

EVERYDAY ENGLISH SNACK  
MASTERPIECES FOR MORNING READING

# 每天读点英文 精彩晨读佳作全集

刘昕蓉 ◎ 主编

典藏英文全集

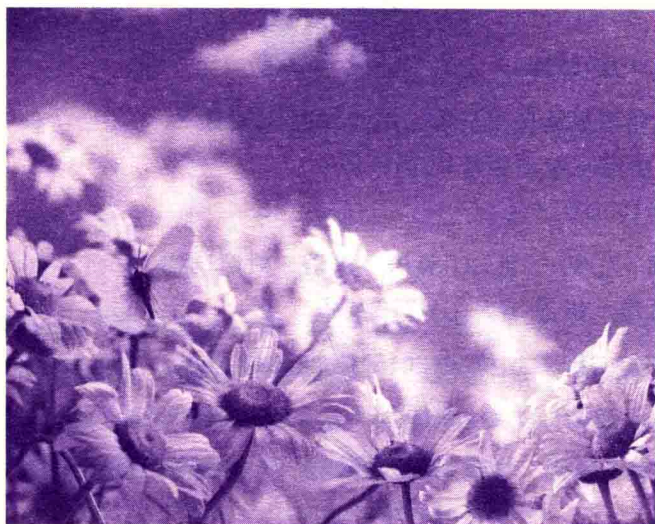
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# 前言

## P R E F A C E

培根曾说过：“读书足以怡情，足以博采，足以长才。”通过读书，人们可以不受时间的局限，品读古人的思想；可以跨越空间的阻隔，了解异域风情；可以走出民族文化的界限，以更宽广的视野体味文学的魅力。

清晨，当阳光透过嫩绿的枝叶照射在人们脸庞时，当海边的清新空气沁人心脾时，当都市打破了黑夜的宁静即将要开始忙碌的一天时，当乡村的家院中雄鸡鸣叫时……拿起这本《每天读点英文精彩晨读佳作全集》，读上一两篇打动心灵的文章，开启新的一天。

《每天读点英文精彩晨读佳作全集》收录了180余篇古今中外名家名作的经典片段：这里有青霉素的发现者亚历山大·弗莱明爵士被温斯顿·丘吉尔的父亲带走接受良好教育的故事，这里有爱丽丝掉进兔子洞所经历的奇特历险，这里有雪莱所颂美的气势恢宏的西风，这里有叶芝想象一位红颜少女年老时的感叹，这里有马丁·路德·金那铿锵有力的梦想之音，这里有曼德拉总统就职时对和平的呼吁，这里有海伦·凯勒对光明、对生命的珍惜，这里有简·爱对人生积极、独立的信念，这里还有本杰明·富兰克林自传中对人生的深刻体味……

编者精心选编的这本《每天读点英文精彩晨读佳作全集》，不论从选材，还是板块设置上，都极具“全集”的特点，主要为如下六点。

一、体裁“全”。本书按体裁分为六大部分：抚慰心灵的鸡汤——故事篇、充满想象的世界——诗歌篇、智慧与力量的语言——演讲篇、生动精彩的描绘——散文篇、色彩斑斓的人生——小说篇、五彩缤纷的花园——其他文体篇。在最后一部分“其他文体篇”中，编者主要精选经典电影对白、经典名人书信、名人传记、经典戏剧对白等文章。因此，本书囊括了故事之真诚，小说之真实，散文之唯美，诗歌之文雅，传记书信之朴素，戏剧影视之鲜活等特点。

二、作品“严”。本书以英语语言国家的经典作家为主，含少量非英语语言国家作家创作的英文作品及世界名著的英文版，以确保英语原文的原汁





原味。

三、难度“适”。本书所选文章皆以大学英语四六级所考查语法词汇的难度为标尺。重点生词配以释义。

四、译文“准”。本书采用的参考译文，出自经典译本，保证了译文的忠实、通顺和可读性。

五、体例“新”。本书体例的安排科学合理，既源于编者亲身丰富教学实践的经验，也有对英语学习者认知习惯和学习流程的科学调查，并顺应外语习得的理论要求，是科学与经验结合的产物。

