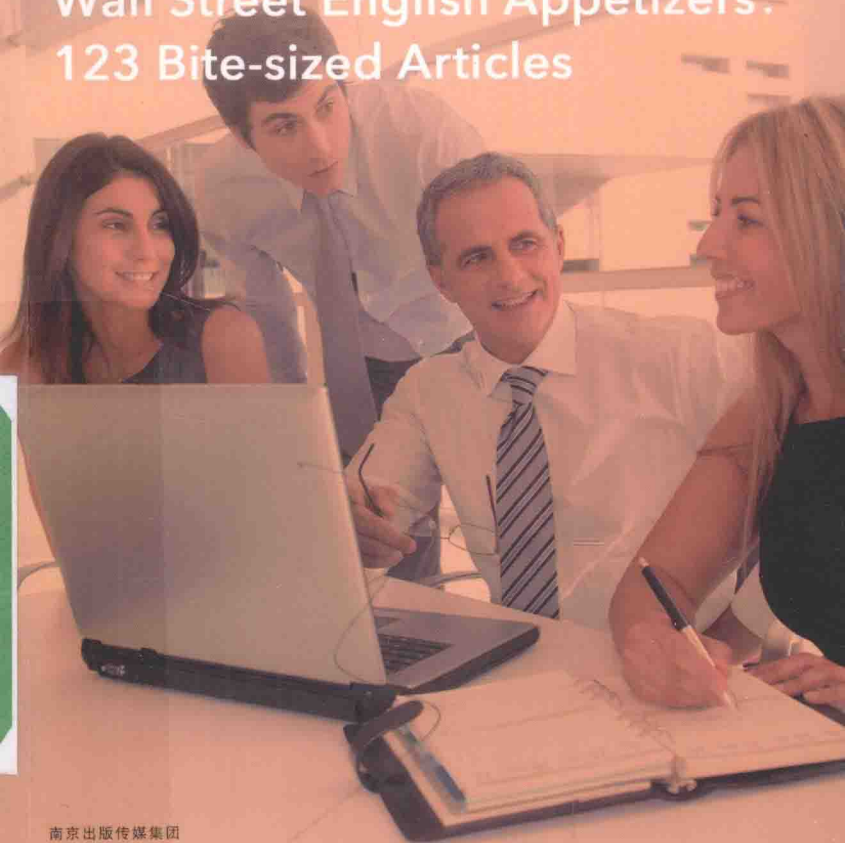


华尔街英语
南京市志愿者协会
编著



口袋里的西洋经

Wall Street English Appetizers:
123 Bite-sized Articles



南京出版传媒集团
南京出版社

ALWAYS LEARNING

PEARSON

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图书在版编目(CIP)数据

口袋里的西洋经:汉英对照/华尔街英语,南京市
志愿者协会编著. —南京:南京出版社

ISBN 978-7-5533-0755-8

I. ①口… II. ①华… ②南 III. ①英语-自学参
考资料 IV. ①H31

中国版本图书馆CIP数据核字(2014)第272183号

书 名 口袋里的西洋经
作 者 华尔街英语,南京市志愿者协会
出版发行 南京出版传媒集团
南 京 出 版 社

社址:南京市太平门街53号 邮编:210016

网址:<http://www.njcbcs.cn> 淘宝网店:<http://njpress.taobao.com>

联系电话:025-83283871、83283864(营销) 025-83112257(编务)

出 版 人 朱同芳
责任编辑 谢 微
装帧设计 王 敏
责任印制 杨福彬

排 版 南京新华丰制版有限公司
印 刷 南京玉河印刷厂
开 本 787毫米×1092毫米 1/32
印 张 5.75
字 数 100千字
版 次 2015年3月第1版
印 次 2015年3月第1次印刷
书 号 ISBN 978-7-5533-0755-8
定 价 26.00元

营销分类:英语学习



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Foreword

This is a collection of our favorite short articles written by twelve Wall Street English foreign teachers for people interested in practicing their English. With six chapters and many topics, there will be something of interest to everyone!

前 言

这是一本由12位来自华尔街英语的资深外教原创的英语休闲短文集锦。文章短小精悍，通俗易懂，为广大英语学习爱好者量身打造。本书包含了六个章节，话题内容丰富广泛，希望您能喜爱并能够从中获益。

Author's Note

This is more than a book about English. It has something we can all relate to - life, culture, business, hobbies, holidays and so on. Its various authors approach subjects from different angles due to their varying interests, opinions and writing styles, thus creating a more dynamic book about English. It hands down a light, enjoyable read for everyone!

Heather Pfeiffer

这不仅仅是一本关于英语的书，它的内容涉及生活、文化、商务，爱好、度假等方方面面。每个作者从自己的兴趣出发，各抒己见，用多彩的写作风格、从不同角度探讨一个个生动有趣的话题，从而打造出一本更为生动的英语书。信手翻阅，享受阅读吧！

Greetings Readers!

I applaud you for continuing to improve your English skills! Every day that you learn a new vocabulary word or a new grammar point is a day of improvement in your English proficiency, and that is something you can always be proud of!

