



英语美文 欣赏与演讲

Prose Appreciation

AND

Public Speaking

青春不是年华，而是心境；青春不是桃面、丹唇、柔膝，而是深沉的意志，恢宏的想象，炙热的恋情；青春是生命的深泉在涌流。

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.



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英语美文欣赏与演讲

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前言

《英语美文欣赏与演讲》是为了让广大学生和英语爱好者在轻松、愉快的气氛中接触英语，扩大视野，增长知识而编写的。本书精心挑选了近现代英美名家的散文作品、经典英文演讲和 TED 演讲，为学生了解英美文化、风俗、习惯、历史、传统等许多方面的知识打开一个窗口。通过阅读此书，读者不仅能够体会名家对文学、艺术、历史、社会、宗教和日常生活领域的精辟见解，欣赏名家的生辉妙笔，品味精湛的英语语言，把握作品中反映的不同时代社会、哲学和艺术思想，还能够提高自身的文学修养、审美情趣、鉴赏水平和综合文化素质，追求高尚的人格境界。

本书内容包括三部分：英语美文赏析、经典演讲赏析和 TED 演讲。英语美文赏析共有 8 个章节，40 篇散文，每章内容自成一体，相得益彰。英语经典演讲赏析涵盖 16 篇经典演讲、TED 演讲部分包含 16 篇 TED 演讲。每篇散文、演讲所附赏析旨在帮助读者进一步领会原文，掌握相关词汇、学会分析和欣赏名家名篇。通过对美文的鉴赏，读者可领略到英语的独特魅力，提高英语学习的兴趣。在写作实践中，可以有意识地模仿名家的措辞造句以及布局谋篇策略，写出优美的英语文章及不同类型的英文演讲稿。TED 演讲的主旨是：Ideas worth spreading. TED 是以下词汇的简写：【T】Technology 技术，【E】Entertainment 娱乐，【D】Design 设计。本书选取的 16 篇演讲及视频涉及范围广泛，主要有科技，娱乐，设计，商业以及科学，云集了曾踏上过 TED 讲坛、举世闻名的思想家、艺术家和科技专家。通过简短凝练的 5 ~ 10 分钟的演讲，使读者能够通过思想改变世界。

本书作者旨在编写一本语言优美、内容丰富、难度适宜、寓意深刻的英语美文欣赏与演讲读本。在编写过程中广泛征求同行、学生的意见，反复甄选、修改，但因水平有限，书中不妥之处在所难免。诚请同行专家及广大读者不吝指教，以求今后进一步修订完善。

感谢在本书编写过程中不顾繁忙教学给予我支持与协作的每一位师长与同事！感谢学生们给我的积极反馈与宝贵建议！

杜喜义

2015 年 7 月

于北京邮电大学世纪学院

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散文赏析

Chapter One Wings of Dream

梦想的翅膀

*Dream what you want to dream;
go where you want to go;
be what you want to be,
because you have only one life,
and one chance,
to do all the things you want to do.*

做你想做的梦吧;
去你想去的地方吧;
成为你想成为的人吧,
因为你只有一次生命,
一个机会,
去做所有那些你想做的事。

Pearls of wisdom

Do not, for one repulse, give up the purpose that you resolved to effect.

——William Shakespeare

不要只因一次失败，就放弃你原来决心想达到的目的。

——威廉·莎士比亚

Don't part with your illusions. When they are gone you may still exist, but you have ceased to live.

——Mark Twain

不要放弃你的幻想。当幻想没有了以后，你还可以生存，但是你虽生犹死。

——马克·吐温

Ideal is the beacon. Without ideal, there is no secure direction; without direction, there is no life.

——Leo Tolstoy

理想是指路明灯。没有理想，就没有坚定的方向；没有方向，就没有生活。

——列夫·托尔斯泰

This moment will nap, you will have a dream; but this moment study, you will interpret a dream.

