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晨读英语美文

主编 阎莉华

100篇

一份精美的英语早餐
融时尚与经典于一体
一杯香醇的文化美酒
集生活与艺术于一身

CET-6



山东电子音像出版社

spark® 星火英语

晨读英语美文 100篇

六级

主 编 阎丽华

副主编 许剑楠 陈云丹

齐鲁电子音像出版社

前言

PREFACE



学英语需要朗读,这是很多成功的英语学习者学好英语的切身体会。朗读可以培养语感,可以锻炼思维,可以体会音韵,在不知不觉中提升英语水平。朗读,赏心、悦目、怡耳,然后熟读背诵,终会将所接触的语言知识和语言材料逐步内化,历久不忘。

朗读,最好的时间在清晨,一天的开始,此时思维最活,语言理解能力和语言接受的意识最强。每天晨读 15 分钟,就能全天沉浸在美好的语言韵律中,让您刚刚读过的优美文章、精彩句子在一天里慢慢沉浸、消化、吸收,成为您自己的东西。

为了给您提供一份精美的英语早餐,我们博采众长、披林撷秀,从浩瀚如烟的经典篇章和鲜活时文里帮您遴选吻合六级难度的美文,精心编写了这本《六级晨读英语美文 100 篇》,以期带给您一份清秀雅致的感受。

本书的特点:

1

经典时新, 兼容并蓄

文章选取过程中,既注重经典名篇,又注重最新报刊杂志上的时文、美文,二者兼备,相得益彰。

2

题材广泛, 内容新颖

所选文章饱含人生感悟,哲理性强,耐人寻味,让您在浓浓的人文氛围、文化氛围中获得人生的升华。

3

语言规范, 生动活泼

所选文章语言优美、语法地道,是锤炼语言技巧、陶冶语言修养的极佳材料。

4

美文妙词, 边读边记

每篇文后均设“念念有词”一栏,提炼文中高频词汇,让您寓记于读,在提升英语语感的同时扩大词汇量。

5

佳句赏析，妙语如珠

每篇文章后面的“难句分析”栏目，精选文章中的佳句和难句，指点精妙之处，剖析句子结构，让您反复回味，快速提升阅读和写作能力。

6

恋恋美文，双语转换

每篇文章均英汉对照，易于诵读者体会英汉双语语境表达同一主题时的不同感觉和语言差异，也是读者练习中英转换翻译的绝佳材料。

7

有声记忆，音画时尚

本书配有 MP3 光盘一张，语音纯正地道，音色悦耳，让您随时随地欣赏美文；网上免费下载电子书，提前体验音画时尚阅读。

8

立体诵读，全面提高

根据星火长期的研究，结合本书特点，我们为您精心打造了立体诵读法，助您全面提升听力、阅读和口语能力。立体诵读法指全方位地同时进行以下步骤，以综合提升英语能力。

阅读：① 浏览全文，了解大意；查阅难词，扫除障碍。

② 对照词汇表，仔细阅读英文；对照译文，掌握难句。

③ 细品美文，精看美句，摘抄闪光表达。

④ 闭卷回想美文，深化记忆。

⑤ 轻松一刻，欣赏电子书，体验音画时尚。

听力：① 泛听外籍专家录音，以听促记。

② 看英文，听录音，精听难词难句。

③ 脱离原文听录音，留意语音语调。

口语：① 自己朗读英文，找出发音障碍。

② 句句跟读，力求语音语调与录音一致。

③ 听录音，时时仿读练语速。

④ 英文复述文章大意，力求完整准确。

在编写此书的过程中，编者参考了部分国内外出版社的有关书刊，谨在此向这些书刊的编者和作者表示衷心的感谢。由于编者水平有限，书中谬误在所难免，诚请同行专家和广大读者不吝赐教。



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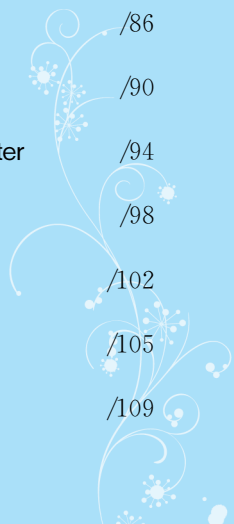
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压力:我们该如何应对

1

Book and Life

书与人生

Style is to the book what smile is to the look.

