

图书在版编目(CIP)数据

21 世纪大学生英语晨读菁华/姜荷梅,李翠主编. —上海:
复旦大学出版社,2011.9
ISBN 978-7-309-08385-9

I. 2… II. ①姜…②李… III. 英语-阅读教学-高等学校-教学参考资料
IV. H319.4

中国版本图书馆 CIP 数据核字(2011)第 171050 号

21 世纪大学生英语晨读菁华

姜荷梅 李 翠 主编
责任编辑/于文雍

复旦大学出版社有限公司出版发行
上海市国权路 579 号 邮编:200433
网址:fupnet@fudanpress.com <http://www.fudanpress.com>
门市零售:86-21-65642857 团体订购:86-21-65118853
外埠邮购:86-21-65109143
上海春秋印刷厂

开本 850 × 1168 1/32 印张 7.625 字数 181 千
2012 年 8 月第 1 版第 2 次印刷

ISBN 978-7-309-08385-9/H · 1768
定价:19.00 元

如有印装质量问题,请向复旦大学出版社有限公司发行部调换。
版权所有 侵权必究

前 言

朗读是学习语言知识必须掌握的一种基本技能,是学好一门语言的基础。学英语需要朗读,这是许多英语学习成功者的切身体会。朗读有助于熟悉英语语言的特点,有助于积累语言和培养语感,有助于建立和发展英语思维能力,有助于练就流利的英语口语,有助于提高英语写作水平。鉴于此,我们从浩如烟海的经典美文中精挑细选,编写了这本《21 世纪大学生英语晨读菁华》。

一日之计在于晨,清晨是朗读记忆的最佳时间。一天伊始,人的思维最活跃,语言的理解力和接受力最强。每天早上开口朗读 20 分钟,读得越多,语感就越强,语言材料积累就越多。循序渐进、持之以恒的朗读实践和大量反复的熟读背诵,加上随时注意模仿运用,一定能让您在潜移默化之中学会地道的英语表达。古人所云“熟读唐诗三百首,不会做诗也会吟”即道出了反复诵读的重要性和必要性。

本书精选美文 60 篇,包含“励志感悟”、“经典散文”、“文化习俗”、“生活哲理”、“生活趣闻”、“名人轶事”、“名人演讲”七大主题,集思想性、知识性、实用性、趣味性和时代感为一体。每篇文章后有生词注释、长难句解析和相关背景知识介绍等,使您在早晨诵读英语美文愉悦身心、培养英语语感的同时,扩大词汇量,并获得相关知识。

本书主要特点如下:

1. 题材广泛,内容丰富

本书所选的文章都是目前最受欢迎的名篇佳作,有幽默诙

谐的人生感悟,有蕴涵哲理的故事,有独特有趣的英美文化与习俗,还有鲜为人知的名人趣闻轶事和激情澎湃的名人演讲。许多文章读起来或励志感人,富于哲理;或意味隽永,警策动人;或发人深省,引人遐想。

2. 经典时新,兼容并蓄

选文融经典与时新于一体,既注重经典名篇,又注重最新报章杂志、网站上的时文、美文,让我们在穿越时间的长河,欣赏经典名篇精华之同时,跟上时代的步伐。此外,本书体裁丰富,包括散文、随笔、小品、书信和演说。选文的作者大多是著名人物,有英美作家代表人物、历史上著名的政治家和科学家,也有内容与文字均属佳作的当代佚名作者。

3. 英汉对照,方便互译

每篇文章配有参考译文,便于您体会由于两种文化的不同以及英汉两种语言的语法结构、行文习惯和思维方式的不同,两种语言表达同一主题时的表达方式亦不同。英语原文和汉语译文是您通过中英文对照互译练习口语的最理想材料。针对大多数难度不大的美文,建议您看着中文,将其一句句翻译成英文,再把自己的句子与原文对比一下,您会发现许多过去未曾注意到的东西,纠正习以为常的应用错误。通过对比英汉两种语言的异同,认识并掌握各自的特点。经常不断的口头翻译转换练习会使您的口语水平快速得到提高。