As a foreign language student myself, I know that studying English can be frustrating at times. I know that sometimes you feel like you are not making any progress at all, and that can be very discouraging. But I assure you that you ARE making progress. I promise you! You just don't see it. As long as you are studying a little bit of English each day, you ARE improving, and one day, you will suddenly realize, "Whoah, my English is awesome!"

Mann Monroe, Esq, MBA

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首先，恭喜你的英文水平日益精进！每天，当你学会一个英文单词或者一个新的语法知识时，你都在不断提高你的英文水平，这会让你很有成就感！

作为一名语言学习者，我知道英语学习有时候会令人沮丧。有时候，你会气馁地觉得你根本没有任何进步。但是我可以向你保证，你其实一直在进步！只是没有注意到罢了。只要每天坚持不懈地学习点英语，英语水平就会不断提高，然后，一天，你会惊然发现：“哇哦，我的英语已经变得超级棒！”

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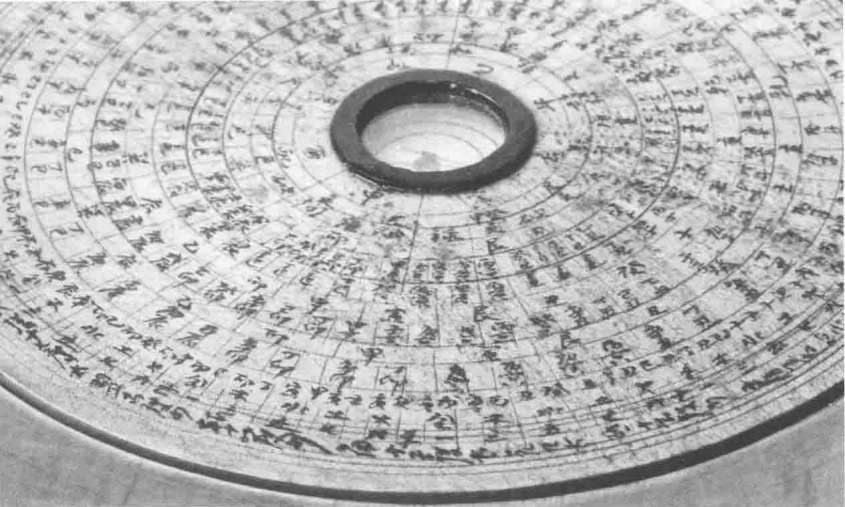
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Chapter 1 Wise Old Sayings 老话的智慧

Every culture has its own wise old sayings, pieces of wisdom which are handed down from father to son or mother to daughter. Learning wise old sayings can teach us to be wise, and help us to understand another culture. What can you learn from these?

每个国家或民族的文化里都包含着智慧的老话。处世的智慧由父亲传给儿子或由母亲传给女儿。学习这些智慧的老话能够让我们变得更加睿智，同时也可以帮助我们更好地理解其他文化。那么从这一章节你能学到什么呢？

The Early Bird Gets the Worm

Heather Pfeiffer



This is a useful phrase about success. Here is an example: Mary prepared for a business meeting in advance, thinking about any possible problems. John delayed preparing for the meeting and on the last day was still finishing last minute preparations. Who do you think was more successful? Exactly, Mary was the early bird who got the worm. "The early bird gets the worm" is a kind reminder to people that a person who prepares early in the day or early in a project and puts in effort is more likely to succeed.

早起的鸟儿有虫吃

这是一个关于成功的实用短语。例如：员工玛丽在会议前就提前做好准备工作，思考其他可能出现的问题。员工约翰在会前拖延工作并且在最后一天还在做最后一分钟的准备。你认为谁更会成功呢？显然，员工玛丽是早起的鸟儿，她能找到虫子吃。这个短语善意地提醒人们，提早做好准备并且用心付出努力更易获得成功。

Don't Count Your Chickens Before They Hatch

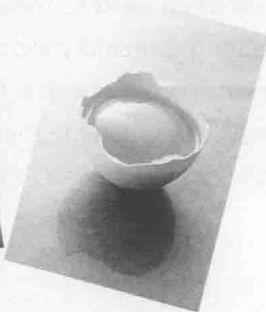
Lindsey Bard

The story is that a young girl was walking with a basket of eggs. She dreamed of when they would hatch into chickens and be sold, making her a lot of money. While she was walking she tripped, and all the eggs broke because she wasn't paying attention. "Don't count your chickens before they hatch", means don't just dream about your future plans, concentrate on what's happening now or your plans might never happen.

别高兴得太早

一个年轻的女孩儿挎着一篮鸡蛋走在路上。她梦想着鸡蛋都能孵出小鸡，然后拿去卖掉，再然后挣很多的钱。结果她一不留心被绊倒，结果所有的鸡蛋都摔碎了。

“Don't count your chickens before they hatch”的意思是“别高兴得太早”。关注当下，不做白日梦，否则你可能一无所获。





You Are What You Eat

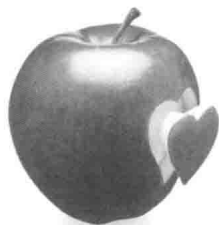
Heather Pfeiffer

Do you consider yourself healthy? What do you usually eat? Would you rather eat out at a restaurant or cook at home? Have you ever heard the term "You are what you eat"? In other words, your health is connected to the food you put in your body. The term is often used to point out to someone that they are eating unhealthy food. So next time your friend suggests to eat out at a fast food restaurant, if you are trying to persuade them to eat healthier, you may want to remind them: "You are what you eat!"

