

Reading English Every Morning

英语晨读读本

· 主 编 何 敏 ·



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英语晨读读本

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Chapter One

Basic Reading



Unit 1 Forever Friends

Part I Phonetics

Section One The Front Vowels(前元音)

[i:]	<u>e</u> at	<u>s</u> eat	<u>s</u> heep	<u>f</u> ield
[i]	s <u>i</u> t	sh <u>i</u> p	b <u>i</u> t	m <u>i</u> ss
[e]	b <u>e</u> d	m <u>e</u> ss	d <u>e</u> ad	m <u>e</u> n
[æ]	b <u>a</u> d	d <u>a</u> d	m <u>a</u> n	s <u>a</u> d

Section Two The Back Vowels(后元音)

[ɑ:]	b <u>a</u> rk	d <u>a</u> rk	l <u>a</u> rk	p <u>a</u> rt
[ɔ]	c <u>o</u> ck	f <u>o</u> x	s <u>o</u> ck	d <u>o</u> t
[ɔ:]	c <u>o</u> rk	f <u>o</u> rks	s <u>o</u> rt	d <u>a</u> ughter
[u]	c <u>oo</u> k	g <u>oo</u> d	p <u>u</u> ll	w <u>ou</u> ld
[u:]	c <u>oo</u> l	g <u>oo</u> se	p <u>oo</u> l	w <u>ou</u> nd
[ʌ]	c <u>u</u> t	l <u>u</u> ck	s <u>u</u> ck	l <u>o</u> ve

Section Three The Semi-vowels(半元音)

[w]	w <u>o</u> rk	w <u>e</u> ar	w <u>a</u> ke	w <u>a</u> lt
[j]	y <u>o</u> ur	y <u>e</u> ar	y <u>e</u> llow	y <u>o</u> ung

注:易混淆音 1. [e]—[æ]—[ɑ:] 2. [w]—[v]

Part II Important Sentences

1. Someone who changes your life just by being part of it.

他只是你生活中的一部分,却能改变你整个的生活。

2. When you're down, and the world seems dark and empty, your forever

friend lifts you up in spirits and makes that dark and empty world suddenly seem bright and full.

当你失意,当世界变得黯淡与空虚,你真正的朋友会让你振作起来,原本黯淡、空虚的世界顿时变得明亮和充实。

3. If you lose your way, your forever friend guides you and cheers you on.
你迷失方向时,真正的朋友会引导你、鼓励你。

4. Your forever friend gets you through the hard times, the sad times, and the confused times.

你真正的朋友会与你一同度过困难、伤心和烦恼的时刻。

5. And if you find such a friend, you feel happy and complete, because you need not worry.

如果你找到了这样的朋友,你会快乐,觉得人生完整,因为你无须再忧虑。

Part III Short Essays

Passage

Forever Friend

Sometimes in life, you find a special friend; someone who changes your life just by being part of it. Someone who makes you laugh until you can't stop; someone who makes you believe that there really is good in the world; someone who **convince** you that there really is an **unlocked** door just waiting for you to open it. This is Forever Friendship.

When you're down, and the world seems dark and empty, your forever friend lifts you up in spirits and makes that dark and empty world suddenly seem bright and full. Your forever friend gets you through the hard times, the sad times, and the **confused** times.

If you turn and walk away, your forever friend follows. If you lose your way, your forever friend guides you and cheers you on. Your forever friend

holds your hand and tells you that everything is going to be okay.

And if you find such a friend, you feel happy and complete, because you need not worry. You have a forever friend for life, and forever has no end.



Translation

永远的朋友

有时候在生活中,你会找到一个特别的朋友;他只是你生活中的一部分,却能改变你整个生活。他会把你逗得开怀大笑;他会让你相信人间有真情;他会让你确信,真的有一扇不加锁的门,在等待着你去开启。这就是永远的友谊。

当你失意,当世界变得黯淡与空虚,你真正的朋友会让你振作起来,原本黯淡、空虚的世界顿时变得明亮和充实。你真正的朋友会与你一同度过困难、伤心和烦恼的时刻。

你转身走开时,真正的朋友会紧紧相随。你迷失方向时,真正的朋友会引导你、鼓励你。真正的朋友会握着你的手,告诉你一切都会好起来的。

如果你找到了这样的朋友,你会快乐,觉得人生完整,因为你不需要再忧虑。你拥有了一个真正的朋友,永永远远,永无止境。

Vocabulary

convince	[kən'vɪns]	v.	说服;使确信
unlocked	[ʌn'lɒkt]	adj.	没有锁的
confused	[kən'fju:zd]	adj.	困惑的;混乱的

Unit 2 About Friendship

Part I Phonetics

Section One The Central Vowels(中元音)

[ə:] fur learn work murmur

[ə] further learner worker leader

Section Two The Closing Diphthongs(合口双元音)

