文章的镜框一直伴在将军左右,然后随着他来到日本。麦克阿瑟在日本担任占领军最高盟军司令期间,这首散文诗被日本人在东京的美军总部发现,于是《青春》很快就风靡全日本,成为日本全民上下重建国家、重塑民生的精神动力。优秀的作品能激励一代人,甚至是一个民族。《青春》即是这样一篇美文。日本商界巨子们几乎普遍认为:《青春》的力量无限。因为欲寻求出类拔萃的、品格卓越的进步,不能不依靠青春的活力,以及由它派生的新鲜认识和实践精神。松下电器的创始人松下幸之助几十年一直把《青春》当做自己的座右铭。

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Of Love 论爱情

Francis Bacon 弗兰西斯・培根

名人风采

弗兰西斯·培根(1561 — 1626),英国哲学家和科学家。培根十二岁人读剑桥大学 "三一学院"攻读神学、形而上学,同时学习逻辑、数学、天文学、希腊文和拉丁文,并 于1576年剑桥大学毕业,他竭力倡导:读史使人明智,读诗使人聪慧,数学使人精密,哲 理使人深刻,伦理学使人有修养,逻辑修辞使人善辩。他推崇科学、发展科学的进步思想 和崇尚知识的进步口号,一直推动着社会的进步。这位一生追求真理的思想家,被马克思 称为"英国唯物主义和整个现代实验科学的真正始祖"。他在逻辑学、美学、教育学方面 也提出许多思想。著有《新工具》、《论说随笔文集》等。后者收入58篇随笔,从各个角 度论述广泛的人生问题,精妙、有哲理,拥有很多读者。培根死后,亨利·沃登爵士为他 题写了墓志铭:

圣阿尔本子爵 如用更煊赫的头衔应 称之为"科学之光"、"法律之舌"

Vocabulary

1.behold [bi'həuld]
v.看,注视;看到
2.mlschlef ['mistfif]
n.伤害,灾祸,恶作剧
3.fury ['fjuəri]
n.愤怒,狂暴,狂怒的人
4.whereof [hwεər'ɔv]
adv.关于什么,关于那个
5.hath [hæθ]
v.[古]有(have的第三人称单数现在式)

The stage is more **beholding**¹ to love, than the life of man. For as to the stage, love is ever matter of comedies, and now and then of tragedies; but in life it doth much **mischief**²; sometimes like a siren, sometimes like a **fury**³.

You may observe, that amongst all the great and worthy persons (whereof the memory remaineth, either ancient or recent) there is not one, that hath been transported to the mad degree of love: which shows that

great spirits, and great business, do keep out this weak passion. You must except, nevertheless, Marcus Antonius, the half partner of the empire of Rome, and Appius Claudius, the decemvir⁶ and lawgiver⁷; whereof the former was indeed a voluptuous⁸ man, and inordinate⁹; but the latter was an austere¹⁰ and wise man: and therefore it seems (though rarely) that love can find entrance, not only into an open heart, but also into a heart well fortified¹¹, if watch be not well kept.

It is a poor saying of Epicurus, Satis magnum alter alteri theatrum sumus; as if man, made for the **contemplation**¹² of heaven, and all noble objects, should do nothing but kneel before a little **idol**¹³, and make himself a subject, though not of the mouth (as beasts are), yet of the eye; which was given him for higher purposes.

It is a strange thing, to note the excess of this passion, and how it braves the nature, and value of things, by this; that the speaking in a perpetual¹⁴ hyperbole¹⁵, is comely in nothing but in love. Neither is it merely in the phrase; for whereas¹⁶ it hath been well said, that the arch-flatterer, with whom all the petty

6.decemvir [di'semvə] n.古罗马的十大行政官之一 7.lawgiver ['lo:givə(r)] n.拟定法典者,立法者 8.voluptuous [vəˈlʌptuəs] adi.撩人的, 沉溺酒色的 9.inordinate [in'o:dinit] adi.过度的,非常的,无法无 天的 10.austere [ɔ'stiə] adi.简朴的,严峻的,无装饰的 11.fortified adi.加强的 v.筑防御工事于……(fortifv ['fo:tifai]的过去式) 12.contemplation [,kontem'pleifən] n.注视,沉思,打算 13.idol ['aidl] n.偶像,菩萨 14.perpetual [pə'petjuəl] adi.永恒的,永久的 15.hyperbole [hai'pə:bəli] n.夸张 16.whereas [(h)weər'æz]

conj. & adv.然而,却,反之

17.flatterer ['flætərə]

n.奉承者, 阿谀者, 谄媚者

18.absurdly [əb'sə:dli]

adv.荒诞地

19.reci proque

v.回报,回应

20.contempt [kən'tempt]

n.轻视, 轻蔑

21.preferred [pri'fə:d]

adi.首选的

22.prosperity [pros'periti]

n.繁荣, 兴旺

23.adversity [ad'va:siti]

n.不幸,灾难

24.fervent ['fə:vənt]

adi.热的,炎热的,热心的

flatterers¹⁷ have intelligence, is a man's self; certainly the lover is more. For there was never proud man thought so absurdly 18 well of him self, as the lover doth of the person loved: and therefore it was well said. That it is impossible to love, and to be wise. Neither doth this weakness appear to others only, and not to the party loved; but to the loved most of all, except the love be reciproque¹⁹. For it is a true rule, that love is ever rewarded, either with the reciproque, or with an inward and secret contempt²⁰.

By how much the more, men ought to beware of this passion, which loseth not only other things, but itself! As for the other losses, the poet's relation doth well figure them: that he that preferred²¹ Helena, quitted the gifts of Juno and Pallas. For whosoever esteemeth too much of amorous affection, quitteth both riches and wisdom.

