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系列



# 学人生品质故事集

Quality Life

第1辑

阅读提高·知识扩充·文化解读·思维拓展

徜徉于世界文化经典的长河，学习地道英语，感悟别样人生！

王华运◎著

麦格希 中英双语阅读文库



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# 学人生品质故事集

Quality Life Stories I

第①辑

王华运 著

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# I 前言

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英国思想家培根说过：阅读使人深刻。阅读的真正目的是获取信息，开阔视野和陶冶情操。从语言学习的角度来说，学习语言若没有大量阅读就如隔靴搔痒，因为阅读中的语言是最丰富、最灵活、最具表现力、最符合生活情景的，同时读物中的情节、故事引人入胜，进而能充分调动读者的阅读兴趣，培养读者的文学修养，至此，语言的学习水到渠成。

“麦格希中英双语阅读文库”在世界范围内选材，涉及科普、社会文化、文学名著、传奇故事、成长励志等多个系列，充分满足英语学习者课外阅读之所需，在阅读中学习英语、提高能力。

## ◎难度适中

本套图书充分照顾读者的英语学习阶段和水平，从读者的阅读兴趣出发，以难易适中的英语语言为立足点，选材精心、编排合理。

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## 1

# The Monster in the Wardrobe

There was once a boy who was afraid of the dark. He thought that when it was dark his bedroom filled up with *monsters*. But there came a time when he was too old to be allowed to keep sleeping with the light on.

That first night he was *paralysed* with fear, his mind full of monsters. So much so, that



## 衣柜里的怪物

从前有个男孩非常怕黑。他认为一到天黑他的卧室就会充满怪物。可是他渐渐长大了，直到有一天，爸爸妈妈再也不允许他开着灯睡觉了。

在关灯睡觉的第一晚，他害怕得不得了，满脑子都是怪物。他太害怕了，便走到衣柜去拿手电筒。可当他打开衣柜门的时候，却和一个怪物面

monster *n.* 怪物

paralyse *v.* 使瘫痪；使麻痹

he went over to his *wardrobe* to get a torch. But when he opened the wardrobe door he came face to face with a monster, and he let out the loudest scream in the world.

The monster took a step backwards, grabbed its multicoloured hair with its *tentacles* and... started crying! The monster cried for so long that the boy's shock and fear *subsided*. He calmed the monster as much as he could, and started talking to him, asking him why he was crying, and what he was doing there.

The monster told him he lived in the wardrobe, but almost never went out, because he was afraid of the boy. When the boy asked him why, the monster told him the boy's face seemed to him the most *horrible* thing he'd ever seen with eyes, ears and a nose. The boy felt exactly the same way about the monster, who had an enormous

---

对面碰个正着，他尖叫起来，世上没有人比他叫得更响了。

怪物向后退了一步，用触角抓着他那各种颜色的毛发，然后……哭喊起来！怪物哭了好长时间，男孩不那么震惊和害怕了。他尽力让怪物平静下来，开始和他交谈，问他为什么哭，刚才在衣柜里干什么。

怪物告诉男孩他就住在衣柜里，可是几乎不怎么出来，因为他害怕男孩。男孩问他为什么害怕，怪物告诉他，说男孩的脸太恐怖了，是他见过的最恐怖的东西，他从没见过长着眼睛、耳朵和鼻子的脸。和怪物一样，男孩也一样害怕怪物，这个怪物长着一个巨大的脑袋，脑袋上长满了嘴巴和毛发。

---

*wardrobe* *n.* 衣柜

*subside* *v.* 减弱；减轻

*tentacle* *n.* 触角

*horrible* *adj.* 可怕的



head full of mouths and hair.

The two of them talked so much that they became quite friendly, and they realised that both of them had been afraid of the same thing: the unknown. To lose their fear all they had to do was get to know each other. Together they travelled the world, seeing lions, tigers, crocodiles, dragons... It was the first time either of them had seen such *creatures*, but they made the effort to get to know them, and ended up *dispelling* their fear, and becoming friends.

And, although his parents weren't too happy, because they thought he was too old to still believe in monsters, the truth of it was that all kinds of creatures visited the boy's bedroom each night. And, instead of fearing them he had learned to get to know them and befriend them.

他们俩交谈了很久，变得非常友善，他们意识到他们两个都害怕同一件事情，那就是未知事物。为了克服恐惧，他们必须要做的就是了解彼此。他们一起周游世界，一起看狮子、老虎、鳄鱼和龙……两个人都是第一次看见这么多的生物，可是他们努力地了解这些生物，最后驱走了恐惧，并且他们俩成为了朋友。

尽管男孩的父母不太高兴，因为他们认为男孩已经长大了，不该还相信有什么怪物，可事实上，每天晚上都有各种各样的生物来到男孩的卧室。男孩不但不怕他们，反而学习去了解他们，和他们做朋友。

# The Mystery of the Missing Coin

Once there was a *magpie* who realised that one of his most prized coins was missing. So he called the best *detectives* in the forest: the hare and the mouse.

