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The Deeper Well of Memory

记忆的
深泉



浙江工商大学图书馆



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at first with all that we have, and then, when that is no longer possible,
to make music with what we have left.
那么, 先始于手中所有, 待到渐渐消磨或逐渐变故, 便用手中所剩,
尽情造出个未来吧。

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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,从科普、情感、哲理、人生、人物、社会、文化、心境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。本册由沈志法主编统稿。其中第1、9、11~13、15、29、30、32、39篇由沈志法编写;第2、5、16、19、22、23、27、31、33、38篇由高婷婷编写;第3、4、6、10、17、18篇由郭宁编写;第21、26、35、36篇由丁仁仑编写;第7、8、14、20、24、25、28、34、37、40由蒲松龄编写。

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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Sleepy Solutions

By Julia Slater

美国心理学博士公布了一项有关人类梦境的研究成果：无论国籍、性别、贫富、贵贱、宗教信仰以及文化背景如何，全世界 60 多亿人每天晚上都在做着大同小异的 12 种梦。

We dream every night of our lives. We have about four to six dreams a night and spend about two hours of our sleeping time dreaming. During that time we experience a rich world of images, stories and characters from our present and past. But how many of us take the time to explore this world that is such a large part of our lives? Most of us are so busy with our waking lives that we don't stop to analyze our dreams, and most of us hardly even try to remember them.

But there are many good reasons for looking into this valuable part of ourselves. When you are asleep, your mind is free to wander without the restrictions you place on it when you are awake. It is busy making sense of the experiences you have had during the day. It is making connections between events in your past and present, so that you can make sense of them. Analyzing your dreams can help you identify your emotions, discover your feelings towards the people in your waking life, solve problems and tap into¹ your creative side.

How can you remember your dreams?

You may now be raring² to start analyzing your dreams, but there's only one problem. Many of us have lost our ability to recall our dreams. Our culture doesn't place much importance on them. Coupled with³ this is the fact that we quickly forget our dreams as we leap out of bed at the sudden buzzing⁴ of our alarm clock. We rush into our day, quickly forgetting the stories that we've been viewing in our sleep. But experts say that you can train your mind to remember those stories, and they have some simple tips to help you capture them.

At night, take time to prepare yourself for sleeping. Have a relaxing bedtime routine such as a glass of warm milk, to give your body a smooth transition to sleep.

And prepare yourself for dreaming, too. Review the events of your day, since those events tend to have a prominent place in our night time dramas. Suggest to yourself that you will remember your dreams.

As soon as you wake up, remain in bed with your eyes closed and recall what you've been dreaming.

Keep a dream journal—either in paper form or on a tape recorder. Immediately upon waking, write down as many details as you can remember, no matter how insignificant some of them may seem. Be sure to include emotions experienced.

Interpreting your dreams: What does it all mean?

Dream researcher Patricia Garfield has found that people all around the world have variations of 12 common dreams. Here are a few of them and the possible meanings. Of course, the dreamers themselves need to analyze these dreams in the context of their lives.

Being chased or attacked. This is the most common dream. According to Garfield, this traces back to the early human experience of having to flee from animals and tribal predators⁵. When we have a dream that someone is chasing us, it can mean that we feel a threat in our waking life. When analyzing this dream, try to figure out what or who the thing or person chasing you reminds you of.

Vehicular⁶ trouble. There are many variations of this dream. People dream that they are in a car that is out of control. Most common in this sort of dream: The breaks don't work. Usually this means that you feel out of control. If you have this sort of dream, Garfield suggests reflecting on⁷ your current situation. You may be trying to do too much and your subconscious may be warning you to slow down.

Poor performance on a test or other situation. This common dream can occur throughout life—usually when you feel you're being tested. It can involve forgetting your lines on stage, for example. To analyze this, you need to think about where you might be feeling unprepared for some challenge in your waking life.

