

温馨 英文

Warm
English

郭易平等 编译

大学英语美文赏析



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Peace Still

心静
如水

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How many times do we miss blessings
because they are not packaged as we expected?

我们多少次地与祝福擦肩而过，
仅仅因为他们没有按我们想要的样子包装？

心 静 如 水

Being Still



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邬易平等 编译

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前言

阅读,是一种思考。品味文字的生动,体会言语的情绪,感受书籍的智慧。文字安静而整齐的排列,犹如涓涓细流,浅吟低唱;言语生动而活泼的堆砌,犹如奔涌河流,激昂心动;书籍平淡而朴实的陈白,犹如深蕴海洋,任君遨游。

阅读,是一种享受。一杯茶,一盏灯,一种心情,一番情境,如春之清香,夏之微风,秋之果实,冬之暖炉,或淡定如水,或生动如风,或细语倾述,或豪情壮志。

阅读,是一种力量。白纸黑字,不仅仅给予冷静的思量,深入的考究,也能成为刚强之源,平静之泉,鼓舞人心。有了阅读的力量,也能尝尽甜苦人生,也能体味冷暖人间,也能亲历苦难人世,也能坦然沧桑世间路。

阅读,是一种成长。读书,是一个富有生命力的进程,人生因为阅读而多姿多彩。足不出户,了知天下事。伴随着阅读,经历着成长之点滴,游历着历史之时空,了解着世间之丰富,感叹着人生之精彩。

阅读,是一种快乐。与作者的互动,与文字的游戏,心有灵犀的感悟,心有回应的慰藉。阅读的快乐之于人,犹如水之于鱼,不仅带来生之希望,亦能带来生之喜乐。

阅读之于人,能积累知识,能修生养性,能丰富人生,不受国界之限制,不论语言之异同。

因此,我们要学会阅读,更要学会阅读不同国度的书籍,亲历不同语言的美妙,体会不同文化的魅力。

我们希望《大学英语美文赏析》系列丛书能帮助渴望培养英语阅读能力,提高英文欣赏水平的读者们去破解英语阅读之秘密,去体验英语美文之瑰丽。

本书为《大学英语美文赏析》系列四级丛书之一。精心选取的四十篇国外最新美文,从心灵、情感、教育、科普、社会、文体、励志和哲理八个方面为读者提供接触经典英文的机会。每篇文章包括斟词酌字、佳句有约、译笔生花、情趣链接四个部分,它们不仅帮助读者理解文章,掌握重要单词和句型,还为读者列出丰富的文化语言链接内容,以更好地欣赏美文,了解英语语言和文化。

本书所有的文章均来自于2005年之后的英语报刊杂志,选材新颖,结

构安排合理,内容紧跟时代潮流,语言地道真实。本书既能提供英语美文的赏析,也能拓展视野,更好的了解英语世界和文化。

本书的目标读者广泛,不论是教师还是研究生、本科生抑或专科生,只要对优美的英文篇章感兴趣的读者都将从中获益匪浅。

本丛书由浙江工商大学外国语学院骨干教师编写。本册由邬易平主编统稿。其中第6、7、8、11、13、16、27、29、36、39篇由邬易平编写;第2、3、5、9、10、12、25、26、32、34篇由李先玉编写;第14、17、18、19、20、21、22、23、24、30篇由王镇编写;第1、4、15、28、31、33、35、37、38、40由徐燕编写。

本书的编辑出版得到了浙江工商大学外国语学院、浙江工商大学出版社以及教务处等有关领导和部门的大力支持和帮助,谨此一并表示感谢。

由于编者水平与经验有限,书中难免还有不足之处,希望广大读者批评指正。

编者

2009年12月

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On Peace of Mind

Author: Unknown

什么是幸福？健康、爱情、美貌、才华、权力、财富还是名誉？幸福可以有很多种，但是，不要忘了，最最重要的是，我们需要一颗宁静的心。

Joshua Loth Liebman: "On my head pour only the sweet waters of serenity¹. Give me the gift of the untroubled mind."

Once, as a young man full of exuberant² fancy, I undertook to draw up a catalogue of the acknowledged "goods" of life. As other men sometimes tabulate³ lists of properties they own or would like to own, I set down my inventory⁴ of earthly⁵ desirables: health, love, beauty, talent, power, riches and fame.