This passion hath his floods, in very times of weakness; which are great prosperity²². and great adversity23; though this latter hath been less observed: both which times kindle love, and make it more fervent²⁴, and therefore show it to be the child of folly. They do best, who if they cannot but admit love, yet make it keep quarters²⁵; and sever it wholly from their serious affairs, and actions, of life; for if it check once with business, it troubleth men's fortunes, and maketh men, that they can **noways**²⁶ be true to their own ends.

I know not how, but martial²⁷ men are given to love: I think, it is but as they are given to wine; for perils²⁸ commonly ask to be paid in pleasures.

There is in man's nature, a secret inclination²⁹ and motion, towards love of others, which if it be not spent upon some one or a few, doth naturally spread itself towards many, and maketh men become humane and charitable³⁰; as it is seen sometime in friars³¹.

Nuptial³² love maketh mankind; friendly love perfecteth³³ it; but wanton³⁴ love corrupteth³⁵, and embaseth³⁶ it.

26.noways ['nauweis] adv.一点也不 (等于nowav) 27.martial ['ma:[əl] adj.军事的,战争的 28.peril ['peril] n.事故, 风险 v.冒险、置……于危险中 29.inclination [.inkli'neifən] n.倾向, 意愿, 倾斜度 30.charitable ['t[æritəbl] adi.仁慈的,宽恕的 31.friar ['fraiə] n.化缘修士,修道士 32.nuptial ['nxp[əl] n.婚礼 adi.婚姻的,婚礼的 33.perfecteth v. [古] 使……完美 34.wanton ['wontən] n.荡妇,水性杨花的女人 adj.荒唐的 35.corrupteth v. [古] 腐蚀 (corrupt 的第三人称单数现在式)

36.embaseth v.「古〕摧毀

(embase的第三人称单数现在式)

25.quarters ['kwɔtə(r)s]

n.营房, 住处

4年 台上的爱情远比生活中的爱情要美好。因为对于舞台,爱情是 4年 喜剧永恒的主题,在悲剧中也时而被提及。但在人生中,爱情却常招致很多伤害。有时候它像位魔女,有时又像复仇女神。

你可以发现,在所有伟大和高尚的人当中(无论是古人、今人,只要是其英名留存在人类记忆中的),没有一个是因爱情而发狂的人。也就是说,崇高的精神和伟大的事业可以摒弃这种不牢固的激情,只有罗马的安东尼和克劳底亚他俩是个例外。马库斯·安东尼,曾是罗马帝国的半个统治者,而阿庇乌斯·克劳底亚,是执政官和立法者。至于前者,是个好色荒淫、毫无节制之人;而后者却是严肃多谋的人。所以好像(虽然很少见)爱情不仅会侵入坦荡的心胸,并且也可以闯入壁垒森严的心房——假如守御不严的话。

埃皮克拉斯曾说过一句笨话: "人生不过是一座大戏台。" 好像本适于追求高尚目标的人类,却只应该像玩偶般逢场作戏似的。尽管爱情的奴隶并不同于那帮只顾吃喝的野兽一般,但也是仅用眼睛来关注外表的奴隶——而人类被赐给眼睛是为了更高尚用途的。

过度地放纵情欲,并且不顾事情的事实和意义而恣意妄为,真是令人惊异。那种浮夸谄媚的辞令只有在爱情中才能奏效,而换在其他场合,同样的辞令会招惹嘲笑。古人云:"最大的奉承,人总是留给自己的"。——只有对情人的奉承例外。因为即使是最骄傲的人,也心甘情愿在情人面前轻贱自己。因此古人说得好:"即使是神也很难在爱情中保持聪明。"情人的这种弱点不仅在外人眼中显而易见,就是在被追求者的眼中也很明显——除非她(他)也在追求他(她)。所以,爱情的代价就是如此,不能得到回应的爱,就会得到一种深藏于心的轻蔑,这是一条永恒的定律。

由此可见,人们应当对这种感情十分警惕。因为它不但会使人丧失其他,还可以使人失去自我。至于其他方面的损失,古诗人早已告知我们,那追求海伦的人,放弃了朱诺和雅典娜的馈赠,是放弃了财富和智慧的。

当人心处于最软弱时,也就是说当人意气风发、忘乎所以和遭遇不幸、孤苦伶仃时,爱情最容易入侵,虽然后者不一定能够得到爱情。但在这时候,人最急于跳入爱情的火焰中,由此可见,"爱情"实在是"愚蠢"之子。但有些做得好的,即使心中有了爱,仍能控制它,与重大的事业、行动、生活脱离开来。因为爱情一旦干扰情绪,它就会影响、阻碍人坚定地奔向既定的目标终点。

我不明白为何,但是很多军人坠入情网更加容易,也许恰如他们喜好 喝酒一样,是因为危险的生活更加需要欢乐的补偿。

人心中可能普遍存在一种博爱的倾向,假如不能集中在某一个或几个 人的身上,就自然地施之于更广泛的大众,使他成为仁慈高尚的人,就像 有的僧侣那样。

夫妻的爱使人类繁衍。朋友的爱让人类完美。但那种淫荡的爱,却只 会使人堕落毁灭!

【典藏碎语】

此文与《论求知》、《论美》等已成为在全世界流传、脍炙人口的知名短篇散文,文中作者对爱情的论点不免有些偏激和武断,但是有些观点是值得我们思考和借鉴的。毕竟,爱情有时是理智无法控制的,是人类感情中最无法用常规思维来考虑的。

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