Falling dreams/ flying dreams. Falling dreams can mean that you

feel insecure, or that you have no support in your waking life. Flying dreams, on the other hand, are more positive. They can mean that you feel like you're going to be able to achieve your waking-life goals.

From <http://www.readersdigest.ca>

斟词酌字 NOTES

1. tap into 开发, 发掘, 如: They made success by tapping into recent developments in technology. (他们靠最近开发的技术取得了成功。)
2. raring *adj.* 渴望的, 急切的, 如: she was raring to get back to her work. (她急切希望重新工作。)
3. coupled with 加上, 外加, 如: His intelligence, coupled with her patience, overcame all difficulties. (他的智慧, 加上她的耐心, 克服了重重困难。)
4. buzzing *n.* 嗡嗡声, 蜂鸣声。
5. predator *n.* 掠夺者, 捕食者。
6. vehicular *adj.* 车辆的, 运输工具的, 如: vehicular access (车辆入口)。其名词形式为 vehicle (交通工具)。
7. reflect on 仔细想, 回忆, 如: I often reflect on my schooldays. (我经常回忆起我上学的日子。)

佳句有约 PATTERNS

1. Coupled with this is the fact that we quickly forget our dreams as we leap out of bed at the sudden buzzing of our alarm clock.

点拨 本句中 The fact that ... 中 that 引导的是 fact 的同位语从句。该同位语从句旨在说明 fact 的内容。后面可以跟 that 同位语从句的名词还有: answer, belief, conclusion, decision, evidence, hope, news, opinion, promise, report, thought, truth, wish 等。

2. When analyzing this dream, try to figure out what or who the thing or person chasing you reminds you of.

点拨 本句中 When analyzing this dream 相当于 When you are analyzing this dream, what or who 引导的名词性分句作 figure out 的宾语, 现在分词短语 chasing you 作定语, 修饰 the thing or person。

探梦人生

□ 朱莉娅·斯雷特

每晚我们都做梦，而且会花上大约两个小时做四到六个梦。梦境中我们经历了一个丰富的世界，有我们现在和过去曾经看到的景象、遇到的人或发生的事。可是有多少人会去探索这个占据我们生活重要部分的梦境世界呢？我们大多数人都过于重视清醒世界的生活，而没有时间分析我们的梦境，甚至根本就不想去记住这些梦。

但是事实上对梦境进行分析太有必要了。当我们清醒的时候，思维会受到各种约束。而我们睡着的时候，思维会自由驰骋。大脑在忙着理解白天所经历的一切，把过去发生的事情和现在发生的事情联系起来，这样帮助你更好的理解。分析梦境可以帮助确定自己的情感，发现生活中对人的态度，还可以帮助解决问题和发掘创造力。

怎样记忆梦境？

也许你现在就急切希望开始分析你的梦境，但有一个问题。我们大部分人都无法回忆起自己做过的梦。一方面我们的文化不重视梦境，另一方面我们会在闹铃声中从床上一跃而起，很快就忘记了刚才梦见什么。我们匆匆忙忙地投入白天的工作，把在梦里的情景全都抛到脑后。可是专家们说可以通过训练大脑来记忆梦里的情景，而且他们还有些小窍门来帮助捕捉记忆。

做些睡前的准备。养成放松的睡眠习惯，比如喝一杯热牛奶，能帮你平稳进入到睡眠状态。

然后还要酝酿一下入梦。回想一下一天中发生的事情，因为这些在你晚间的梦境中往往会占很大的比重。暗示自己会记住这些梦境。

一觉醒来，闭上眼睛再躺一会儿，回忆你所梦到的事情。

记录梦境日志——或者以书面形式，或者录下来。一醒来，不管内容重要与否，赶紧把你所能记住的每个细节都记录下来，而且一定要记录当时的感受。

解析梦境：梦意味着什么？

梦境研究者帕特丽夏·加菲尔德发现，全球有 12 个共同的梦境。下

面就是其中的几个以及相应的解释。当然,做梦的人需要根据自己的生活来分析梦境。

被追赶或袭击。这是最常见的一种梦境。据加菲尔德所言,这可以追溯到早期人类躲避动物和部落入侵者的追击。当我们梦到有人在追赶我们时,这表明我们在现实生活中受到威胁。分析这类梦境时,尽力去发现这些追赶你的人或物让你想到了哪些人或物。

