

英语角色阅读系列

Our Miracle World Series

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父母阅读

Parenting Miracles

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前 言

四五年前，我有幸陪同上海外国语大学一位著名的语言学大家去浙江讲学。他已年届古稀，但身体很好，与年轻人一起登山，尽管速度慢些，但所到达的高度却毫不逊色。他记忆力惊人，两三小时的讲座不用片言只语的提纲，折扇一摇，娓娓道来：讲述语言学的理论与应用，构思严谨，引经据典，深入浅出，让人觉得如同在听说书一般，兴趣盎然。来回的列车上，车厢的空调开得很足，与车外的盛夏酷暑形成强烈反差，我生怕老先生休息时着凉，但事实证明我纯属多虑。我不由好奇地跟这位大家请教健身之道：问是否锻炼，答曰从不刻意锻炼；问是否打太极拳，答曰太极拳太慢没兴趣；问是否常走路去学校，答曰都骑自行车。我不由啧啧称奇，难解要领。直到近日，我与几位博士生朋友闲聊，听说老先生仍然身体很好，而他告诉学生说，他身体好的秘诀是：读书！

读书能增长知识，陶冶情操。把读书当作一种乐趣，感受其中的愉悦，无疑有益于身心健康。但说读书有强身健体的妙用，如此高深的境界，或许是老先生独特的感悟吧。

在此，笔者无意去考证“读书强身健体论”的科学性和可操作性，只想借此事例说明一种感受：读书之乐趣，不言自明；读书之妙处，难以尽数。

培根“论读书”的一翻宏论，可谓千古绝唱：将读

书所包含的哲理和精妙之处，用他那生花的妙笔，生动形象地展示给了世人。或许，培根大师在写那篇宏论时肯定意想不到，几百年后，古老的东方大国居然有那么多人对他的祖国语言如此“痴迷”。英语读物在当今的中国图书市场铺天盖地，令人目不暇接，就算请大师帮忙选择读什么书，恐怕也会身陷迷宫，难以决断。不过，我想大师毕竟是大师，他一定很快就能认定：读什么书，人们各有各的兴趣，各有各的需求。因此，选择读什么书，首要的决定因素是自己的兴趣和实际需要，而兴趣和需要又跟每人所充当的社会角色密切相关。

站在读者的角度，设身处地地去揣摩不同社会角色的阅读兴趣和需求，让他们在阅读中感受各自的快乐和收获，是编译这套“英语角色阅读丛书”的基本出发点。而这一选题所包含的智慧之光，是上海科学技术出版社的编辑周勇剑先生发出的。从开始策划到项目完成，历时两年多，编译者一直努力争取把书稿尽量做得好一些。勇剑先生尽管不是外语专业出身，但从策划到选材，到翻译，到定稿，提出了许多令人叹服的专业性意见，表现出了很高的业务水平。

本套丛书首批共有四册，即《男生阅读》、《女生阅读》、《上班族阅读》和《父母阅读》。编者确定的选材标准是：明确定位，突出主体，以角色兴趣和需求为主导；体裁多样，主题积极，在“情感”和“理性”方面有明显亮点；篇幅适中，难易适度，适合中高级程度的读者阅读；(4)每册书按照各自的内涵和特

点，分为四个板块。此外，书中还提供了一些精选的时尚、实用的生活小贴士，为阅读解乏，给生活添彩。

各分册编译者根据这些标准选材、翻译、注释，并添加小贴士。丛书主编承担选文审定和译文审订工作。

《男生阅读》的第一部分突出师生之情、父子之情、兄弟之情等，追忆悠悠往事；第二部分抒发内心情感、忧愁烦闷，激发读者的共鸣；第三部分讲述先贤轶事、成功之道，意在汲取前人经验教训，以图自我完善；第四部分重在陶冶情操，升华灵魂，领悟真善美之至高境界。这些选文或令人潸然泪下、长叹不已，或让人满腔热情、意气风发，或引人低头沉思、发人深省。

女孩，上帝的宠儿：窈窕身姿，浅笑低吟，无不令人神往。《女生阅读》四个部分展现了一个多彩、美丽、多情和魅力无穷的女性世界：“青葱岁月，心路历程”娓娓道出女孩成长的内心感受，告诉你每个女性都有其迷人的魅力，而缺乏的或许是我们发现美的眼睛；“开拓奋进，不让须眉”让你领略成功女性独特的美和智慧，因为自强也是一种美丽；“千千情结，万般滋味”展示了女性排惻缠绵的友情、爱情和亲情，让女性的宽广胸怀显露无遗；而最后的“点滴感悟，且品且悟”，则带你体验因经历而成熟的女性风采，让你感受到心灵和哲思的馨香。