——哈佛大学校训

此刻打盹，你将做梦；此刻学习，你将圆梦。

——哈佛大学校训

• Passage 1

Dreams



To **accomplish**¹ great things, you must dream great dreams. But dreaming alone isn't enough, you must believe in your dreams and you must act. Without action, even the most **grand**² of dreams **evaporate**³ into the air when left **unnurtured**⁴ in the **misty**⁵ realms of the mind.

Do you **dare**⁶ to be a dreamer? Prepare to go it alone. Dreamers build bridges between the known and the unknown. As you dance your dreams into reality, those who can't hear the music may think you a **fool**⁷. **Pay no heed to**⁸ those who would kill your dreams; small minds always do that. Great minds will encourage you that you can become great too.

Afraid you haven't got what it takes? Then get it! Feed your mind the mental food it hungers for. There was a dog **breeder**⁹ who had two dogs that raced every weekend. He took bets and always won. One week he'd **bet**¹⁰ on his black dog, and the black dog would win. The next week he'd bet on the white dog, and folks seeing the black dog win the week before would bet, but this time the white dog would win.

Why? One week he'd feed the dog he wanted to win a grand diet, and just give the other dog enough to **survive**¹¹. The dog that was well fed was stronger and would always win the race.

Your mind is the same way; it grows stronger or weaker with what you feed it. The diet of the mind is what gives you the confidence, courage, knowledge, and the direction you need to **succeed**¹² in your dreams, or keep you from them. You can build your mind up or **tear it down**¹³. The choice is yours and you make it every day.

Have you been waiting for the right time to reach for your dreams?

Have you been waiting for the right **circumstances**¹⁴ to reach for your dreams?

Have you been waiting for the right opportunity to reach for dreams?

My, you're patient, aren't you? You could be waiting forever, you know. Time is an **illusion**¹⁵. Circumstances are what you make them. Opportunity is a **whisper**¹⁶ that waits for your invitation, it doesn't burst in and shout its arrival. Now is the right time. Circumstances change when you take action. Opportunity is yours for the making. So what are you really waiting for?

梦 想

要想做成大事，首先要会做梦。但是光会做梦远远不够，你必须相信自己的梦想能够实现并且加以行动。如果不行动，即使是最辉煌的梦想也会变成泡影，永远停留在虚幻中。

你敢成为一个梦想家么？做好单干的准备吧。梦想家将已知和未知连接起来。当你把梦想变成现实的时候，不理解你的人会认为你是傻子。不要理会那些扼杀你梦想的人，小心眼的人才会那样做。成功的人会鼓励你去做，从而变得和他们一样伟大。

担心自己能力不够？那么就提升自己的能力！将你的心智用所需的知识填满。有一个狗主人，养了两条狗，这两条狗每周都要赛跑。他参与赌狗，每次都能赢。这周，他赌那条黑色的狗，然后黑狗果然赢了。下一周，他赌白色的狗赢，众人看到上周是黑色的狗跑得快，结果这周确是白狗跑得快。

为什么呢？原来，他每周给自己押注的狗一大笔粮食，而给另一只刚够吃的分量。吃得饱的狗更加强壮，于是就赢得了比赛。

你的心智和这是一样的道理。你给它多少营养，他就能变成怎样。而所谓营养，指的是那些能让你自信、博学、勇敢，那些为你指明前进的方向的东西。你可以提升你的心智，也可以摧毁它。取决于你每日的选择。

你是否在等待到达梦想正确时间？

是否在等待合适的环境向梦想靠近？

是否在等待梦想的机会？

你真的很有耐心，不是么？你知道，你可能一生都在等待。时间是一个错觉。环境是你所创造的。机会是一句密语，正等待着你的邀请，他不会跳出来或者大声呼唤表示他的到来。那么你到底在等待什么呢？

New words and phrases

1. accomplish *v.* 完成 If we'd all work together, I think we could accomplish our goal.

只要大家齐心协力，我想我们就能实现目标。

2. grand *adj.* 宏伟的，壮丽的 【spectacular/fantastic】 The grand design of Europe's monetary union is already agreed. 欧洲统一货币的宏伟构想已经获得认同。

3. evaporate *v.* 蒸发 The water is evaporated by the sun. 水在阳光照射下蒸发了。 evaporation *n.*

4. nurture *v.* 抚养，培养 The modern conservatory is not an environment for nurturing plants.