汽车故障。这类梦境可能有很多不同的状况。人们会梦到在一辆失控的汽车里。而最常见的情形是刹车失灵。通常它表明你感觉有点失控。如果你有这类梦境,加菲尔德建议你回想你现在的状况。你可能太急功近利了,而你的潜意识在警告你应当放慢脚步。

考试或其他方面的失利。这类梦境可能会在任何时候出现——通常当你感觉自己正在经历考验的时候。比如在舞台上突然忘了台词。要分析这类梦境,你需要考虑一下现实生活中哪些挑战还有没做好准备。

坠落的梦境或飞翔的梦境。坠落的梦境可能表明你感到不安全,或者你在现实生活中没有依靠。而飞翔的梦境,恰好相反,是相对乐观的表现。表明你想能够实现自己在现实中设立的目标。

情趣链接 Link

十二种梦境

帕特丽夏·加菲尔德博士是国际梦境研究领域的权威。少女时期,她就对梦非常感兴趣。14岁起,她开始以日记形式记录自己做过的梦,并将这一习惯保持了半个多世纪。经过对全球梦境案例的研究,加菲尔德博士得出了一个惊人结论:全世界60多亿人每天晚上都在做着大同小异的12种梦。相对于每一种噩梦,一般都有对应的、令人陶醉的美梦。

1. 追赶邻居或电影明星并可能与之拥抱(美梦);被野兽或怪物等可怕的东西追击(噩梦)。

2. 大病初愈重获新生或成功报仇(美梦);受了伤却无法还击(噩梦)。

3. 刹车失灵无法停车(噩梦无相应美梦)。

4. 得到豪宅或汽车等贵重物品(美梦);丢失贵重物品,或房子失火倒塌(噩梦)。

5. 成功通过考试或演出圆满(美梦);答不出考卷或登台演出却哑然失

声(噩梦)。

6. 飞翔(美梦);从高空坠落,或从悬崖坠入海中(噩梦)。

7. 穿上华丽的服装(美梦);在大庭广众下赤身裸体出丑(噩梦)。

8. 及时赶上火车、飞机等交通工具(美梦);赶到时,火车刚开走或飞机刚起飞(噩梦)。

9. 与去世的亲友通过电话顺利交谈(美梦);与去世的亲人电话交谈时,电话突然掉线、无法拨打等(噩梦)。

10. 游历仙境(美梦);目击地震、火灾或飞机失事等灾难(噩梦)。

11. 家中发现新东西(美梦);在陌生的地方迷了路,找不到想找的东西或无法走路(噩梦)。

12. 遇到已故亲人,梦醒后宁愿相信那个亲人是从另一个世界来看望自己的(无法定义是美梦还是噩梦)。

经过深入研究后发现,在这 12 种梦境中,人们最常梦到的是追击,然后依次是迷路、高处坠落、当众出丑和受伤。来自芬兰图尔库大学的安蒂·列文索教授说:“梦境是人类面临死亡威胁时表现出的应对行为,现代人做的这 12 种梦大多是对远古时期人类求生欲望的继承。”

The Power of Birth Order

By Jeffrey Kluger

还有比这更让人无可奈何的吗，命运竟握在他人腹中，所幸中国这代的孩子已然没有了亲姊妹，下一代连表哥堂妹只怕也难唤出口。无论如何，出娘胎的事管不了，以后的事就自己做主吧，为殿上君还是阶下囚，全凭个人修行了。

It could not have been easy being Elliott Roosevelt. If the alcohol wasn't getting him, the morphine¹ was. If it wasn't the morphine, it was the struggle with depression. Then, of course, there were the constant comparisons with big brother Teddy who later became President at age 42.