[ei] tape bay name spade

[əu] toe nose spoke vote

[ai] tie night spy vice

[au] town bow spout vow

[ɔi] toy noise spoil voyage

Section Three The Centring Diphthongs(中向双元音)

[iə] theatre dear sincere engineer

[eə] fair stare prepare bear

[uə] February poor tour sure

注:易混淆音[e]—[æ]—[ɑ:]—[ʌ]

Part II Important Sentences

1. Your friend is your needs answered. He is your field which you sow with love and reap with thanksgiving.

你的朋友是你有求必应的需求。他是你以爱播种,收获感谢的田地。

2. And he is your board and your fireside. For you come to him with your hunger, and you seek him for peace.

他为你提供膳食,给予温暖。因为你饥渴地奔向他,向他寻求安宁。

3. And let your best be for your friend. If he must know the ebb of your tide, let him know its flood also.

为朋友呈现你真实的一面。如果他共历了你人生的起起伏伏,那他也应该分享你人生的波涛汹涌。

4. Seek him always with hours to live. For it is his to fill your need, but not your emptiness.

你要在生长的时间中去找他。因为他的时间是满足你的需要,不是填满你的空虚。

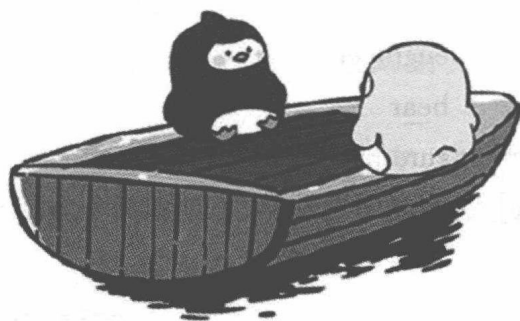
5. For in the dew of little things the heart finds its morning and is refreshed.

因为在那微末事物的甘露中,你的心能寻到他的清晓而焕发了精神。

Part III Short Essays

Passage

About Friendship



And a youth said, "Speak to us of Friendship." Your friend is your needs answered. He is your field which you *sow* with love and *reap* with thanksgiving. And he is your board and your *fireside*. For you come to him with your hun-

ger, and you seek him for peace. When your friend speaks his mind you fear not the "nay" in your own mind, nor do you withhold the "ay." And when he is silent your heart *ceases* not to listen to his heart; for without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unclaimed. When you part from your friend, you *grieve* not; for that which you love most in him may be clearer in his absence, as the

mountain to the climber is clearer from the plain. And let there be no purpose in friendship save the deepening of the spirit. For love that seeks *aught* but the *disclosure* of its own mystery is not love but a net cast forth; and only the unprofitable is caught. And let your best be for your friend. If he must know the *ebb* of your tide, let him know its flood also. For what is your friend that you should seek him with hours to kill? Seek him always with hours to live. For it is his to fill your need, but not your emptiness. And in the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed.

—From *The Prophet* by Kahlil Gibran

Translation

友 谊

于是一个青年说：请给我们谈友谊。他回答说：你的朋友是你有求必应的需求。他是你用爱播种，却收获感谢的田地。他为你提供膳食，给予温暖。因为你饥渴地奔向他，你向他寻求安宁。当你的朋友向你倾吐胸臆的时候，你不要怕说出心中的“否”，也不要瞒住你心中的“好”。当他静默的时候，你的心仍要倾听他的心；因为在友谊里，不用言语，一切的思想、一切的愿望、一切的希冀，都在无声的喜乐中发生而共享了。当你与朋友别离的时候，不要忧伤；因为你觉得他最可爱之处，当他不在时愈见清晰，正如登山者在平原上望山峰，也加倍地分明。愿除了寻求心灵的加深之外，友谊没有别的目的。因为那只寻求着要显露自身的神秘的爱，不算是爱，只算是一张撒下的网，只网住一些无益的东西。让你的最佳美的事物，都给你的朋友。如果他共历了你人生的起起伏伏，那他也应该分享你人生的波涛汹涌。你找他只为消磨光阴的人，还能算作你的朋友吗？你要在生长的时间中去找他。因为他的时间是满足你的需要，不是填满你的空虚。在友谊的温柔中，要有欢笑和共同的喜悦。因为在那微末事物的甘露中，你的心能寻到他的清晓而焕发了精神。

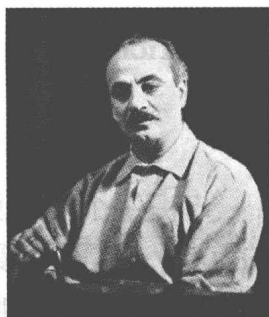
——摘自纪伯伦的《先知》

Vocabulary

sow	[səʊ]	<i>v.</i>	播种; 散布
reap	[ri:p]	<i>v.</i>	收获; 收割
fireside	[ˈfaɪəsaɪd]	<i>n.</i>	炉边; 家人
cease	[si:s]	<i>v.</i>	停止; 終了
grieve	[ɡri:v]	<i>vt.</i>	使伤心; 悲伤
disclosure	[dɪsˈkləʊʒə]	<i>v.</i>	披露; 揭发
ebb	[eb]	<i>n.</i>	衰退; 退潮