4. 精彩佳句,回味无穷

每篇文章的最后一个板块“佳句欣赏”提供了从文章中精心挑选出的、读来琅琅上口、语法和句子结构纯正、语言表达精练、含义深刻的佳句,让您在完成文章的朗读之后回味其中精彩的句子。您若能反复熟读和背诵,并有意识地模仿和运用这些文字优美的佳句,就会在不知不觉中提升自己的欣赏品位,而且还能很自然地掌握地道英语的不同表达方式,快速提高您的英语口语表达能力和写作能力。

本书所选的英语文章语言地道,可读性强,且篇幅适中,特

别适合大学生和具有中等英语程度的英语学习者使用。本书配制录音,供您模仿朗读。

希望通过朗读《21 世纪大学生英语晨读菁华》中原汁原味的英语美文,您的英语语感得到全面提升,英语赏析能力得到迅速发展,口语表达能力得到着实提高,写作能力得到培养和训练。

编者

2011 年 7 月

目 录

Part I Inspirational Essays (励志感悟)	1
1. Letter from Li Kaifu to His Daughter (Excerpt I) [李开复给女儿的信(节选一)]	2
2. Letter from Li Kaifu to His Daughter (Excerpt II) [李开复给女儿的信(节选二)]	6
3. You Are What You Feed Your Mind (你是自己思想的产物)	10
4. Don't Complain (不要抱怨)	13
5. The Loneliness of Personal Growth (成长的孤独)	16
6. Youth (青春)	19
7. Three Days to See (Excerpt)[假如给我三天光明 (节选)]	22
8. Three Passions (三种激情)	26
Part II Classical Prose (经典散文)	31
9. The First Snow (初雪)	32
10. The True Nobility (真正的高尚)	35
11. Catch the Star That Will Take You to Your Dreams (追随你的梦想)	38
12. True Love (真爱)	41
13. I'm Special (我就是我)	43
14. A Father's Prayer (父亲的祈求)	46

15. Night (夜晚)	49
16. Spring, the Resurrection Time (春天,复苏的时节)	54
Part III Culture & Customs (文化习俗)	59
17. Introduction to Chinese Zodiac (中国生肖简介)	60
18. Introduction to Western Astrology (西方星座简介)	63
19. Christmas in Latin America (拉美国家圣诞节)	67
20. The Easter Bunny (复活节兔子)	71
21. Halloween (万圣节)	75
22. Pancake Day (薄饼日)	79
23. Table Manners: A Cultural Difference (I) [餐桌礼仪: 文化差异(上)]	82
24. Table Manners: A Cultural Difference (II) [餐桌礼仪: 文化差异(下)]	86
25. Do As the Americans Do (在美国学会入乡随俗)	89
26. American Values (Excerpt) [美国人的价值观 (节选)]	93
27. British Wedding and Marriage Customs and Traditions (I) [英国婚礼和婚姻的传统习俗(上)]	97
28. British Wedding and Marriage Customs and Traditions (II) [英国婚礼和婚姻的传统习俗(下)]	100
Part IV Life Philosophy (生活哲理)	107
29. We Are on a Journey (人在旅途)	108
30. Feed Your Mind (充实你的思想)	111
31. Learn to Live in the Present Moment (活在当下)	114
32. Love and Time (爱与时间)	117

33. The Universities and Their Function (大学及其作用)	121
34. The Art of Living (生活的艺术)	125
35. The Nature of Happiness (幸福的本质)	129
36. The Virtues of Ambition (抱负的美德)	132
Part V Life Tidbits (生活趣闻)	137
37. April Pranks (愚人节整人把戏)	138
38. Colds and Age (感冒与年龄的关系)	141
39. The Destruction Company (破坏公司)	144
40. Handling Cash Can Kill Pain (数钱可止痛)	148
41. Humans Will Need Two Earths by 2030 (2030 年人类 将需要两个地球)	151
42. Dissatisfaction with the Appearance (不能悦纳自己 的容颜)	155
43. Snore-proof Rooms (防鼾声客房)	159
44. Addiction to Modern Media (对现代媒介工具成瘾)	162
Part VI Celebrity Anecdotes (名人轶事)	167
45. A Day in the Life of Winston Churchill (温斯顿· 丘吉尔生活中的一天)	168
46. The Young Albert Einstein (爱因斯坦的青年时代)	172
47. Presidents and Their Pet (总统及其宠物)	175
48. Benjamin Franklin and <i>Poor Richard's Almanacs</i> (本杰明·富兰克林和他的《可怜的理查德历书》)	179
49. An Exhausting Struggle (一场累人的斗争)	183
50. Columbus and the Egg (哥伦布竖蛋)	186
51. How Napoleon Crossed the Alps (拿破仑是如何翻越 阿尔卑斯山的)	189