吃什么像什么

你认为自己健康吗？你通常都吃什么？你是愿意在餐厅吃，还是在家里吃呢？有听过吃什么像什么的说法吗？换句话说，你的健康和你吃进身体的食物有关。这种表达方式通常用来告诫哪些正在吃着不健康食物的人。下次，如果你的朋友建议去快餐店吃，而你想劝他们吃得健康一些，你就可以提醒他们：吃什么像什么！





An Apple a Day Keeps the Doctor Away

Heather Pfeiffer

What do you usually eat for breakfast, lunch and dinner? Do you eat a healthy diet? When discussing health, English speakers might say this English proverb "An apple a day keeps the doctor away". It is used as a gentle reminder that eating healthy food prevents future ailments and sicknesses. If you want to encourage a natural healthy diet, you can say this. So next time when you are talking about health with a friend, you can playfully remind them to eat more apples.

一日一苹果，不用看医生

早餐、中餐、晚餐，你通常吃什么呢？你吃得健康吗？当谈论健康的时候，英语会话者会说一句英语谚语 "An apple a day keeps the doctor away"，它被用来提醒人们吃健康的食物，预防疾病。如果你想要鼓励自然健康的饮食，你可以说这句话。因此，下次你和朋友谈论健康的时候，你可以半开玩笑地提醒他们要多吃苹果。

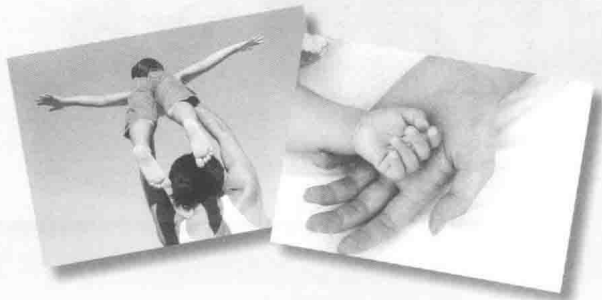
The Apple Never Falls Far from the Tree

Philip Simpson

Some things in life are unavoidable. You will die, you will pay tax, and there is a good chance you will end up like your mother or father. In fact, so many of us will follow closely to our parents that we have an expression for it in English. We say "the apple never falls far from the tree" which means that the fruit of a tree (you) will always be similar to what it came from (your parents). I made it to 26 before I started to notice my father's influence in myself...how about you?

苹果落地总是离树不远

一些事情是生活中无法避免的。你会死去，你要缴税，以及很有可能你最终的命运和你父母的惊人的相似。事实上，我们当中许多人将会跟我们的父母一样，过着相似的生活。于是在英语里就有了这样一种表达。我们说“苹果落地永远离树不远”，意思是，树上结出的果实（你），总是会与养育果实的大树（你的父母）相似。我注意到父亲对我的影响是在我26岁的时候，你呢？



Curiosity Killed the Cat

Lindsey Bard

My cat found a box and tried to pull the lid up to see inside because she is curious. She got cut by the staple in the lid that she didn't see. "Curiosity killed the cat" is a reminder to be careful when trying new things, and to consider whether experimenting is really a good idea. Happily, my cat didn't die!

好奇心害死猫

我的猫咪找到一个盒子。出于好奇，它试着拉开盖子往里面看。结果它被盖子里没看到的订书钉割伤了。“好奇心害死猫”的意思是说，当你在尝试新事物时要小心谨慎，要考虑一下这样的尝试是否真的值得（管理好自己的好奇心）。幸运的是，我的猫并没有因此丢掉性命。



You Shouldn't Look a Gift Horse in the Mouth

Cher Reynolds

Before we had luxury items such as the Chanel bag or the iPad, giving expensive gifts was a very different story. Before the modern world as we know it people would impress their loved ones or clients by giving them a horse as a gift. This is



perhaps the same as buying someone a new car. One way to check the health of a horse is to look inside its mouth, but to inspect a gift for its quality the second you receive it is considered bad manners; so we say "You shouldn't look a gift horse in the mouth".

别嫌东嫌西

在我们拥有像香奈尔包包或是苹果平板电脑这样的奢侈品之前，赠送的贵重礼物完全是另外一码事。在现代社会到来之前，据我们所知，人们通过赠送一匹马的方式来博取他们爱慕的人或客人的欢心。这或许跟在现在买一辆新车给某人一样。要检查马是否健康的一种方式就是看它的嘴。但是，在收到礼物时立刻检查礼物的质量，会被认为是不礼貌的行为。因此，我们会说“你不应该一收到礼物就检查，还嫌东嫌西的”。