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考研英语权威命题专家



# 张剑考研英语

## 晨读菁华

英语（一）、英语（二）均适用

张剑 主编

李素真 连洁 编著

外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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北京 BEIJING

# 使用指南

本书收录80篇考研晨读文章，分为人生感悟、精彩演讲、经典重温、新鲜时文和真题精华五个部分。选文题材丰富，经典和时新并重，涉及教育、科技、文化、生活、健康、环境、情感等诸多方面。其中，“新鲜时文”部分的选文均源自考研阅读理解真题的题源。

所有文章均配有带同步英文字幕的MP3录音，由英美专家倾情朗读。语音纯正，原汁原味，可边听、边看、边背，学习效果加倍。

修辞手法一目了然！

编者从文章中精挑细选的精华语句，可用作写作和口语素材。有的优美隽永，有的朗朗上口，还有的是方便读者模仿或套用的典型模板句。

每篇英文均配有相应中文译文，帮助读者扫清阅读障碍，掌握正确文意，告别一知半解！

01

## A Little Change



## 一点点改变

Once, when I was racing home down a city sidewalk, a man sitting by the curb (路缘) with a cup said, "A little change is better than no change." **Startled** out of my **preoccupations**, I stopped and looked at him. He smiled. I gave him a handful of change. Maybe it was a line, but I didn't care. It was a beautiful one.

Years later, his words **haunt** me like a **riddle**<sup>3</sup>. I still struggle with the **notion**<sup>4</sup> that a change isn't worth making if it's small. When I want to make a change in my own life, I want it to be big, even **splashy**. A friend once **remarked**<sup>4</sup> that I make more **resolutions**<sup>6</sup> than anyone she knows.

**Of late**<sup>7</sup>, I have resolved to: stop trying to please everyone, stop delaying and start getting organized, stop reacting and start relaxing, stop letting fear **diminish**<sup>8</sup> my life and start taking more risks. I have broken every one of these **commitments**<sup>9</sup> to change, most of them more than once.

Maybe my real problem is that I resist making changes by setting my sights too high, by getting **impressive**. If I fall at change, after all, I can just stay stuck. This feels comfortable for a while, but eventually I start to be annoyed in

一次, 当我沿着人行道朝家飞奔的时候, 一个坐在路边、手里拿着杯子的男人说: "一点儿改变总比不变好。(给点儿零钱总比不给好。)" 这句话让我大吃一惊。我停下脚步, 看着他。他朝我微笑, 我给了他一把零钱。也许他说这话只是为了讨钱, 但我不介意。这是一句很不错的台词。

多年以后, 这句话仍然像个谜一样萦绕在我的心头。我始终有这样的观念: 如果只是小改变, 那就不值得改变。当我想对自己的生活作出改变的时候, 我希望这种改变是巨大的, 甚至是引人注目的。一位朋友曾经说过, 在她所认识的人当中, 我的决心最多。最近, 我又下了决心: 不再试图去取悦别人; 不再拖拖拉拉, 要把一切都安排得有条不紊; 不再听任别人指挥, 学会放松; 不再缩手缩脚, 要多冒险。我已经一一违背了这些承诺, 大多数还违背了不止一次。

也许真正的问题是: 目标定得太高, 过于雄心勃勃, 结果反而抗拒改变。毕竟, 如果我无法改变, 我可以停滞不前。这让我在一段时间里感觉很舒服, 但是最终却因为没有任何改变而开始感到恼火。假

“词汇点津”栏目帮读者秒杀考研核心词汇和常用超纲词汇；提供全方位的单词记忆和学习方案：词形、音标、词性、中文释义、搭配、真题、例句及译文。

### 词汇点津

#### 大纲核心词汇

① **constitute** /'kɒnstɪtju:t/ v. 组成，构成；被视为；设立

**真题** To hear all these large words, you would think that the mind of a man of science must be **constituted** differently from that of his fellow men. 听了这些大词，你可能会认为科学家的头脑一定和其他人大脑的构造不同。

② **occupation** /'ɒkjʊ'peɪʃən/ n. 工作；业余活动；占领

**真题** The women who had remained single had office, business, or professional **occupations**. 仍是单身的女性也在办公室、企业或专业领域工作。

③ **acquire** /ə'kwɪə/ v. 取得；得到；获得（知识、技能）

**真题** The university **acquired** a reputation for very high standards. 这所大学以学术水平高而闻名。

④ **accomplishment** /ə'kɒmplɪʃmənt/

n. 成就；完成，实现

**真题** He was well-known for his humble manner and often stressed to interviewers that his **accomplishments** would certainly have been achieved by others had he never lived. 众所周知，他为人谦逊，经常对采访者强调说，即使没有他，其他人也能取得同样的成就。