这个现代化温室的环境不适合培育植物。

5. misty *adj.* 朦胧的 The air was cold and misty. 空气寒冷且多雾。 misty eyes 朦胧的眼睛

6. dare 情态动词 I dare you. 我看你敢。

7. fool *n.* 傻瓜 April Fools' Day 愚人节

8. pay no heed to 不要在意

9. breeder *n.* 饲养员 Her father was a well-known racehorse breeder.

她的父亲是一位很有名的赛马驯养师。

10. bet *n./v.* 赌注; 打赌 He bet them 500 pounds they would lose.

他和他们打赌 500 英镑说他们会输。 gamble *v.* 赌博

11. survive *v.* 幸存 Those organisms that are most suited to the environment will be those that will survive.

最适宜该环境的微生物将会存活下来。 survive from the earthquake/flood/mud slide/tsunami.

12. succeed *v.* 成功 Some people will succeed in their efforts to stop smoking.

一些人经过努力可以成功戒烟。 succeed in doing sth. 成功做某事

13. tear down *v.* 撕毁 The city will tear down the building and create a park.

该市将拆掉这幢大楼, 在这儿建个公园。

14. circumstances *n.* 环境 I wish we could have met under happier circumstances.

我真希望我们是在更愉快的情况下相识的。

15. illusion *n.* 幻想 No one really has any illusions about winning the war. 没有人幻想能赢得这场战争。

16. whisper *n./v.* 耳语; 轻声呼唤 He whispered the message to David. 他悄声把这个消息告诉了戴维。

Appreciation

俗话说: 有梦想才有未来。这篇散文告诉人们想要成就大事, 首先要有梦想, 如果不付诸行动, 梦想将永远无法实现。文中以狗的主人为例, 说明心智对于行为的重要性。要用知识填充自己的心智, 相信自己有做大事的能力。只要不断坚持努力, 就一定能够取得成功。文章句式结构多样化, 采用了比喻、拟人、排比的修辞手法, 读上去朗朗上口, 寓意深刻。

Brilliant views

1. To accomplish great things, you must dream great dreams.

要想做成大事, 首先要会做梦。

2. Dreamers build bridges between the known and the unknown.

梦想家将已知和未知连接起来。

3. Opportunity is a whisper that waits for your invitation, it doesn't burst in and shout its arrival.

机会是一句密语, 正等待着你的邀请, 他不会燃烧或者大声呼唤表示他的到来。

Discussion

1. What's your dream? And how do you plan to fulfill your dream?
2. Do you think dreams are important? And why?
3. What advice would you give to a person who has dreams but never takes any action?

Pearls of wisdom

Let go of the past and go for the future. Go confidently in the direction of your dreams. Live the life you imagined.

—— Henry David Thoreau

放下过去，去寻找未来。充满信心的朝梦想的方向前行吧！

——亨利·大卫·梭罗

I like dreams of the future better than the history of the past.

—— Thomas Jefferson

回忆过去不如奋斗将来。

——托马斯·杰斐逊

The important thing in life is to have a great aim, and the determination to attain it.

—— Johann Wolfgang von Goethe

人生重要的事情就是确定一个伟大的目标，并决心实现它。

——约翰·沃尔夫冈·冯·歌德

• Passage 2

Dreaming about Future



Now is the time to dream. When things are at their worst, when people say there is no hope, when the future looks **bleak**¹, now is the time to dream. Forget about transport **hikes**², CPF cuts, ERP and GST raises. There is so much more in store, greater things to see, new heights to reach, new depths to **hollow**³.