书的风格就像脸的笑容。

抛
砖
引
玉

书籍是人类进步的阶梯。每一本书都是一个人智慧的结晶。因此,当我们读一本好书时,就像和一个充满智慧的人对话,无论这个人来自哪个国家,生活在哪个时代,书能够使你们真诚地交谈。



Books are to mankind what memory is to the individual. They contain the history of our race, the discoveries we have made, the accumulated knowledge and experience of ages; they picture for us the miracles and beauties of nature, help us in our difficulties, comfort us in sorrow and in suffering, change hours of weariness into moments of delight, store our minds with ideas, fill them with good and happy thoughts, and lift us out of and above ourselves.

Many of those who have had, as we say, all that this world can give, have yet told us they owed much of their purest happiness to books. Macaulay had wealth and fame,

rank and power, and yet he tells us in his biography that he owed the happiest hours of his life to books. He says, "If any one would make me the greatest king that ever lived, with palaces and gardens and fine dinners, and wines and coaches, and beautiful clothes, and hundreds of servants, on condition that I should not read books, I would not be a king; I would rather be a poor man in a garret with plenty of books than a king who didn't love reading."

Precious and priceless are the blessings which the books scatter around our daily paths. We walk, in imagination, with the noblest spirits, through the most solemn and charming regions.

Without stirring from our firesides we may roam to the most remote regions of the earth, or soar into realms where Spenser's shapes of unearthly beauty flock to meet us, where Milton's angels peal in our ears the choral hymns of Paradise. Science, art, literature, philosophy,—all that man has thought, all that man has done,—the experience that has been bought with the sufferings of a hundred generations, —all are garnered up for us in the world of books.



念念有词

accumulate /ə'kjʊ:mjələit/

v. 积聚, 堆积

garret /'gærət/

n. 顶楼, 阁楼

solemn /'sɒləm/

adj. 庄严的, 崇高的

charming /'tʃɑ:mɪŋ/

adj. 迷人的, 妩媚的

fireside /'faɪəsaid/

n. 炉边

roam /rəʊm/

v. 漫游, 闲逛, 徜徉

realm /reɪm/

n. 领域

unearthly /ʌn'ɜ:θli/

adj. 非尘世的, 神秘的

peal /pi:l/

v. 隆隆地响

choral /'kɔ:rəl/

adj. 合唱队的

hymn /hɪm/

n. 赞美诗, 圣歌

garner /'gɑ:nə/

v. 储存



难句分析

① **Books are to mankind what memory is to the individual.**

分析 A is to B what/ that C is to D. 该句型是表示两个事物之间的关系与另两个事物之间关系的比较,意为“A对于B就像C对于D”。

② **Many of those who have had, as we say, all that this world can give, have yet told us they owed much of their purest happiness to books.**

分析 本句的主干是 many have yet told us。as we say 是插入成分。who have had all 是 those 的定语从句,其中又包含一个定语从句 that this world can give 来修饰 all。本句的动词 tell 是带双宾语的动词,故其后还有一个宾语从句。

③ **Precious and priceless are the blessings which the books scatter around our daily paths.**

分析 这是一个倒装句。倒装不仅突出了该句的表语,起到强调的作用,而且使得句子的主干结构更为紧凑。

恋恋美文

书与人生

书籍之于人类犹如记忆之于个人。它们记载了我们人类的历史和迄今的发现,还有各个时代积累下来的知识和经验;它们向我们描绘出自然界的奇妙和美丽。当我们身处困境时,它们给我们以帮助;当我们受难哀伤时,它们给我们以慰藉;当我们困倦疲惫时,它们让我们感到愉悦。书籍还能充实我们的头脑,使其充满美好、快乐的思想,帮助我们走出自我,超越自我。