⑤ **supremely** /su:'prɪzɪmlɪ/ adv. 极度，极其

⑥ **confined** /kən'faɪnd/ adj. 受限的；有限的

**搭配** be confined to 局限于……

**真题** The significance of hot spots is not **confined** to their role as a frame of reference. 热点的重要性不仅限于作为参照系这个作用。

⑦ **intently** /ɪn'tentlɪ/ adv. 专注地；专心致志地

#### 常用超纲词汇

**contrariwise** /kən'treəriwaɪz/ adv. 反之，相反地

#### 难句解析

What is supremely true of living objects is only less true of ideas, which are also alive.

What is supremely true of living objects 是 what 引导的主语从句，逗号后面的 is which 引导的非限定性定语从句，先行词是 ideas。

intensity of our relations. Unfortunately, we are so **constituted** that we get to love our routine. But apart from

性而陷入  
去我们的

“词汇点津”栏目的两类词汇在英文原文中是用不同版式体现的，方便读者快速定位：大纲核心词汇对应文中的有色词汇，数字序号是定位线索；常用超纲词汇对应文中的黑体加粗词汇。

**Contrariwise**, it is true that every one who **acquire**<sup>3</sup> a new interest—even more, a new **accomplishment**<sup>4</sup>—you increase your power of life. **No one who is deeply interested in a large variety of subjects can remain unhappy; the real pessimist is the person who has lost interest.**

Bacon said that a man dies as often as he loses a friend. But we gain new life by contacts, new friends. **What is supremely**<sup>5</sup> true of living objects is only less true of ideas, which are also alive. Where your thoughts are, there will your life be also. If your thoughts are **confined**<sup>6</sup>

趣点——甚至取得了一项新的成就——你就增强了自己的生命力，这点千真万确。一个对多种事物都深感兴趣的人是不可能总不愉快的，真正的悲观主义者是那些丧失了兴趣的人。

培根曾说过，一个人每失去一个朋友就等于经历了一次死亡。但是通过人脉我们结识新朋友，我们就能获得新生。这条对于生物可谓千真万确的道理在一定程度上也完全适用于人的思想，它们也都是有生命力的。你的思想所在即你的生

“知识 / 背景链接”拓展与文章主题相关的英美社会文化知识等。

#### 知识链接

halcyon times/days 意为“美好时光，太平岁月”，源自古希腊神话。Halcyon 是指特洛伊时德俄海面上平静的翠鸟。在古希腊神话里，从拜城俄罗斯 (Aeolus) 的女儿哈尔采俄涅 (Halcyone) 与色萨利国王刻宇克斯 (Ceyx) 是一对恩爱夫妻。有一次，刻宇克斯出海远行，遭到风暴，溺水而死。哈尔采俄涅听到噩耗，伤心欲绝，投海自尽了。天神为哀深请爱神感动，将他们双双化为翠鸟，重新在海面上建立家庭。以后每当翠鸟在海面上筑巢产卵时，即每年冬至前七天和后天这段期间，大海就风平浪静。据说这是因为风神怜悯女儿而赋予平息风浪之神力的缘故。所以，halcyon days/times 就有了“美好的光”的意思。

“难句解析”栏目点评文章中出现的结构复杂的长难句。英文原句与相应中文译文在文中用灰色阴影标出。

部分“经典重温”文章配有“赏析”栏目，带领读者赏鉴那些历久弥新的名篇佳作。

#### 赏析

本文是英文中的传诵经典。在众多关于“书”的论述文中，塞缪尔·斯通奈尔的这篇《以书为伴》堪称扛鼎之作。文章不仅条理清晰，而且论题深入浅出，比喻贴切。作者在论述读书的好处时，并不是简单地停留在书带给读者的感受上，而是着重描写了读者和书之间的交流，强调读书的教育意义，衡量描写“书”的良好益处作用。

读累了吧？看看“开怀一笑”里的经典笑话，轻松一下吧！

#### 开怀一笑

There I was, my first day on the job as a receptionist, handling one phone call after another, when an employee stopped by my desk. "Have you ever done this before?" she asked. "No," I said. "Thought not. You just told that caller, 'The person you want is on vacation. Would you care to hold?'"