52. Mark Twain's Speechmaking Strategy (马克·吐温的 演讲策略)	192
 Part VII Celebrity Speeches (名人演讲)	197
53. Gettysburg Address (葛底斯堡演说)	198
54. I Have a Dream (Excerpt) [我有一个梦想(节选)]	202
55. First Inaugural Address by George Washington (Excerpt) [美国总统乔治·华盛顿的第一次就职演讲(节选)]	207
56. On Death (Excerpt) [关于死亡(节选)]	212
57. On Failure (Excerpt) [关于失败(节选)]	215
58. UK Queen's Christmas Speech in 2009 (Excerpt) [英国 女王 2009 年圣诞致辞(节选)]	218
59. Bush's Act of War Statement (布什誓言向恐怖分子 宣战)	222
60. Obama's Inaugural Address (Excerpts) [奥巴马就职 演说(节选)]	227

Part I Inspirational Essays

励志感悟



Passage 1

英语原文

Letter from Li Kaifu to His Daughter (Excerpt I)

College will be the most important years in your life. It is in college that you will truly discover what learning is about. You often question “What good is this course”. I encourage you to be inquisitive, but I also want to tell you: “Education is what you have left after all that is taught is forgotten.” What I mean by that is the materials taught isn’t as important as your gaining the ability to learn a new subject, and the ability to analyze a new problem. That is really what learning in college is about — this will be the period where you go from teacher-taught to master-inspired, after which you must become self-learner. So do take each subject seriously, and even if what you learn isn’t critical for your life, the skills of learning will be something you cherish forever.

Follow your passion in college. Take courses you think you will enjoy. Don’t be trapped in what others think or say. Steve Jobs says when you are in college, your passion will create many dots, and later in your life you will connect them. In his great speech given at Stanford commencement, he gave the great example where he took calligraphy, and a decade later, it became the basis of the beautiful Macintosh fonts, which later ignited desktop publishing, and brought wonderful tools like Microsoft Word to our lives. His expedition into calligraphy was a dot, and the Macintosh became the connecting line. So don’t worry too

much about what job you will have, and don't be too utilitarian, and if you like Japanese or Korean, go for it, even if your dad thinks "It's not useful." Enjoy picking your dots, and be assured one day you will find your calling, and connect a beautiful curve through the dots.

Do your best in classes, but don't let pressure get to you. Your mother and I have no expectations for your grades. If you graduate and learn something in your four years, we would feel happy. Your Columbia degree will take you far, even if you don't graduate with honors. So please don't give yourself pressure. During your last few months in high school, you were so happy because there was little pressure and college applications are finished. But in the past few weeks, we saw you are beginning to worry. Please don't be worried. The only thing that matters is that you learned. The only metric you should use is that you tried. Grades are just silly letters that give the vain people something to brag, and the lazy people something to fear. You are too good to be either.



参考译文

李开复给女儿的信(节选一)

大学将是你人生最重要的时光,在大学里你会领悟到学习的真谛。你以前经常会问到“这门课程有什么用”,我鼓励你勤学好问,但是我希望你理解:“教育的真谛就是当你忘记一切所学之后所剩下的东西。”我的意思是,最重要的不是你学到的具体的知识,而是你学习新事物和分析新问题的能力。这才是大学学习的真正意义——这将是 你从被动学习转向自主学习的阶段,之后你会变成一个很好的自学者。所以,认真看待大学里的每一门功课,即便你所学的不是生活中所急需的,学习的技能仍