Elliott Roosevelt was not the only younger sibling² of an eventual President to cause his family heartaches—or at least headaches. There was Roger Clinton and his year in jail on a cocaine conviction³. And there is Neil Bush, younger sib of both a President and a Governor, implicated in the savings and loan⁴scandals of the 1980s.

It can't be easy being a runt⁵ in a litter⁶ that includes a President. But it couldn't have been easy being Billy Ripken either, an unexceptional major league infielder⁷ craning⁸ his neck for notice while the press swarmed around Hall of Famer⁹ and elder brother Cal. And you may have never heard of Tisa Farrow, an actress of no particular note beyond her work in the 1979 horror film *Zombie*, but odds¹⁰ are you've heard of her sister Mia¹¹.

Of all the things that shape who we are, few seem more arbitrary¹² than the sequence in which we and our siblings pop¹³ out of the womb. Maybe it's your genes that make you a gifted athlete, your training that makes you an accomplished actress, an accident of brain chemistry that makes you a drunk instead of a President. But in family after family, case study after case study, the simple roll of the birth-date dice¹⁴ has an odd and arbitrary power on all its own.

In June 2008, a group of Norwegian researchers released a study showing that firstborns are generally smarter than any siblings who come along later, enjoying on average a three-point IQ advantage over the next eldest—probably a result of the intellectual boost that comes from instructing younger siblings and helping them in day-to-day tasks. The second child, in turn, is a point ahead of the third. While three points might not seem like much, the effect can be enormous. “In many families,” says psychologist Frank Sulloway¹⁵ the man who has for decades been seen as the U. S. ’s leading authority on birth order, “the firstborn is going to get into Harvard and the second-born isn’t.”

The differences don’t stop there. Studies in the Philippines¹⁶ show that later-born siblings tend to be shorter and weigh less than earlier-borns. Younger siblings are less likely to be vaccinated¹⁷ than older ones, with last-borns getting immunized¹⁸ sometimes at only half the rate of firstborns. Eldest siblings are also disproportionately¹⁹ represented in high-paying professions. Younger siblings, by contrast, are looser²⁰ cannons and less educated, but statistically likelier to live the exhilarating²¹ life of an artist or a comedian, an adventurer, enterpriser^or firefighter. And middle children? Well, they can be a puzzle — even to researchers.

From www.time.com, Oct. 17, 2007

斟词酌字 NOTES

1. morphine *n.* 吗啡。
2. sibling *n.* 兄弟, 姐妹。
3. conviction *n.* 定罪, 动词形式为 convict。
4. savings-and-loan *n.* 储贷。
5. runt *n.* 矮子, 有不礼貌的意味。
6. litter *n.* 一窝, 文中指一家子。
7. infielder *n.* 棒球赛中的内野手或者内场手。
8. craning *v.* 伸长脖子, 探头, 如: Jane craned her neck to look for her friend in the crowd. (珍妮伸长脖子在人群中寻找她的朋友。)
9. Hall of Fame 名人堂, 如: Basketball Hall of Fame (篮球名人堂), Hollywood Hall of Fame (好莱坞名人堂)。
10. odds *n.* 可能性, 如: The odds are that she will get the nomination