声明：由于客观条件所限，我们很难联系到本书每篇选文的作者。如果您的文章被本书收录而未取得稿酬，请您及时与我们联系。

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Unit 1  
人生感悟

A decorative white graphic consisting of stylized floral motifs, scrolls, and leaf-like shapes, positioned to the right and below the text.

# 01 A Little Change



## 一点点改变

Once, when I was racing home down a city sidewalk, a man sitting by the curb (路缘) with a cup said, “A little change is better than no change.” **Startled**<sup>1</sup> out of my **preoccupations**, I stopped and looked at him. He smiled. I gave him a handful of change. Maybe it was a line, but I didn’t care. It was a beautiful one.

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多年以后，这句话仍然像个谜一样萦绕在我的心头。我始终有这样的观念：如果只是小改变，那就不值得改变。当我想对自己的生活作出改变的时候，我希望这种改变是巨大的，甚至是引人注目的。一位朋友曾经说过，在她所认识的人当中，我的决心最多。最近，我又下了决心：不再试图去取悦别人；不再拖拖拉拉，要把一切都安排得有条有理；不再听任别人指挥，学会放松；不再缩手缩脚，要多冒险。我已经一一违背了这些承诺，大多数还违背了不止一次。

也许我真正的问题是：目标定得太高，过于雄心勃勃，结果反而抗拒改变。毕竟，如果我无法改变，我可以停滞不前。这让我在一段时间里感觉很舒服，但是最终却因为没有任何改变而开始感到恼火。假

this place of no change at all. What if, instead of the trying to achieve the big, hard goals, based on “shoulds” I gave myself a little change?

Yet it's also hard for me to think about making small, gradual, and individual changes when the problems we confront are so **overwhelming**<sup>10</sup>, when our cultures seem to be sinking to new lows. Too often, I forget that it took many small changes to get us here—families breaking one by one, a single child feeling **alienated** and unloved, the slow **erosion**<sup>11</sup> of kindness. Perhaps what I need to remember is that if there's any hope, it's that if each of us makes our own small change—learning a kid's name, taking a step toward understanding our own imperfect families, **acting on**<sup>12</sup> one simple, kind **impulse**<sup>13</sup>—we can all move together in a more positive direction. **1**

And on days when I'm struggling, I can change by noticing one small thing outside myself, something as simple as asking someone else how they're doing today or what they need. I can simply notice more of the world around me. When I again find myself racing down a city sidewalk, **in the midst of**<sup>14</sup> heart-ache, of changes I can't control, of changes too big to make, I can see that loveliness, wonder, even, still exists all around. **2** Instead of looking down as I walk along a crowded street, I can look

如只是稍作改变，而不是试图去实现那些难以实现的大目标，要求自己“必须”做到，结果会怎样呢？

当我们面临的问题排山倒海般地涌来时，当我们的文化似乎要降到又一个低谷时，对我来说，考虑逐渐地做些小的、独立的改变何尝不是件难事！我总是忘记这样一个事实：我们是在经历了许多小变化后，才走到今天这一步的——家庭一个接一个地破裂；单个的孩子感到被疏远，得不到别人的疼爱；人与人之间的友善在逐渐减少。也许我需要记住的是，如果还有希望改变这种局面，那就在于我们每个人都作出小小的改变——记住孩子的名字，试着去理解自己并不完美的家庭，凭着一种单纯而善意的冲动行事，我们可以一齐朝着更积极的方向努力。 **1**

在我努力奋斗的日子里，我将会注意身边的小事情，小到问别人今天过得怎么样或者他们需要什么，这是我可以作出的改变。我可以只是多注意周围的世界。当我再一次沿着城市的人行道匆匆赶路、正为那些太大而无法实现以及无法把控的改变而感到心痛时，我仍然可以看到周围还有美好，甚至是奇妙的事物。 **2** 同样，走过拥挤的大街时，我不再只顾低头走路，而会抬头欣赏傍晚时分的夕阳将每个人笼罩的情景。

up and see how the late afternoon light circles everyone's head, just the same.

True change, true forward motion, takes many small changes, minute by minute. And as Vincent van Gogh wrote in a letter to his brother, "To make progress is a kind of miner's work; it doesn't advance as quickly as one would like, and as others also expect, but as one stands before such a task, the basic **necessities**<sup>15</sup> are patience and faithfulness." "In fact, I do not think much about the difficulties, because if one thought of them too much one would get **stunned**<sup>16</sup> or disturbed."