《上班族阅读》第一部分“行家指路，点石成金”讲述面试时的薪水谈判、办公室人际关系处理等实用技巧；第二部分“职场进退，应对自如”用叙述性故事来

解析工作中的进退得失，学会“能上能下”、“适时跳槽”等，以应对工作环境的实际遭遇；第三部分“苦乐甘甜，工作真谛”以经典散文为主，阐述工作的意义和价值，引人深思；第四部分“超越职业，感悟生命”以哲理性故事为主，突出积极乐观、坚持不懈、自信自强的态度是职业成功、生活圆满的关键，给读者以启迪和鼓舞。

《父母阅读》分为“夫妻和美，引龙添凤”、“怜爱呵护，训导有方”、“聪慧伶俐，学海冲浪”和“家和业兴，智慧人生”四个部分。从初为父母的角色转变、舐犊之情，到感受抚育甘苦、童幼趣事，到子女教育、性格培养，到和满幸福、其乐融融的家庭生活，书中绘制了一幅年轻父母所关心的问题的全景美图。

其实，面对生活，只要我们用心、努力，每个人都能以自己平凡的角色为之添色加彩，并创造出美妙的奇迹。

最后，就让我们坐定凝神，翻开属于你自己的阅读世界，从中体验收获、感受快乐吧！当然，要是还能像上海外国语大学那位语言学大家一样，领悟到强身健体之功效，那自然再好不过。而且如果真能如此，那“书中自有黄金屋、书中自有颜如玉”的古训，从此得加上一句“书中自有健身房”了，岂不美哉？！

当然，编译这种类型的读物，我们也是一种尝试，谬误之处，还请方家不吝赐教。

编者
于上海外国语大学
2006年6月

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夫妻和美



引龙添凤

Better, you can become prepared for what is to come and learn that while you might have wanted to wait a few years before embarking on this exciting and scary part of your life...

Going to Be a Dad Young and for the First Time

Angela Giles Klocke



When the news came, how did you take it? Were you upset? Scared? Excited? Not sure? Not to worry because the one pregnant, the mother of your baby, felt all the same things. In fact, if you're still feeling that way, she may be, also.

The biggest feeling you may be experiencing is fear. Not only are you going to become responsible for someone else while you are still learning to be responsible for yourself, but the whole aspect of parenthood for anyone at any age is scary¹. Everyone has the same fears: Can I be a good parent? You can be if you want to be, whether you knew pregnancy might happen or not.

Probably the hardest factor to deal with when the word is out that you will become a daddy is the fact that you already have a few strikes² against you. It is common knowledge that many fathers do not stick

你最好还是心理上做好准备，看看都该注意一些什么，而不是还想着再等几年才去面对这激动人心而又慌里慌张的生活现实……

年纪轻轻，头一次要做爹

安杰拉·贾尔斯·克洛克

得知消息时，你当时心情如何？不安？惊慌？激动？不敢相信？你大可不必烦恼！因为那位怀了孕的——你孩子的母亲——感觉也是同样的。实际上，如果你在那么想，她或许也在那么想呢！

或许，你最大的感受还是害怕。不仅因为你将要另一个人负起责任——其实你自己还在学习对自己负责任，而且因为不管谁不管几岁要当父亲时都有点心里发慌。人人都有同样的顾虑：我能当好父亲吗？无论你是否知道会否怀上孩子，只要你有心有意，就一定能当好。

或许，当你听说即将当爹时，最难适应的情形是自己已面临若干不利形势。通常许多父亲做不到总围着

1. 引起惊慌的 2. 不利条件

around³ for their child. Even if you and the mother of your baby can't make it work, you can still be the daddy you know you want to be. But peer pressure can make being responsible hard. Too many of your own age won't agree if you stand up for⁴ your right to be a dad, while others won't stick around after the first time you can't go out with them due to needing to be with your baby. This is when the time comes to be there for yourself and realize that now that you have helped create this new little life, there's no need to feel guilty if you can't be there to hang out⁵ with friends.

You know without anyone telling you that the journey from here is a long one. You knew from the day you heard the news that your life was going to be changed forever. However, none of it has to feel like your life is ruined. Better, you can become prepared for what is to come and learn that while you might have wanted to wait a few years before embarking on⁶ this exciting and scary part of your life, the time is now and here's what you might want to know ahead of time.