When my inventory was completed I proudly showed it to a wise elder who had been the mentor⁶ and spiritual model of my youth. Perhaps I was trying to impress him with my precocious⁷ wisdom. Anyway, I handed him the list. "This", I told him confidently, "is the sum of mortal goods. Could a man possess them all, he would be as a god."

At the corners of my friend's old eyes, I saw wrinkles of amusement gathering in a patient net. "An excellent list," he said, pondering⁸ it thoughtfully, "well-digested⁹ content and reasonable in order. But it appears, my young friend, that you have omitted⁹ the most important element of all. You have forgotten the one ingredient, lacking which each possession becomes a hideous¹⁰ torment¹¹."

"And what," I asked, peppering¹² my voice with truculence¹³, "is that missing ingredient?"

"With a pencil stub¹⁴ he crossed out¹⁵ my entire schedule. Then, having demolished¹⁶ my adolescent dream structure at a single stroke, he wrote down three syllables: peace of mind. "This is the gift that God reserves for His special Protégé¹⁷." he said.

“Talent and beauty He gives to many. Wealth is commonplace, fame not rare. But peace of mind — that is His final award of approval, the fondest symbol of His love, He bestows¹⁸ it charily¹⁹. Most men are never blessed with it; others wait all their lives-yes, far into advanced age²⁰ — for this gift to descend²¹ upon them.”

From www.chinadaily.com.cn, Aug. 10th, 2009

斟词酌字 NOTES

1. serenity *n.* 宁静,沉着,如: The hotel offers a haven of peace and serenity away from the bustle of the city. (那家宾馆远离闹市,是一个幽静的好去处。)
2. exuberant *adj.* 繁茂的,丰富的,充满活力的,如: She gave an exuberant performance. (她的表演热情洋溢。)
3. tabulate *v.* 制表
4. inventory *n.* 详细目录
5. earthly *adj.* 世俗的
6. mentor *n.* 导师
7. precocious *adj.* (能力或行为)早熟的,如: His son is a precocious child who could play the piano at the age of three. (他的儿子是一个三岁就能弹奏钢琴的早慧儿童。)
8. ponder *v.* 深思,考虑,如: He pondered for some minutes before giving an answer. (他思考了几分钟才作答复。)
9. omit *v.* 省略,疏忽,遗漏,如: Don't omit locking the door. (别忘了锁门。)
10. hideous *adj.* 丑陋的,可怕的,如: He suffered a hideous torment when the enemy caught him. (被敌人抓到后,他遭受了可怕的折磨。)
11. torment *n.* 苦痛,拷问,折磨,如: That child is a torment to his parents. (这孩子对他的父母是一种折磨。)
12. pepper *v.* 加胡椒粉,本句中是比喻的用法,指说话的语气带有紧迫感。
13. truculence *n.* 凶猛,粗暴
14. stub *n.* (烟、铅笔等的)残余部分
15. cross out 删去,取消
16. demolish *v.* 破坏,粉碎,如: Her article brilliantly demolishes his

argument. (她的文章精辟地批驳了他的论点。)

17. protégé *n.* 受提携的年轻人, 为法语词。

18. bestow *v.* 授予, 如: The prize was bestowed upon the winner. (奖品授予了优胜者。)

19. charily *adv.* 小心地, 谨慎地, 俭省地

20. advanced age 老年, 暮年

21. descend *v.* 降临, 来临

佳句有约 PATTERNS

1. On my head pour only the sweet waters of serenity.

点拨 本句为完全倒装句。表示地点、时间、方向等的介词短语放在句首时构成全部倒装, 如: In front of the village runs a babbling brook. (村前流淌着一条潺潺的小溪。)

2. Then, having demolished my adolescent dream structure at a single stroke, he wrote down three syllables: peace of mind.