将使你受用终身。

在大学里你要追随自己的热情,选你感兴趣的课程,不要困扰于别人怎么说或怎么想。史蒂夫·乔布斯曾经说过,在大学里你的热情会创造出很多点,在你随后的生命中你会把这些点串联起来。在他著名的斯坦福毕业典礼演讲中,他举了一个很好的例子:他在大学里修了看似毫无用处的书法课,而 10 年后,这成了苹果 Macintosh 里漂亮字库的基础,而因为 Macintosh 有这么好的字库,才进而将桌面出版和非常棒的办公软件(例如微软文档)引入我们的生活。他对书法的探索就是一个点,而苹果 Macintosh 把多个点联结成了一条线。所以不要太担心将来你要做什么样的工作,也不要太急功近利。假如你喜欢日语或韩语,就去学吧,尽管你的爸爸认为那没什么用。尽兴地选择你的点吧,要相信有一天你会找到自己的人生使命,把点连接起来画出一条美丽的曲线。

在功课上要尽力,但不要给自己太多压力。你妈妈和我在成绩上对你没什么要求,只要你能顺利毕业并在这 4 年里学到些东西,我们就会很高兴了。即便你毕业时没有获得优异的成绩,你的哥伦比亚学位也将会带你走得很远。所以别给自己压力。在你高中生活的最后几个月,因为压力比较小,大学申请也结束了,你过得很开心,但是在最近的几个星期,你好像开始紧张起来。千万别担心,最重要的是你学习过,唯一的衡量标准是你努力过。成绩只不过是虚荣的人用以吹嘘和慵懒的人所恐惧的无聊数字而已,而你既不虚荣也不慵懒。



背景知识

1998 年,李开复加盟微软公司,并随后创立了微软中国研究院(现微软亚洲研究院)。2005 年 7 月 20 日加入 Google(谷歌)公司,并担任 Google(谷歌)全球副总裁兼中国区总裁一职。2009 年 9 月 4 日,宣布离职并创办创新工场,任董事长兼首席

执行官。这是在大女儿被哥伦比亚大学录取、即将入学前的一封信。从信的内容可以看出李开复对大学教育、对孩子成长、对考试分数、对个人兴趣爱好等问题不同于常人的见识。



单词注释

inquisitive /ɪn'kwɪzətɪv/ *a.*

好问的;好奇的;爱打听的

inspire /ɪn'spaɪə/ *vt.*

启发;鼓舞,激起;给……以灵感

critical /'krɪtɪkəl/ *a.*

决定性的,关键性的,危急的;批评的,批判的

passion /'pæʃən/ *n.*

热情,激情;酷爱

trap /træp/ *vt.*

使陷于困境,使中圈套

n.

陷阱;困境

dot /dɒt/ *n.*

点,小圆点

calligraphy /kə'lıgrəfı/ *n.*

书法

Macintosh /'mækıntɒʃ/ *n.*

麦金塔电脑(简称 Mac, 香港俗称 Mac 机, 大陆亦有人称作苹果机或麦金托什机, 是苹果电脑其中一个系列的个人电脑)

font /fɒnt/ *n.*

字体

ignite /ɪg'naɪt/ *vt.*

点燃,引发

vi.

着火

expedition /ˌekspɪ'dɪʃən/ *n.*

考察;远征

utilitarian /ju'tɪlɪ'teərɪən/ *a.*

功利的

assure /ə'ʃʊə/ *vt.*

使确信,使放心

calling /'kɔ:lɪŋ/ *n.*

(从事某种职业或活动的)强烈的使命感;(神的)感召

metric /'metrɪk/ *n.*

衡量标准;度量

vain /veɪn/ *a.*

爱虚荣的;徒劳的,无效的

brag /bræg/ *v.*

自夸,吹嘘



短语释义

desktop publishing: 桌面出版系统,指通过电脑等电子手段进行报纸、书籍等纸质媒体编辑出版的总称。



佳句欣赏

1. Education is what you have left after all that is taught is forgotten.
2. Even if what you learn isn't critical for your life, the skills of learning will be something you cherish forever.
3. Grades are just silly letters that give the vain people something to brag, and the lazy people something to fear. You are too good to be either.