Your Baby's Mom in Pregnancy —————

The girl you knew to once be happy and energetic may suddenly become tired and upset a lot. Many young couples break up during pregnancy and it's no secret that the fighting that can occur at this time can be the main reason why. When a girl becomes pregnant, her hormones⁷ totally go out of whack⁸. One minute she may be laughing, and then she's cry-

自己的孩子转。即便你和孩子的母亲都万般无奈，你仍然可成为心中设想的好爹。但来自同龄人的压力，会让你感到承担责任真不容易。许多同龄人不愿让你先享有做父亲的权利；还有一些人因你需要照顾孩子而不能与他们一同行乐，有了第一次，他们以后就不再找你了。这时候，你就得自己学会过日子，而且要认识到，既然你已经缔造了这个小小的新生命，就不必因为不能常和朋友聚会而感到内疚。

用不着别人告诉你，你该懂得从此以后生活的路会很长。你知道从得知消息的那天起，你的生活就永远地改变了；不过，绝对用不着觉得自己的生活被毁了。你最好还是心理上做好准备，看看都该注意一些什么，而不是还想着再等几年才去面对这激动人心而又慌里慌张的生活现实。既然事已至此，还是看看你该事先了解些什么吧！

你孩子的妈妈怀孕了——

你心目中曾经快乐无比、充满活力的那个女孩，或许突然变得满面倦容、心气烦躁。许多小夫妻在怀孕时分手，因为人所共知：这一阶段容易发生争吵，而这也是分手的主因。当女孩怀孕时，她体内的激素发生巨变。刚才她还在哈哈大笑，不一会儿就哭哭啼

3. 逗留 4. 辩护；维护
5. [美俚] 闲逛；鬼混 6. 从事；着手
7. 荷尔蒙；激素 8. (机器等)不正常

ing the next — and you didn't even realize a change took place. This can cause you to feel hurt and upset yourself, thus leading to the feelings that cause fights. By trying to understand this may happen ahead of time, you can better prepare yourself and try to ease her tensions when they come up.

As pregnancy goes, your baby's mom will gain weight⁹. This can be devastating for many young girls, even if they are maintaining a healthy pregnancy weight. Don't give her any reason to believe you are upset about her body changes because the last thing you want her to do is quit eating out of fear that you won't care about her as much. She needs to take care of herself for the baby's sake as well as her own and your job is to help her want to. Encourage her and she will do her best to take care of herself. Remember, mood swings don't just happen during the beginning of pregnancy. It will be an ongoing thing. Just keep in mind for your own sake that it only lasts nine months (or a bit more after pregnancy as her body tries to return to being her own) and will pass and she will again be the person you remember her to be.

You've made it through the ups and downs¹⁰ of pregnancy with your baby's mother and now you are finally at the moment of truth — the baby should arrive any minute now. And you are either scared to death, or excited like you've never been before in your life. Either way, don't be surprised to watch the mother of your baby become someone you totally do

啼了——你还没注意到，她的情绪又变化了。这情形可能会让你心情不好且容易生气，从而最终导致争吵。事先了解这种情况可能会发生，你就能做好心理准备，在她情绪波动时设法减轻她的紧张不安。

随着孕期推进，孩子的妈妈会变胖。对许多年轻女孩来说，这都将是一个巨大的打击，哪怕她维持的是怀孕期健康的体重。别给她任何理由让她觉得你不喜欢她体形发生了变化，更不可让她因害怕你不像以前那么爱她而不吃饭。为了孩子，也为了她自己，她需要爱护自己的身体，而你的任务就是帮助她形成这种意识。多鼓励她，她才会尽力地爱护自己。

记住，情绪变化不仅仅发生在怀孕初期。这一过程会持续一段时间。你只需自己心里有底，这一过程就持续9个月（或稍长一点时间，即等生完了孩子，体形恢复到常态需要一点时间），很快就过去，她还会变回你熟悉的那个模样。

你已和孩子的母亲熬过了怀孕期的喜怒哀乐，终于迎来了这实实在在的一刻——孩子随时就要降生了。此时此刻，你或许觉得惊惧不已，或生来不曾如此激动过。无论如何，千万不可紧张得看着你孩子的母亲如同看着你完全不认识的人，或如同你以后再也不想见的人。生孩子是一次无比伟大，也确实确实

9. 体重增加；长胖 10. 盛衰；沉浮

not know and who you would never like to know again. Labor is an intensely powerful and, truthfully, painful experience. Mothers are filled with many emotions; thank goodness it is almost over — will I be a good mom?— I can't do this. It can be very hard for you when the mother of your child is in pain, or if she seems upset at you.

Participating in Birth _____

If you are still a couple, you may very well be in the labor and delivery room¹¹. One thing to keep foremost in mind is that however the baby's mom is acting now, it should be disregarded. Many moms-to-be can turn into screaming, angry women who practically squeeze your hand off. Others may demand you leave the room. And still others may become quiet and docile, refusing to speak to anyone. However she reacts, be prepared for it and let it go. If she screams that she hates you, don't take it seriously. Women in labor say many things they don't mean. It's your job to ignore it.

It's DAD Time! _____

After your baby is born, don't expect a lot from the mother. She is tired and may still be irritable. You may feel helpless or even useless at this point because she will want to keep her baby close by and do all the parenting. On the other hand, you also might feel as if you are doing everything. Each situation is different so there is no absolute that you can expect. Just try to be prepared for the unexpected. You may either feel cut out of the baby's life thus making you