真正的变化、真正前进的举动需要一点一滴的小变化。正如文森特·凡·高给他弟弟的信中写的那样：“进步就像采矿一样，并不像人们希望或想象的那般迅速。但是每个人在面临这样的任务时，起码需要耐心和尽职。”“事实上，我并不去多想困难，因为如果顾虑过多，我们就会被吓倒或感到不安。”

## 词汇点津

### 大纲核心词汇

- 1 **startle** /'stɑ:tl/ *v.* 吓（某人）一跳；使（某人）吃惊  
**搭配** be startled to do sth. 做某事吃了一惊  
**真题** When a Scottish research team **startled** the world by revealing 3 months ago that it had cloned an adult sheep, President Clinton moved swiftly. 当一个苏格兰研究小组在三个月前宣布他们克隆了一只成年绵羊时，举世震惊，克林顿总统也迅速采取了行动。
- 2 **haunt** /hɔ:nt/ *v.* 萦绕在……心头；困扰；经常出没于……  
**例句** She was **haunted** by the fear that her husband was having an affair. 她总是担心丈夫有外遇。
- 3 **riddle** /'rɪdl/ *n.* 谜团，费解之事；谜语
- 4 **notion** /'nəʊʃən/ *n.* 看法；观点；概念
- 5 **remark** /rɪ'mɑ:k/ *v.* 说起，谈到
- 6 **resolution** /,rezə'lʊ:ʃən/ *n.* 决心；解决；坚决  
**搭配** resolution to do sth. 决心做某事
- 7 **of late** 最近
- 8 **diminish** /dɪ'mɪnɪʃ/ *v.* 削弱，贬低（重要性或价值）；（使）减少 / 减小  
**真题** Again, differences between people and the opportunity for natural selection to take advantage of it have **diminished**. 人与人之间的差别以及利用这种差别进行自

然选择的机会再次减少了。

- 9 **commitment** /kə'mɪtmənt/ *n.* 承诺; 忠诚, 奉献

**例句** His **commitment** to work is beyond question. 他的敬业精神是不容置疑的。

- 10 **overwhelming** /,əʊvə'welmlɪŋ/ *adj.* 巨大的, 压倒性的; 难以抗拒的

**真题** The individual now has more information available than any generation, and the task of finding that one piece of information relevant to his or her specific problem is complicated, time-consuming and sometimes even **overwhelming**. 今天, 个人可以获得的信息比其他任何时代的

都要多, 但是要想找到一条与自己的具体问题相关的信息就既复杂又耗时了, 有时甚至叫人不知所措。

- 11 **erosion** /ɪ'rəʊʒən/ *n.* 逐步损害 / 削弱; 侵蚀, 腐蚀
- 12 **act on** 根据……采取行动
- 13 **impulse** /'ɪmpʌls/ *n.* 突然的欲望; 冲动; 推动力
- 14 **in the midst of sth.** 正值某事发生的时候; 在某事进行过程中
- 15 **necessity** /nɪ'sesɪtɪ/ *n.* 必需品; 必要; 无奈的事物
- 16 **stunned** /stʌnd/ *adj.* 目瞪口呆的

## 常用超纲词汇

**preoccupation** /pri:ɒkjʊ'peɪʃən/ *n.* 使人全神贯注的事物

**splashy** /'splæʃɪ/ *adj.* 惹人注意的

**alienate** /'eɪliəneɪt/ *v.* 排斥, 疏远

## 难句解析

- 1 Perhaps what I need to remember is that if there's any hope, it's that if each of us makes our own small change—learning a kid's name, taking a step toward understanding our own imperfect families, acting on one simple, kind impulse—we can all move together in a more positive direction.

句子的主语是 what I need to remember, that if there's any hope...in a more positive direction 是表语从句。在这个表语从句中, if there's any hope 是条件状语从句, it's that... 是主句。learning a kid's name...acting on one simple, kind impulse 举例说明 our own small change 的内容。

- 2 When I again find myself racing down a city sidewalk, in the midst of heartache, of changes I can't control, of changes too big to make, I can see that loveliness, wonder, even, still exists all around.