Note

Kahlil Gilbran 纪·哈·纪伯伦是美籍黎巴嫩阿拉伯作家, 被称为“艺术天才”“黎巴嫩文坛骄子”, 是阿拉伯文学的主要奠基人, 20 世纪阿拉伯新文学道路的开拓者之一。其主要作品有《泪与笑》《先知》《沙与沫》等, 蕴含了丰富的社会性和东方精神, 不以情节为重, 旨在抒发丰富的情感。纪伯伦、鲁迅和泰戈尔一样是近代东方文学走向世界的先驱。



Unit 3 What Will a Friend Do

Part I Phonetics

Section One The Fricative Consonants (摩擦音)

[f]	<u>f</u> olk	<u>f</u> ail	<u>s</u> afe	<u>s</u> taff
[v]	<u>v</u> ote	<u>v</u> ine	<u>l</u> ive	<u>s</u> ave
[s]	<u>s</u> eal	<u>s</u> ink	<u>c</u> ourse	<u>p</u> olice
[z]	<u>z</u> ip	<u>b</u> uzz	<u>c</u> ause	<u>p</u> lease
[ʃ]	<u>m</u> ission	<u>p</u> ressure	<u>f</u> resher	<u>o</u> cean
[ʒ]	<u>v</u> ision	<u>p</u> leasure	<u>l</u> eisure	<u>p</u> losion
[θ]	<u>t</u> hief	<u>t</u> hank	<u>t</u> hrow	<u>m</u> outh
[ð]	<u>t</u> hese	<u>t</u> hat	<u>t</u> hough	<u>w</u> ith
[h]	<u>h</u> eat	<u>h</u> ear	<u>h</u> ear	<u>h</u> air
[r]	<u>w</u> rong	<u>b</u> oring	<u>m</u> arriage	<u>f</u> oreign

Section Two The Affricate Consonants (破擦音)

[tʃ]	<u>s</u> earch	<u>ch</u> at	<u>ch</u> oice	<u>ch</u> ain
[dʒ]	<u>r</u> idge	<u>g</u> erage	<u>j</u> ack	<u>j</u> oy
[tr]	<u>t</u> ry	<u>t</u> ree	<u>t</u> ru	<u>t</u> rick
[dr]	<u>d</u> ry	<u>d</u> ream	<u>d</u> rive	<u>d</u> rink
[ts]	<u>n</u> ets	<u>g</u> ets	<u>c</u> oats	<u>p</u> oints
[dʒ]	<u>b</u> eds	<u>r</u> eads	<u>s</u> eeds	<u>l</u> ands

Part II Important Sentences

1. Accepts you as you are. 接受原本的你。
2. Doesn't give up on you. 对你从不放弃(对你从不失去希望)。

3. Loves you for who you are. 爱你是因为你是你。
4. Raises your spirits. 鼓舞你的心灵。
5. Yells when you won't listen and zaps you back to reality.
在你听不进去时会大吼一下,把你拉回现实!

Part III Short Essays

Passage

What Will a Friend Do?



Friend...

Accepts you as you are

Believes in "you"

Calls you just to say "Hi"

Doesn't give up on you

Envisions the whole of you

Forgives your mistakes

Gives unconditionally

Helps you

Invites you over

Just "be" with you

Keeps you close at heart

Loves you for who you are

Makes a difference in your life

Never judges

Offers support

Picks you up

Quiets your fears

Raises your spirits

Says nice things about you

Tells you the truth when you need to hear it

Understands you

Values you

Walks beside you

Explains things you don't understand

Yells when you won't listen and

Zaps you back to reality

Translation

什么样的人才算朋友？

朋友就是……

接受原本的你

相信你这个人

打电话给你就是想声“嗨”

对你从不失去希望

看到你的全部

原谅你的过错

无条件地原谅

帮助你

邀请你

静静地在你的身旁

靠近你的心

爱是因为你
使你的生活与以往不同
从不妄做评判
为你提供支持
扶你一把
止息你的惧怕
鼓舞你的心灵
跟别人述说你好的那一面
当需要时,会告诉你实情
懂你
看重你
与你同行
解你的疑惑
在你听不进去时会大吼一下
把你拉回现实!

Vocabulary

envision	[ɪnˈvɪʒn]	vt.	想象;预想
forgive	[fɔˈɡɪv]	vt.	原谅;饶恕;宽恕
yell	[jel]	vi.	大叫;叫喊
zap	[zæp]	vt.	攻击;打败;快速推动