许多人恰如常人所言,人生了无缺憾;然而他们却告诉我们,他们真正的快乐主要来自书籍。麦考利享有财富、名声、地位和权力,而他在自传中却告诉我们他一生中最幸福

的时刻是从书中获得的。他说道：“如果有人以不读书为条件，使我成为有史以来最伟大的国王，拥有众多的宫殿、花园，享用美酒，乘豪华的马车，着华丽的服饰，还有成百上千的仆人供我驱使，我也会拒绝。我宁愿做一个住在一间堆满书的阁楼里的穷人，也不愿做一个不爱读书的国王。”

书籍给我们日常生活轨迹中播种的快乐是珍贵无价的。在书籍中，我们仿佛与那些最高贵的灵魂并肩而行，穿越那最崇高迷人的幽域。

足不出户，坐在炉火边，我们就能徜徉在地球上最遥远的地方，或者翱翔在斯宾塞和弥尔顿的王国；在那儿，斯宾塞妙笔下超凡脱俗的仙女蜂拥而至，迎接我们的到来；在那儿，弥尔顿描写的天使在我们耳边大声地合唱着天堂赞歌。科学、艺术、文学和哲学——人类所有的思想，所有的历史以及一代又一代人用痛苦所换取的经验的结晶——所有这一切都蕴藏于书籍之中。



背景链接

本文作者约翰·卢伯克(Sir John Lubbock, 1834—1913)，英国银行家、作家、博物学家。在《史前时期》和《文明起源于人的原始状态》两书中创造了“旧石器时代”和“新石器时代”两个术语，著有有关动、植物的专著多部。

2 The Year of Wandering

徘徊的岁月

Sharpening your axe will not delay your job of cutting wood. 磨刀不误砍柴工。

抛
砖
引
玉

自己的人生要靠自己去探索，我们往往是在徘徊摸索中体味到自己真正想要的东西。迷惘并不可怕，可怕的是没有意识，不去思索。

Between the preparation and the work, the apprenticeship and the actual dealing with a task or an art, there comes, in the experience of many young men, a period of uncertainty and wandering which is often misunderstood and counted as time wasted, when it is, in fact, a period rich in full and free development.

It is as natural for ardent and courageous youth to wish to know what is in life, what it means, and what it holds for its children, as for a child to reach for and search the things that surround and attract it. Behind every real worker in the world is a real man, and a man has a right to know the conditions under which he must live, and the choices of knowledge, power,

and activity which are offered him. In the education of many men and women, therefore, there comes the year of wandering; the experience of traveling from knowledge to knowledge and from occupation to occupation.

The forces which go to the making of a powerful man can rarely be adjusted and blended without some disturbance of relations and conditions. This disturbance is sometimes injurious, because it affects the moral foundations upon which character rests; and for this reason the significance of the experience in its relation to development ought to be sympathetically studied. The birth of the imagination and of the passions, the perception of the richness of life, and the consciousness of the possession of the power to master and use that wealth, create a critical moment in the history of youth,—a moment richer in possibilities of all kinds than comes at any later period. Agitation and ferment of soul are inevitable in that wonderful moment. There are times when agitation is as normal as is self-control at other and less critical times.

The year of wandering is not a manifestation of aimlessness, but of aspiration, and that in its ferment and uncertainty youth is often guided to and finally prepared for its task.



念念有词

apprenticeship /ə'prentɪsɪʃɪp/	<i>n.</i> 学徒期
ardent /'ɑ:dənt/	<i>adj.</i> 热情洋溢的
courageous /kə'reɪdʒəs/	<i>adj.</i> 无畏的
rarely /'reəli/	<i>adv.</i> 很少地
blend /blend/	<i>v.</i> 混合
disturbance /dɪs'tɜ:bəns/	<i>n.</i> 干扰, 不安
significance /sɪg'nɪfɪkəns/	<i>n.</i> 意义
perception /pə'sepʃən/	<i>n.</i> 感知
consciousness /'kɒnʃənsɪs/	<i>n.</i> 意识
possession /pə'zeʃən/	<i>n.</i> 拥有