The mouse was a bit cleverer and more *shrewd* than the hare; so, following the clues and using his reasoning powers,



## 硬币究竟到哪去了？

从前有一只喜鹊，发现他最珍贵的一枚硬币不见了。所以他叫森林里最棒的侦探来帮忙，他们是野兔和老鼠。

老鼠比野兔要更加聪明和机灵，因此他顺着线索，运用自己的推理能力，很快就来到了森林地下的隧道迷宫。他一进入迷宫就看到了鼯鼠先

*magpie* n. 喜鹊  
*shrewd* adj. 机灵的

*detective* n. 侦探

soon led him to the great *labyrinth* of tunnels under the forest. On entering, he saw Mr. Mole, but the mouse was very shy, so he said nothing to the mole about why he was there, and he carried on looking for the missing coin.

The hare was also a great detective, and, before long, he too arrived at the labyrinth. He was not a bit shy, and the first thing he did was go and ask the mole if he knew where the coin was. The mole was all too pleased to lead the hare to the coin. That coin had been bothering the mole for months, getting in the way of his tunnelling.

So the hare took the coin and collected his *reward*. The mouse, who had been watching all this, learned a lot from it. From then on he would never allow shyness to *undo* all his good work. This approach soon turned him into the best detective in the forest.

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生，但是老鼠太害羞了，并没有告诉鼹鼠他来这里做什么，而是继续寻找那枚丢失的硬币。

野兔也同样是了不起的侦探，没过多久他也来到了迷宫。他一点也不害羞，一见到鼹鼠就向鼹鼠打听他有没有见到那枚硬币。鼹鼠非常高兴地领着野兔去找硬币。那枚硬币已经困扰鼹鼠好几个月了，它正好挡在他挖隧道的半路上。

野兔就这样拿到了硬币，并得到了报酬。老鼠看着这一切，学到了很多。从那以后，他再也不会允许自己的出色工作因为害羞而作废。这样，老鼠很快就变成了森林里最好的侦探。

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*labyrinth* *n.* 迷宫

*undo* *v.* 使无效；废除

*reward* *n.* 报酬

## The Brave Little Tortoise and the Monster

Once upon a time, there was a *tortoise* on a ship, and the ship sank. Some time later the tortoise made it to a desert land surrounded by water on all sides except for one. The *landward* side led up to a big, steep, *craggy* mountain. To avoid starving to death, the tortoise decided to climb to the top of the mountain,



### 勇敢的小乌龟和大怪兽

从前，在一艘船上有一只小乌龟。船沉了，过了一会儿，这只乌龟来到了一处三面环水的荒地上。朝着陆地的那一面通向一座又大又陡峭的山。为了不饿死，乌龟决定爬到山顶，希望能越过山到另一边去。

*tortoise* n. 乌龟  
*craggy* adj. 多峭壁的

*landward* adj. 朝向陆地的

hoping that he would be able to cross to the other side.

When he got to the snow-covered *summit* he was freezing cold, and then a *blizzard* started. He just managed to make out a small pathway leading down the other side of the mountain. But the path was guarded by a big monster that wouldn't stop shouting.

"Uuh uuh uuh!"

Such a sight and sound almost killed the tortoise with fright, and all he wanted to do was hide his head inside his shell. But, looking around him, he saw that many other animals were lying frozen to death, and with looks of horror on their faces. So the tortoise didn't go into his shell.

He *summoned* up all his *courage* to move down the path towards the monster. The closer the tortoise got, the more the monster

当乌龟爬到冰雪覆盖的山顶时都冷得不行了，这时下起了暴风雪。他好不容易找到一条通向另一边的下山的小路。但是这条路被一个大怪兽把守着，那怪兽不停地吼叫着。

“嗷，嗷，嗷！”

见到这情景，听着这恐怖的声音，乌龟简直要吓死了。他只想把头缩进壳里。可是，他四处张望了一下，看见很多其他的动物都冻死了，他们的脸上带着惊恐的神情。所以，乌龟并没有缩进壳里。

他鼓起所有勇气，顺着这条路向怪兽的方向爬下去。他越接近怪兽，就越发现怪兽变了样子。当他快到的时候，他发现之前以为的怪兽原来只

*summit* *n.* 峰顶  
*summon* *v.* 鼓起；振作

*blizzard* *n.* 暴风雪  
*courage* *n.* 勇气

changed its shape. Then, when he was almost upon it, the tortoise realised that what he had thought was a monster, was only a great pile of rocks, which formed a shape just like a monster. As for the “Uuh uuh uuh”, the tortoise realised this was just the sound of the wind blowing through a small cave.