- on the first ballot. (她在第一轮选票中获得提名的可能性大。)
11. Mia 父亲是导演约翰·法罗,母亲是演员莫琳。14岁便在父亲导演《大海战史》中演出,18岁首次演舞台剧,出现在一部非常轰动的电视剧集《小城风雨》中,饰演爱莉丝,马上成为美国的少女偶像。如今的米亚依然不时有电影作品问世。
 12. arbitrary *adj.* 任意的。
 13. pop out of the womb 从子宫里钻出。
 14. dice *n.* 骰子。
 15. Frank Sulloway 弗兰克·萨洛韦,加州大学伯克利分校的心理学家。
 16. Philippines *n.* 菲律宾共和国,菲律宾群岛。
 17. vaccinate *v.* 进行预防接种。
 18. immunize *v.* 使免疫,一般用 be immunized from disease (对……有免疫力),例如: Vaccination immunizes people against smallpox. (种牛痘可以免患天花。)
 19. disproportionate *adj.* 不成比例,由 proportion 变化而来。
 20. loose cannon (不属于任何派别)我行我素的人,变得无法控制的人。
 21. exhilarating *adj.* 令人喜欢的,令人兴奋的,如: an exhilarating drink (提神的饮料)。

佳句有约 PATTERNS

1. It could not have been easy being Elliott Roosevelt.

点拨 本句句首的 it 为形式主语,真正的主语是 being Elliott Roosevelt, could 表示可能,而不是能力,这里用 It could not have been easy 表达根本不可能容易的。如: The letter could not have been found. 那封信在当时是不可能找到的。

2. Maybe it's your genes that make you a gifted athlete, your training that makes you an accomplished actress, an accident of brain chemistry that makes you a drunk instead of a President.

点拨 陈述句的强调句型: It is/ was + 被强调部分(通常是主语、宾语或状语) + that/ wh(当强调主语且主语指人) + 其他部分。本句 it's 后面跟上三个并列的强调句,后两句的 it's 省略,只重复 that, 形成语气较强的排比,说明各异的人生即会导致了不同的影响和结局。

谁先谁后有门道

□ 杰夫雷·克鲁格

要作艾略特·罗斯福可一点儿也不容易。如果不是酗酒成性,那就会吗啡上瘾;再不然就是挣扎于抑郁症之中;人们还总是理所当然地拿他和他的哥哥——42岁当选的美国总统泰迪(昵称,实为西奥多·罗斯福)作比较。

在美国总统的家史中,让总统家族心痛、或者至少是头痛的小弟弟并不只有艾略特·罗斯福一个。克林顿总统的弟弟罗杰·克林顿,因为涉毒定罪被判入狱。尼尔·布什,既是总统的弟弟又是州长的弟弟,在上世纪80年代卷入多起储蓄贷款丑闻。

在走出一位总统的家庭里做一个小萝卜头肯定不容易。但要做比利·瑞普肯也一定不容易。他是美国一支主要职业棒球队的一名普普通通内场手,他的哥哥卡尔·瑞普肯已经进入棒球名人纪念馆。每回卡尔被媒体蜂拥包围的时候,比利只能伸长脖子吸引注意。你可能也从来没听说过蒂莎·法罗这个名字,这位女演员除了在1979年出演过恐怖电影《僵尸》之外,就没什么特别值得一提的,但十之八九,你会听说过她的姐姐米娅。

我们之所以成为现在的我们,在所有的因素中,几乎没什么比我们和其他兄弟姐妹从子宫里钻出来的顺序更具随意性的了。也许,基因决定你成为一名有天分的运动员;也许,训练使你终成一名有造诣的女演员,又也许,脑中的意外化学反应让你沦为一个酒鬼,而没有当选为总统。但经过对一个又一个的家庭,一个又一个案例的研究,单单是出生日期的序列表就对个人的命运有着一种不寻常而又有些专横的影响。

2008年6月,挪威的一组研究人员公布的一项研究结果显示,头胎出生的孩子一般比晚出生的弟弟妹妹更聪明,他们所享有的智商比下一胎的孩子平均高出3个点——这很可能是由他们每天要指导弟弟妹妹,帮助他们处理日常事项所导致的,依次下去,第二个孩子的平均智商会比第三个孩子高出1个点。也许3个点看上去并不是很多,但其影响却是巨大的。心理学家弗兰克·苏洛威,多年来一直被公认是美国出生序列研究方面的顶尖权威人士,他就说:“在很多家庭中,第一个孩子会进入哈佛大学,第二