点拨 本句的从句为现在分词的完成式作时间状语, 往往表示动作先于主句谓语动词发生, 如: Having finished his speech, he answered our questions. (做完演讲后, 他回答了我们的问题。)

译笔生花 TRANSLATION

宁静之心

乔舒亚·洛斯·列勃曼: “愿思绪如甘泉般静静流淌, 赐予我一片宁静的心境。”

当我还是充满幻想的年轻人, 曾试图列出生活中公认的“幸福”。正如人们有时会把他们拥有的或者想拥有的东西都一一列出一样, 我列出了人们普遍的欲望: 健康、爱情、美貌、才华、权力、财富和名誉。

写完后, 我胸有成竹地把列表送去给一位年长的智者看, 他是我年少时的精神导师和楷模。大概是我想向他展示自己的早慧吧。我把列表给了他, 自信地说, “这就是所有幸福的总和。谁能拥有这些, 就如同上帝般拥有了一切。”

智者微微地笑了, 慢慢地, 皱纹如同一张网凝聚在他的眼角。 “写得不

错!”他沉思片刻,接着说,“概括得很精辟,表达得很有条理。但是,年轻人,你似乎忽略了最重要的一点。没有了它,无论拥有什么都会变成痛苦的折磨。”

我迫不及待地追问,“那缺少的到底是什么?”

他用一截铅笔在我的列表上划了个大大的叉,一下子粉碎了我年轻的梦。接着写下了几个字:宁静之心。“这是上帝为他眷顾的年轻人准备的一份礼物。”

“集美貌与智慧于一身者不计其数,富有者随处可见,名望者也不在少数。但是,一颗宁静之心,这是上帝最后的奖赏,是对他眷顾者最佳的恩赐,他从不慷慨施予。大多数人都无法得到,有的人则等待了一生——直到暮年才得偿所愿。”

情趣链接 Link

《心灵的宁静》

乔舒亚·洛斯·列勃曼(Joshua Loth Liebman)的名作《心灵的宁静(Peace of Mind)》曾经创下占据美国权威图书排行榜——《纽约时报》畅销书排行榜榜首 58 周的惊人纪录。书中讨论的是爱、孤独、痛苦、恐惧,这些人们内心深处的情感,是每个人都无法回避的真实。由于这些情感的普遍性,以及作者洞察人性的智慧,这本书受到了极为普遍的欢迎。

乔舒亚·洛斯·列勃曼不但是波士顿以色列圣殿的拉比(犹太教神职人员),而且还是美国广播电台著名布道师。他在全美广播公司(National Broadcasting Company)、美国广播公司(American Broadcasting Company)和哥伦比亚广播公司(Columbia Broadcasting System)东西海岸广播网所作的演讲,拥有过数百万的听众。他在新英格兰 6 个州所作的星期天布道广播,听众也超过了百万。乔舒亚·洛斯·列勃曼先后担任过哈佛、康内尔、瓦萨尔、达特茅斯、威尔斯利、史密斯及其他名牌大学的大学布道师。他是安多弗—牛顿神学院犹太哲学与文学的客座教授。据称,他被邀请在一所基督教神学院定期给基督教师讲授犹太教的课程,是有史以来的第一位拉比。乔舒亚·洛斯·列勃曼曾就读于耶路撒冷的希伯莱大学和辛辛纳提的希伯莱联合学院,并获希伯莱哲学博士学位。二次大战期间,他出任陆海军宗教活动委员会委员,指导犹太牧师在军队中工作。

从作者的这些经历来看，他毕生所关心的，正是人们的精神世界，由他来告诉大家，如何在现代社会激烈竞争的环境中求得心灵的宁静，是再合适不过的了。从该书中，人们会看到作者运用现代心理学的发现，来分析现代人的精神世界，来讲述爱和宽容的意义、悲痛的法则、感情的实质，来大声宣布生存的原则。而这一切，又都是我们大家迫切需要的。

Two Extremes in Life

Author: unknown

你是否喜欢抱怨冬天太冷？你是否喜欢抱怨夏天太热？你是否觉得你生活的不快乐？生活如此美好，怎能只留下抱怨？换个角度，你会发现一片崭新的天空……

It has been so bitterly¹ cold here in Pennsylvania².

I can't remember a winter being as cold as this, but I'm sure there were colder days.

Even though the daylight hours are growing longer minute by minute, it's easy to find an excuse not to go out unless you absolutely must, but then again I often have to push myself to³ accomplish things.

People I speak to have been in all kinds of nasty⁴ moods. They say they're "under the weather," not feeling good about this time of year.

As I stood outside with my two dogs yesterday, it was so cold that my nose and face felt crisp⁵ and my cars were stinging⁶.

Of course, that doesn't matter to Ricky⁷ and Lucy⁸. They have a routine they must go through to find just the fight spot no matter how cold or hot it is.

So I wait.