The tortoise carried on, and eventually *descended* into a beautiful valley, filled with woods, and plenty of food. The tortoise lived very happily here, and became known everywhere as the Brave Little Tortoise.

---

是一堆石头，只是形状像怪兽罢了。而他听到的“嗷嗷”声，也只是从一个小山洞里吹出的风声。

乌龟继续走着，最终来到了山下一个美丽的山谷，山谷里满是树林和很多的食物。乌龟在这里非常快乐地生活着，所有人都知道了他是“勇敢的小乌龟”。

---

descend *v.* 下来；下去

## 4

# The Creature in the Attic

The first time anyone heard about the creature in the *attic* was after one of the children went up there to look for an old book. Everything was dark, but between the shadows, the boy could clearly see two eyes watching him *intently* from above, with a horrific expression on its face. They were big eyes, about a metre apart, giving some



## 阁楼里的怪物

人们第一次听说阁楼里的怪物是在一个男孩去阁楼找一本旧书之后。那里漆黑一片，可是就在阴影中间，男孩清楚地看到两只眼睛正从上面紧紧地盯着他，脸上带着恐怖的表情。那两只眼睛非常大，眼睛之间约有一米的间距，可想而知，这个可怕的东西该有个多大的脑袋。男孩用尽全身气力惊叫着跑了出去，锁上了门，把怪物关在了里面，

attic *n.* 阁楼

intently *adv.* 专心地

idea of the size of that terrible being's head. The boy yelled with every bit of air in his lungs, ran out, and locked the door, leaving the monster in the attic, *growling* to himself.

For the next two days the people in that village were living in terror. The growls from the attic and the beating on the attic door continued, and news of the *blighter's* cruel nature spread across the land. The disgraceful behaviour only got worse, but no one was brave enough to go up to that attic and confront the beast.

Before long, a Norwegian fisherman passed by. Some days earlier his whaling ship had sunk, and this fellow seemed like a *formidable* old sea dog; a hard character indeed. Some men in the village asked him to help them confront the awful creature. The Norwegian did not hesitate to help, in return for a little money, but when he approached the attic and heard the growls of the monster, his expression

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留下他自己咆哮着。

接下来的两天，村子里的人都被恐惧笼罩着。阁楼里一直传出咆哮声和敲门声，这整片地方遍布着关于这个坏家伙的残酷本性的消息。情形变得越来越糟，可是没有一个人有胆量上到阁楼去看一看那怪物。

不久，一个挪威的渔夫从这里经过。他的捕鲸船在前几天刚刚沉没，这家伙看起来是个了不起的老水手，是个很厉害的角色。村子里的一些人要他帮忙去对付那个可怕的怪物。挪威人一点都没有犹豫就答应了，只要了很少的钱作为报酬。可是当他到了阁楼听到那个怪物的咆哮声后，他的神情变了，他下楼索要了更多的钱。他还要了一些工具、一张大网和一辆

---

*growl* v. 咆哮

*formidable* adj. 了不起的；强大的

*blighter* n. 可恶的家伙；讨厌的人



changed and he went downstairs to ask for a lot more money. He also asked for some tools, a big net, and a cart. If he was to *triumph* against the beast, he wanted to take it away, as a *trophy*.

All the village folk were gathered around, and watched as the Norwegian opened the attic door, and went inside, to be met by deep, shuddering growls. After the fisherman had been inside for a short while the noises stopped.

Never again would the villagers see the Norwegian, or hear the sounds of the beast. Neither did anyone ever dare to go up to the attic again.

Do you want to know what happened behind that door? Are you sure?

Well, when the Norwegian opened the door, he could see the eye of Olaf, his enormous and fierce *helmsman*. The eye was also

车。如果他战胜了那怪兽，他要把它作为战利品带走。

所有村民都聚在阁楼周围，看着挪威人打开阁楼门走了进去，迎接他的是低沉、颤抖的咆哮声。渔夫走进去之后不久那声音便停了下来。

村民们再也没看见挪威人，再没听见怪物的叫声。也没有人敢再去阁楼瞧一瞧。

想知道那扇门后发生了些什么吗？你确定？

当挪威人打开门后，他看见了他凶暴的舵手奥拉夫的独眼。这只眼睛经过镜子反射，让人看起来就像长在一个头上的两只眼睛。奥拉夫的另一只眼睛带眼罩好多年了。两个人继续大声用他们本国的语言交谈着。这个

*triumph* v. 打败；战胜

*helmsman* n. 舵手

*trophy* n. 战利品