六、篇幅“整”。本书正文包括导语、英文文章、单词注释、中文译文、精彩赏析等五大板块，构成一体。

因此，作为以英文阅读为主的晨读读物，本书体裁“全”，作品“严”，难度“适”，译文“准”，体例“新”，篇幅“整”的六大优势，既可以作为学习备考之用，也可以满足怡情、博采、长才之需，其英语的正宗和译文的精准可以满足多层次的阅读需求。

所谓“读书百遍，其义自见”。作为学习、娱乐，乃至生活的主要方式，读书是苦趣，更是乐趣；学习是付出，更是收获。于这里，希望本书为每一位读者插上丰满强韧的羽翼，以读书为乐，以学习为乐，用读书和学习丰富自己的人生阅历，培育自身良好的品性，实现自己的凌云壮志。

编者

2015年4月



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抚慰心灵的鸡汤——  
故事篇



## One Glass of Milk 一杯牛奶

### 导语

一个可怜的小男孩为凑足学费挨家挨户推销商品。他当时很饿。一个年轻女子看到小男孩饥饿的样子，便倒了一大杯牛奶给他喝。若干年后，那位女子得了重病，转院到了大城市医院。为她主刀的正是当年的那个穷小孩。



One day, a poor boy who was trying to pay his way through school by selling goods from door to door found that he had only one **dime**<sup>①</sup> left. He was hungry so he decided to beg for a meal at the next house.

However, he lost his nerve when a lovely young woman opened the door. Instead of a meal, he asked for a drink of water. She thought he looked hungry so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied, "Mother has taught me never to accept pay for a kindness." He said, "Then I thank you from the bottom of my heart." As Howard Kelly left that house, he not only felt stronger **physically**<sup>②</sup>, but it also increased his faith in God and the human race. He was about to give up and quit before this point.

Years later, the young woman became **critically**<sup>③</sup> ill. The local doctors were **baffled**<sup>④</sup>. They finally sent her to the big city, where **specialists**<sup>⑤</sup> can be called in to study her rare disease. Dr. Howard Kelly, now famous was called in for the **consultation**<sup>⑥</sup>. When he heard the name of the town she came from, a strange light filled his eyes. Immediately, he rose and went down through the hospital hall into her room.

Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room and determined to do his best to save her life. From that day, he gave special attention to her case.

After a long struggle, the battle was won. Dr. Kelly requested from the business office to pass the final bill to him for approval. He looked at it and then wrote something on the side. The bill was sent to her room. She was afraid to open it because she was positive that it would take the rest of her life to pay it off. Finally she looked, and the note on the side of the bill caught her attention. She read these words:

"Paid in full with one glass of milk."

(Signed) Dr. Howard Kelly.

Tears of joy flooded her eyes as she prayed silently, "Thank You, God. Your love has spread through human hearts and hands."

① dime *n.* 10美分

② physically *adv.* 身体上地

③ critically *adv.* 严重的

④ baffled *adj.* 迷惑的

⑤ specialist *n.* 专家

⑥ consultation *n.* 会诊



## 中文译文

一天，一个可怜的男孩为了凑足学费正在挨家挨户地卖东西，这时他发现自己只剩下一角钱了。他很饿，决定在下一户人家讨点吃的。

然而，当一位年轻美丽的女士打开房门时，他紧张得不知所措。他没有要吃的，而是要了一杯水。女士想这孩子看上去好像饿了，就给他拿来一大杯牛奶。男孩把牛奶慢慢喝完，然后问道：“我该给您多少钱？”

“你一分钱也不用付，”女士回答说，“母亲教育过我对善意的行为不要接受对方的回报。”男孩说：“真是太感谢您了。”当这位名叫霍华德·凯利的男孩离开那户人家时，他不仅觉得身体强壮起来，而且也增强了对上帝和人类的信心。此前，他正打算放弃这一切。

多年以后，那位年轻的女士得了重病，当地医生对此束手无策。最后，人们把她送到大城市，在那召集了很多专家研究她得的罕见病例。现在已很有名气的霍华德·凯利医生也被叫来参加会诊。当他听到这位女士所在的城市时，双眼立刻闪现出惊异的目光。他起身穿过医院大厅，来到女士的病房。