But this time it was different. As cold as it was, I suddenly was invigorated⁹ thinking about how wonderful this extreme cold really was.

Then the sun broke through¹⁰ the clouds and memories of summer's scorching¹¹ hot days flashed¹² through my mind. I could remember standing in the heat of the afternoon, sweat pouring down my brow and the hot, burning sun against my face. I reminded myself then and there that in the cold of the winter I would wish I had this heat.

I was right.

Two extremes in my life that most of the time I find uncomfortable, I normally dread¹³ them and gripe¹⁴ about it all the way through.

But today I was grateful for them. Without the extremes in my

life, I would never appreciate the days when things were just right. Without the extremes life would be boring.

It's being pushed to one of the extremes that makes us appreciate the middle more. Health challenges reminds us that we need to pay more attention to how we live. Financial extremes reminds us that when things are in excess¹⁵ it's time to tuck away¹⁶ for when the times are lean¹⁷.

So bring on the cold so I appreciate the heat more.

Make me sweat on a hot summer's day so I wish I had a handful of snow to rub my face in.

I've come to the conclusion that all too often I find a reason not to be happy with where I am at that moment.

Whether it's hot or cold, good health or bad, in the money or out of it, I always wanted it to be different.

But no more. I want to start finding a reason to be happy right where I am. Even if it's simply the fact that I'm alive.

I'm tired of being "Under the Weather"¹⁸!

From www.pcp.com.cn. Oct. 13th, 2009

斟词酌字 NOTES

1. bitterly *adv.* 苦苦地, 厉害地, 极端地, 非常地, 如: The drug is wanted bitterly. (这药很急需。)
2. Pennsylvania *n.* 宾夕法尼亚 (美国州名), 为纪念开创人威廉·宾 (William Penn) 之父而得名。州名的意义为“宾氏林地”。面积: 117, 412 平方公里, 在五十州内列第三十三位, 人口: 11, 785, 000 人。
3. push *v.* 对……施加压力, 逼迫, 驱策, 敦促, 如: He pushed her into making a decision. (他催促她做出决定。)
4. nasty *adj.* 令人讨厌的, 令人厌恶的, 如: nasty weather (令人不快的天气)。
5. crisp *adj.* 脆的, 易碎的, (雪、树叶等压碎时) 发出脆响的
6. stinging *adj.* 刺人的, 刺一般的, 有针刺的, 如: a stinging sensation (刺痛的感觉), stinging insects (有刺的昆虫), stinging plant (有刺的植物)。
7. Ricky *n.* 里基 (Rick 的异体, 亦作 Rickie) (男名)
8. Lucy *n.* 露西 (姓氏, 女名)

9. invigorate *v.* 鼓舞,激励,增添活力,如:I feel invigorated by all this fresh air. (空气清新,我觉得精神焕发。)
10. break through 突破,突围,如:The sun broke through the clouds. (太阳从云层中钻了出来。)
11. scorching *adj.* 极热的,尖刻的,如:The scorching sun grilled us. (炙热的太阳把我们烤焦了。)
12. flash *v.* 闪现,闪烁
13. dread *v.* 恐惧,害怕,如:I dread to think what will happen if she finds out the truth. (我不敢想如果她知道真相后会怎么样。)
14. gripe *v.* 抱怨(某人/某事),发牢骚,如:There's no sense in just griping about it. (光发牢骚没意义)。同义词:complain.
15. in excess 过度,过量,过大,过多
16. tuck away 收藏,如:He's got a fortune tucked away in a Swiss bank account. (他把一大笔钱存在瑞士银行里了)。同义词组:put away.
17. lean *adj.* 瘦的,贫乏的,歉收的
18. under the Weather 身体不舒服,心情不好

佳句有约 PATTERNS

1. Even though the daylight hours are growing longer minute by minute, it's easy to find an excuse not to go out unless you absolutely must ...

点拨 句中 even though 意思是:纵使,尽管,即使,引导让步状语从句。其中 unless 是连词,意思是“除非,如果不,要是不”,引导条件状语从句,如:I sleep with the window open unless it is really cold. (我总是开着窗户睡觉,除非天气非常冷才关上窗户。)

2. People I speak to have been in all kinds of nasty moods. They say they're “under the weather,” not feeling good about this time of year.