Now is the time to dream. If we have a large enough **ambition**⁴ to serve an entire community ourselves instead of looking to the government for answers, would not ours be a better place? If we **enlarge**⁵ our thinking and invite a wider circle to **contribute to**⁶ the vision of a better Singapore, is it not better than **complaining**⁷ about long queues and less savings? Is it not better that we dream dreams and reach for more instead of **concentrating on**⁸ what we have lost? So let us meet, let us talk, let us gather in discussion for a better Singapore. Let us **articulate**⁹ our hopes, our missions, our values and our **vision**¹⁰ instead of waiting for the government to state it for us. Let us **recognize**¹¹ and respect **diverse**¹² **approaches**¹³ and questions and celebrate our unique Singapore culture, a blend of many races, born out of **adversity**¹⁴ but perhaps **spoiled**¹⁵ in **prosperity**¹⁶.

And let us not laugh, declare foolish or **cower**¹⁷ in alarm if different views result from our efforts. Those who **emerge**¹⁸ strongest, as Singapore did 37 years ago, belonged to many races, many **aptitudes**¹⁹, many interests, and many points of view but happened to pull together. Should we be fired with a **passionate**²⁰ vision to work on something that needs doing, let us not wait for the government to give us a grant, a handout or a memo on how to go about doing it. Let us move, on our own accord, with the community, expecting nothing but seeing everything.

We are not hopeless. We are not children without voices. But we are restricted in our own minds. We self **censor**²¹ our thoughts for fear of **reprisal**²². We hush our voices for fear of being heard. And perhaps we are also bound by our own laziness. The government, after all, can do the thinking for us. Our sense of civic duty to **engage in**²³ public debate and critical thinking is lost except unfortunately for issues that affect our pockets. But understand this: we may not be in government but we are whom the government works for. We can contribute and do instead of follow. We can let go of our parent's hand and grow up.

Now is the time to dream. Perhaps all of us have **tentative**²⁴ notions about the future. Some of us fear, some of us rejoice. Only a few of us will probably see correctly and understand how to get there. Not all of us will be good at **identifying**²⁵ and analyzing problems. Solutions will perhaps escape most of us. But without discourse, without sharing, we do not even give ourselves the simple chance of being able to try to work things out. Would you gather to discuss a better vision for our Singapore?

梦想美好未来

现在是在梦想美好未来的时候。当情况已经糟透了，当人们表示感到绝望，当前路似乎没有曙光时，我们更应该有梦有理想。不要再为车资涨价、公积金缴交率削减、公路电子收费和消费税提高耿耿于怀。生命里还有更多的期待和更美好的事物，我们要更深刻地体验生活和攀登更高峰。现在正是梦想美好未来的时候。

如果我们为社会服务的远大目标，凡事不都要求政府提供答案，我们的社会会不会变得更美好？集思广益让更多人提供创造一个更美好新加坡的意见，会不会比花时间投诉银行的人龙越来越长，户头的储蓄却越来越少来得有意义？设法实现我们的梦想取得更多收获，难道不比沉湎于我们已经失去多少来得实际？所以，我们应该面对面交换意见，探讨如何把新加坡变成一个更好的家园。让我们说出我们的希望、意见、价值观和期待，不要等政府为我们一一列明。我们应该认可和尊重不同的问题和处理问题的方式，欢庆新加坡独特的多元种族文化。我们的社会在逆境中成长，国人却可能已经被长期的繁荣宠坏。

如果我们的努力导致不同意见的出现，我们也不应该互相讥讽、嘲笑或感到担忧。我们在 37 年前建国时，那些经得起考验的强者，来自不同种族，有不同的才能、不同的兴趣和不同的看法，但却因为共同的目标团结一致。如果我们认为某些事情应该义不容辞的去做，就不需要等政府点头、给我们提供资助或者一份如何进行的书面指示。让我们自动自发的和社区一起行动起来。我们只问耕耘，不问收获。

我们并非无能为力，也不是无法表达自己看法的小孩子，我们只是冲不出思想的桎梏。因为害怕会有严重的后果，我们自行审查我们言行。因为害怕隔墙有耳，我们连说话也得放低声音。当然，惰性也使我们安于现状，反正政府会为人民设想周到。很不幸的，正是这种想法使我们失去了作为公民应有义务参与辩论和深入分析问题的责任感，除非有关的课题会影响我们的口袋，我们才会有所反应。我们必须明白，我们虽然不是政府，政府却应该为民服务。不过，我们也可以通过具体行动作出贡献而不是一味追随政府的政策。我们可以放开父母的手，学习自己走路。