凯利医生穿着工作服进去看那女士，一眼就认出了她。凯利医生回到会诊室决定尽最大努力救治这位女士。从那天起，他就特别关心这位女士的病情。

经过长时间的艰苦治疗，这场战斗终于获胜了。凯利医生请门诊部把女士的最后账单传给他批复。他看了看账单，然后在边上写了点什么。有人把账单送到女士的病房，她不敢打开账单，因为她确信得付出余生来还清这笔账单。最后，女士还是看了看，账单边上的一个批注引起了她的注意。她读到了这些字：

“一杯牛奶已付清账单。”

霍华德·凯利医生。（签字）

她一边默默地祈祷，高兴的泪水涌出眼眶：“感谢上帝！您的爱已经通过人类的心灵和双手传遍人间。”

（张希永 译；戴卫平 校改）

## 精彩赏析

### ① One day, a poor boy...

该句主语是 a poor boy，后面的 who 引导定语从句修饰 boy，定语从句中包含一个常用的短语，try to do sth. 意为“尽力做某事，努力做某事”，句子的谓语为 found，后跟 that 宾语从句。

### ② She was afraid to...

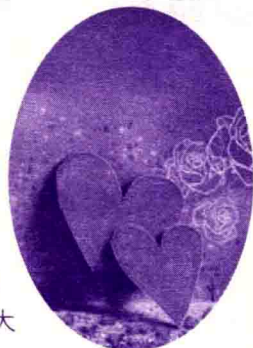
该句是由 because 引导的原因状语从句，表示这个女士不敢打开账单的原因，从句部分还包括一个 that 引导的宾语从句，从句中 pay off 表“付清”之意。



## The Best Nourishment of Life 生命中最好的养料

### 导语

爱是生命中最好的养料，哪怕只是一瓢清水，也能使生命之树茁壮成长。也许一棵小树是那样的平凡、不起眼；也许那树是如此的瘦小，甚至还有些枯萎，但只要有这养料的浇灌，它就能长得枝繁叶茂，甚至长成参天大树。先天的缺陷不会把一个人引向不幸，在爱的培育下他能创造生命的奇迹。



A little boy almost thought of himself as most unfortunate child in the world because **poliomyelitis**<sup>①</sup> made his leg lame and his teeth uneven and **protruding**<sup>②</sup>. He seldom played with his classmates; and when the teacher asked him to answer questions, he always lowered his head without a word.

One spring, the boy's father asked for some **saplings**<sup>③</sup> from the neighbor. He wanted to plant them in the front of the house. He told his children to plant a sapling each person. The father told the children, "Whose seedling grows best, I will buy a favorite gift." The boy also wanted to get his father's gift. But seeing his brothers and sisters carrying water to water the trees bouncily, anyhow, he hit upon an idea: he hoped the tree he planted would die soon. So watering it once or twice, he never attended to it.

A few days later, when the little boy went to see his tree again, he was surprised to find it not only didn't wilt, but also grew some fresh leaves, and compared with the trees of his brothers and sisters, his appeared greener and more vital. His father kept his promise, bought the little boy one of his favorite gifts and said him from the tree he planted: he would become an outstanding **botanist**<sup>④</sup> when he grew up.

Since then, the little boy slowly became optimistic. One day, the little boy lay on the bed but couldn't sleep. Looking at the bright moonlight outside the window, he suddenly recalled what the biology teacher once said, plants generally grow at night. Why not go to see the tree? When he came to the courtyard on tiptoe, he found his father was splashing something under his tree with a ladle. All of a sudden, he understood: his father had been secretly fertilizing his small tree! He returned to his room, tears running without **restraint**<sup>⑤</sup>.

Decades passed. The little boy didn't become a botanist, but he was elected President of the United States. His name was Franklin Roosevelt.

Love is the best nourishment of life; even if it just one **ladleful**<sup>⑥</sup> of clear water, it can make the tree of life thrive.