在 when 引导的时间状语从句中, down a city sidewalk, in the midst of heartache, of changes I can't control, of changes too big to make 是并列的四个部分, 都表示“在(不同的地点, 带着不同的感觉或想法)匆匆赶路”。

# 02 Mirror, Mirror—What Do I See



## 镜子，镜子，告诉我

对比

A loving person lives in a loving world. A **hostile**<sup>1</sup> person lives in a hostile world. Everyone you meet is your mirror.

Mirrors have a very particular function. They reflect the image in front of them. Just as a physical mirror serves as the vehicle to reflection, so do all of the people in our lives.

When we see something beautiful such as a flower garden, that garden serves as a reflection. In order to see the beauty in front of us, we must be able to see the beauty inside of ourselves. When we love someone, it's a reflection of loving ourselves. We have often heard things like "I love how I am when I'm with that person." That simply **translates into**<sup>2</sup> "I'm able to love me when I love that other person." Oftentimes, when we meet someone new, we feel as though we "click". Sometimes it's as if we've known each other for a long time. That feeling can come from sharing **similarities**<sup>3</sup>.

Just as the "mirror" or other person can be a positive reflection, it is more likely that we'll notice it when it has a negative **connotation**. For example, it's easy to remember times when we have

充满爱意的人生活在充满爱的世界里，怀有敌意的人则生活在充满敌意的世界里。你所遇到的每一个人都是你的镜子。

镜子有一个非常独特的功能，那就是映射出镜前的人或物的样子。就像真正的镜子具有反射功能一样，生活中我们每个人也都能映射出他人的样子。

当我们看到美丽的事物，比如一座花园时，这座花园就起到了反射作用。为了发现我们面前的美好事物，我们必须能发现自己内在的美。我们爱某个人，也正是我们爱自己的表现。我们经常听到这样的话：“当我和那个人在一起的时候，我爱那时的自己。”这句话也可以简单地说成：“在我爱那个人的同时，我也能爱我自己。”有时，我们遇见一个陌生人，感觉仿佛是一见如故，就好像我们已经相识甚久。这种熟悉感可能来自于两人的相似之处。

就像“镜子”或他人能映射出我们积极的一面一样，我们更有可能注意到映射出自己消极一面的“镜子”。例如，我们很容易就能记住碰到自己不太喜欢的人的时刻。我们

met someone we're not particularly crazy about. We may have some criticism in our mind about the person. This is especially true when we get to know someone with whom we would rather spend less time.

Frequently, when we dislike qualities in other people, **ironically**<sup>4</sup>, it's usually the mirror that's speaking to us.

I began questioning myself further each time I encountered someone that I didn't particularly like. Each time, I asked myself, "What is it about that person that I don't like?" and then "Is there something similar in me?" In every instance, I could see a piece of that quality in me, and sometimes I had to really get very **introspective**. So what did that mean?

It means that just as I can get annoyed or disturbed when I notice that aspect in someone else, I had better reexamine my qualities and consider making some changes. **1** Even if I'm not willing to make a **drastic**<sup>5</sup> change, at least I consider how I might **modify**<sup>6</sup> some of the things that I'm doing.

At times we meet someone new and feel distant, disconnected, or **disgusted**<sup>7</sup>. Although we don't want to believe it, and it's not easy or **desirable**<sup>8</sup> to look further, it can be a great learning lesson to figure out what part of the person is being reflected in you. **2** It's simply just another way to create more self-awareness.

可能在心里对那个人有些反感。当我们认识自己不喜欢与之相处的人时，这种情况就更为明显。

具有讽刺意味的是，通常当我们讨厌别人身上的某些品性时，其实是讨厌自己身上相类似的品性。

每次，当我遇到不太喜欢的人时，我就开始进一步质问我。我会扪心自问：“我不喜欢那个人的什么？”还会问：“我是不是有和他相似的地方？”每次，我都能在自己身上看到一些令我反感的品性。我有时不得不深刻地自我反省。这意味着什么呢？

这意味着，当我对其他人身上令我反感的品性感到恼怒或不安时，我最好重新审视自己的品性，并考虑做一些改变。 **1** 即使我不想作大的改变，至少我会考虑该如何改进自己正在做的一些事情。

有时候遇到陌生人，我们感到生疏或厌烦。尽管我们不愿意相信，不容易也不值得去深究，但是弄清楚别人的哪些特征在自己身上有所体现是非常有意义的一件事。 **2** 这也正是产生自我意识的另一条途径。