点拨 该句中 People 后面的 I speak to 为定语从句,修饰 People; be in ... moods 意思“有某种心情”; under the weather 的意思是:“身体不舒服,心情不好”,后面的独立结构 not feeling good about this time of year 进一步补充说明每年的这个时候都感觉不舒服。

生活中的两极

作者未知

宾夕法尼亚州的冬天天寒地冻。

我已忘记往年的冬天是不是像现在这样冷，但我肯定更冷的日子还是有过的。尽管白天在慢慢变长，除非必须出门，否则找个呆在屋子里不出去的理由还是很容易的。但是然后呢，通常我不得不拼命赶工，以完成那些因偷闲而尚未完成的工作。

我接触过的人有着各种各样的糟糕的心情，他们老说自己“不舒服”，每年这个时候都这样。

昨天当我和我的两只狗待在室外的时候，天非常冷，以至于冻得我的脸和鼻子感觉都快要掉下来了，我的汽车上也全是冰刺。

当然，在里基和露西眼里这根本不算什么。无论天冷还是天热，他们都要按老规矩来争夺自己的地盘。

于是，我在那儿等着。

这次跟以前有点不同，天虽然还是那样冷，但当我突然想到三九寒天也自有妙处之后，不由精神为之一振。

太阳这时穿破了云层，夏日里火烧火燎般炙热的情景在我脑海中一闪一闪。我记起午后站在外面，热浪而来，汗水哗哗地沿着我的眉毛淌下来，火辣辣的阳光炙烤着我的脸。就在那时我提醒自己，等到了寒冷的冬天我会希望天热一点。

没错。

生活在这两种极端天气里，大多数时候我都觉得不舒服。我通常讨厌严寒酷暑，牢骚满腹。

但是今天我却为能拥有像这样的极端天气而心存感激。因为没有这三九寒暑天，我永远也不会感激那些不冷不热的日子。生活中少了这些极端的天气也许会很有趣。

被推向极端能让我们更感激和珍惜那些平凡时刻。健康不适会提醒我们更加注意平时的生活方式。经历过丰衣足食和捉襟见肘的日子让我们明白：富足时应未雨绸缪，为贫穷的日子做准备。

因此，寒冷到来时，我就更加欣赏那炎炎夏日。

挥汗如雨的炎炎夏日里,我将希望可以用一捧寒雪来擦拭我的脸庞,使我感到凉爽。

归根结底:以前,不管什么时候我总会找出使自己不快乐的理由。

不管是冷是热,健康还是生病,富有还是贫穷,我总是想让我的境遇变得不同。

这样的想法结束了。我开始想找个随遇而安的理由。哪怕仅仅是为了我还活着这个简单的事实。

我已厌倦了“感觉不舒服”的日子。

情趣链接 Link

“Under the Weather” and “down with a bug”

美国人在说“我不太舒服”的时候,经常会用:under the weather。weather 的意思是天气,但 under the weather 的意思却是:不太舒服,和天气没有什么关系。下面我们举个例子:一个同学打电话向老师请假。

例句 1: Mr. Li, this is Susan. I'm sorry, but I can't come to class today — I'm feeling a little under the weather.”(李老师,我是苏珊。对不起,今天我有点儿不舒服,不能去上课了。)

冬天,人们往往会因为感冒或咳嗽而不得不请几天假。这通常都是不太严重的毛病。有时候也会因为一些传播得很快的病毒而使人感到不舒服。这对体弱的人来说可能是很危险的,或许会引起并发症。美国人在口语里经常把这种病毒叫 bug。

bug 这个单词的意思是:小虫子。虽然从医学的角度不能把病毒叫做 bug,但在这种情况下,你如果用 bug 这个词,谁都知道你指的是传染疾病的病毒。我们来举个例子。汤姆在打电话给他的朋友:

例句 2: Jimmy, this is Tom. I'm sorry, but Ellen and I are both down with this darn bug that's going around, so I'm afraid we won't be able to come to dinner tonight. (吉米,我是汤姆。很抱歉,由于最近流行的那种讨厌的病毒,艾伦和我都感到很不舒服,所以今晚我们恐怕不能过去吃晚饭了。)

under the weather 是很概括地表示不舒服,而不是具体地说什么病,如头痛,肚子痛等。该短语应该是有小毛病时最普遍的用法,而 down with a bug 是指受到流行性病毒的感染而身体不舒服。