① poliomyelitis *n.* 脊髓灰质炎

② protruding *adj.* 凸出的

③ sapling *n.* 树苗

④ botanist *n.* 植物学家

⑤ restraint *n.* 克制

⑥ ladleful *n.* 一满勺



## 中文译文

一个小男孩总是觉得自己是这个世界上最不幸的孩子，他因为患有脊髓灰质炎而使他的腿一瘸一拐，并且也让他满口都是凌乱的大暴牙。他很少与同学们游戏或玩耍，老师叫他回答问题时，他也总是低着头一言不发。

有一年春天，那个小男孩的父亲从邻居家要了一些树苗，他想把它们栽在房前。他叫他的孩子们每人栽一棵。父亲对孩子们说，“谁栽的树苗长得最好，我就给谁买一件他最喜欢的礼物。”小男孩也想得到父亲送的礼物。但当他看到兄弟姐妹们蹦蹦跳跳地挑水浇树的样子，不知怎么地，他萌生出一个想法：希望自己栽的那棵树早点死去。于是浇过一两次水后，他再也没去理它。

几天过后，当小男孩再去看他种的那棵树时，惊奇地发现它不仅没有枯萎，而且还长出了几片新叶子，与其他兄妹们种的树相比，他的树显得更嫩绿且更朝气蓬勃。父亲兑现了他的诺言，为小男孩买了一件他最喜欢的礼物，并对他说，从他栽的树来看，他长大后一定能成为一名非常出色的植物学家。

从此，小男孩慢慢变得乐观向上起来。一天，小男孩躺在床上睡不着，看着窗外那明亮皎洁的月光，忽然想起生物老师曾说过的话：植物一般都在晚上生长，为何不去看看自己种的那棵小树呢？当他轻手轻脚来到院子里时，却看见父亲用勺子在向自己栽种的那棵树下喷洒着什么。顿时，他恍然大悟，原来父亲一直在偷偷地为自己栽种的那棵小树施肥！他跑回房间，泪水不停地流淌。

几十年过去了，那个瘸腿的小男孩虽然没有成为一名植物学家，但他却成了美国总统，他的名字叫富兰克林·罗斯福。

爱是生命中最好的养料，哪怕只是一瓢清水，也能使生命之树苗茁壮成长。

（刘葆 译；戴卫平 校改）

## 精彩赏析

### ① A few days later...

该句较长，整句是由 and 连接的两个并列句，其中 and 前为 when 引导的时间状语从句，在主句 he was surprised...fresh leaves 中，find 后为宾语从句，其中又包含一个 not only... but also 连接的并列句。and 后 compared with...sisters 为过去分词短语做状语。

### ② Looking at the bright...

该句起始部分 looking at...window 为现在分词短语做状语，recalled 后为宾语从句，plants generally grow at night 为插入成分，解释说明生物老师所说的内容。



## What Goes Around Comes Around 好人有好报

### 导语

苏格兰农民弗莱明救了一个险些被淤泥吞没的男孩。男孩的父亲为了报答这位农民，接走了农民的儿子，并让他接受良好的教育。这位农民的儿子就是大名鼎鼎的青霉素发现者，而那位被救的男孩后来成了世界著名政治家。



His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby **bog**<sup>①</sup>. He dropped his tools and ran to the bog. There, mired<sup>②</sup> to his waist<sup>③</sup> in black muck<sup>④</sup>, was a terrified<sup>⑤</sup> boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a **fancy**<sup>⑥</sup> carriage pulled up to the Scotsman's **sparse**<sup>⑦</sup> surroundings. An **elegantly**<sup>⑧</sup> dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman, "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied, waving off the offer.

At that moment, the farmer's own son came to the door of the family **hovel**<sup>⑨</sup>.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me take him and give him a good education. If the lad is anything like his father, he'll grow to be a man you can be proud of."

And that he did. In time, Farmer Fleming's son graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of **Penicillin**<sup>⑩</sup>.

Years afterward, the nobleman's son was **stricken**<sup>⑪</sup> with **pneumonia**<sup>⑫</sup>.

What saved him? Penicillin.

The name of the nobleman? Lord Randolph Churchill.

His son's name? Sir Winston Churchill.

Someone once said: What goes around comes around.

① bog *n.* 沼泽

② mire *v.* 陷入泥坑

③ waist *n.* 腰

④ muck *n.* 淤泥

⑤ terrified *adj.* 受惊吓的

⑥ fancy *adj.* 昂贵的

⑦ sparse *adj.* 稀疏的

⑧ elegantly *adv.* 高雅地

⑨ hovel *n.* 小屋

⑩ Penicillin *n.* 青霉素

⑪ stricken *adj.* 患病的

⑫ pneumonia *n.* 肺炎