Passage 2



英语原文

Letter from Li Kaifu to His Daughter (Excerpt II)

Most importantly, make friends and be happy. College friends are often the best in life, because during college you are closer to them physically than to your family. Also, going through independence and adulthood is a natural bonding experience. Pick a few friends and become really close to them — pick the ones who are genuine and sincere to you. Don't worry about their

hobbies, grades, looks, or even personalities. You have developed some real friendships in high school in your last two years, so trust your instinct, and make new friends. You are a genuine and sincere person — anyone would enjoy being your friend, so be confident, outgoing, and proactive. If you think you like someone, tell her. You have very little to lose. Give people the benefit of the doubt; don't stereotype and be forgiving. People are not perfect, so as long as they are genuine and sincere, trust them and be good to them. They will give back. This is my secret of success — that I am genuine with people and trust them (unless they do something to lose my trust).

Do keep your high school friends, and stay connected to them, but do not use them as substitutes for college friendship, and do not spend too much time with them, because that would eat into your time to make new friends.

Life is too short to live the life others do or others want you. Being in control feels great. Try it, and you'll love it!

College is the four years where you have:

- the greatest amount of free time;
- the first chance to be independent;
- the most flexibility to change;
- the lowest risk for making mistakes.

So please treasure your college years — make the best of your free time, become an independent thinker in control of your destiny, evolve yourself into a bi-cultural talent, be bold to experiment, learn and grow through your successes and challenges.



参考译文

李开复给女儿的信(节选二)

最重要的是在大学里你要交一些朋友,快乐地生活。大学的朋友往往是生命中最好的朋友,因为在大学里你和朋友之间的距离实际上比家人更近。另外,在一块儿成长,一起独立,很自然地你们就会紧紧地系在一起。你应该挑选一些真诚的朋友,亲近他们,别在乎他们的爱好、成绩、外表甚至性格。你在高中的最后两年已经交到了一些真正的朋友,所以尽可以相信自己的直觉,再交一些新朋友吧。你是一个真诚的人,任何人都喜欢跟你做朋友的,所以要自信、外向、主动一点,如果你喜欢某人,就告诉她,你不会损失什么的。以最大的善意去对人,不要有成见,要宽容。人无完人,只要他们很真诚,就信任他们,对他们友善。他们将给你同等的回报,这是我成功的秘密——我以诚待人,信任他人(除非他们做了失信于我的事)。

要和你高中时代的朋友保持联系,但是不要用他们来取代大学的友谊,也不要全部的时间都花在老朋友身上,因为那样你就会失去结交新朋友的机会。

生命太短暂了,你不能过别人在过或想要你过的生活。掌控自己的生命令人感觉非常棒,试试吧,你会爱上它的!

大学是你自由时间最多的4年。

大学是你第一次学会独立的4年。

大学是可塑性最强的4年。

大学是犯错代价最低的4年。

所以,珍惜你的大学时光吧,好好利用你的空闲时间,成为掌握自己命运的独立思考者,成为融汇中西的人才,大胆地去尝试,通过不断的成功和挑战来学习和成长。



单词注释

physically /'fɪzɪkəlɪ/ <i>ad.</i>	身体上;实际上;物理上
bonding /'bɒndɪŋ/ <i>a.</i>	结合的;黏结的
genuine /'dʒenjuɪn/ <i>a.</i>	真诚的,真心的
instinct /'ɪnstɪŋkt/ <i>n.</i>	本能,直觉
proactive /prəʊ'æktɪv/ <i>a.</i>	主动的
stereotype /'sterɪətaɪp/ <i>v.</i>	(对……)形成固定看法
<i>n.</i>	老套,固定模式
substitute /'sʌbstɪtju:t/ <i>n.</i>	代用品,代替者
flexibility /'fleksə'bɪlətɪ/ <i>n.</i>	灵活性
destiny /'destɪni/ <i>n.</i>	命运,定数
evolve /ɪ'vɒlv/ <i>v.</i>	(使)进化,(使)演变,(使)发展
bi-cultural /baɪ'kʌltʃərəl/ <i>a.</i>	双文化的
bold /bəʊld/ <i>a.</i>	勇敢的,大胆的,英勇的;(印刷)黑体的



短语释义

the benefit of the doubt: [律]在罪证不足的情况下被假定为无罪的权利;先假定别人是有诚信的人;以最大的善意度人
eat into: 逐渐耗尽;侵蚀

佳句欣赏

1. If you think you like someone, tell her. You have very little to lose.
2. People are not perfect, so as long as they are genuine and sincere, trust them and be good to them. They will give back.