现在正是梦想美好未来的时候。我们对于未来都有一些模糊的概念，有些人感到恐惧，有些人则充满喜悦。大概只有一些人能够认清并知道如何达到目标。不是所有的人都有能力确认和分析，更谈不上解决问题。但是，如果完全没有参与任何讨论和交流，我们就连尝试克服困难的机会都不给自己。你会聚在一起讨论我们新加坡的一个更好的愿景吗？

New words and phrases

1. bleak *adj.* ①没有希望的 The company's prospects look pretty bleak. 这家公司的前景异常暗淡。

②(人)无精打采的 His face was bleak. 他脸色阴郁。

2. hike *n. / v.* 远足；(尤指)徒步旅行 After the hike to the river the soldiers camped for the night.

战士们行军到那条河后便支起帐篷过夜。

3. hollow *v.* 使凹陷；使下陷 The mule's back was hollowed by the weight of its burden.

骡背被重负压得塌下了。

adj. 中空的 Bamboo is a sort of hollow plant. 竹子是一种中空的植物。

4. ambition *n.* 雄心抱负 His ambition is to sail round the world. 他的梦想是环球航行。

5. **enlarge** *v.* 扩大 The balloon enlarged as we pumped air into it. 那个气球充气后就变大了。

6. **contribute (to)** *v.* 做贡献 I believe that each of us can contribute to the future of the world.

我相信我们每一个人都能够对世界的未来有所贡献。

7. **complain** *v.* 解释说明 Miners have complained bitterly that the government did not fulfill their promises. 矿工们愤愤不平地抱怨说政府没有履行诺言。

8. **concentrate (on)** *v.* 集中精力 Water companies should concentrate on reducing waste instead of building new reservoirs. 自来水公司应该集中精力减少水浪费，而不是修建新水库。

9. **articulate** *v.* 清楚地表达 The president has been accused of failing to articulate an overall vision in foreign affairs. 总统因未能清晰表述对外交事务的整体构想而受到指责。

10. **vision** *n.* 展望；视野 Jane blocked Cross's vision and he could see nothing.

简挡住了克罗斯的视线，他什么也看不见。

11. **recognize** *v.* 识别 He did not think she could recognize his car in the snow.

他觉得她在雪天里认不出他的车子。

12. **diverse** *adj.* 多种多样的 Society is now much more diverse than ever before.

当今社会较之以往任何时候都要丰富多彩得多。

13. **approach** *n.* 方法途径 The path serves as an approach to the boat house. 这条小路通往船屋。

v. 接近 He didn't approach the front door at once. 他没有马上走向前门。

14. **adversity** *n.* 逆境 He showed courage in adversity. 他在逆境中表现出了勇气。

15. **spoil** *v.* 溺爱、宠爱 Grandparents are often tempted to spoil their grandchildren whenever they come to visit. 祖父母每次来访都往往禁不住要娇惯孙辈。

16. **prosperity** *n.* 繁荣昌盛 Peace brings prosperity. 和平带来繁荣。

17. **cower** *v.* 畏缩 The hostages cowered in their seats. 人质们蜷缩在座位上。

18. **emerge** *v.* 出现 The ship emerged from behind the fog. 船从雾里露了出来。

19. **aptitude** *n.* 资质 Some students have more aptitude for academic work than others.

一些学生比其他学生更有学术才能。

20. **passionate** *adj.* 有热情的 He is very passionate about the project. 他对那个项目非常热心。

21. **censor** *v.* 检查 The military-backed government has heavily censored the news.

有军方撑腰的政府对新闻进行了严格审查。

22. **reprisal** *n.* 报复行为 Witnesses are unwilling to testify through fear of reprisals.

由于害怕报复，目击者不愿作证。

23. engage (in) *v.* 从事 I have never engaged in the drug trade. 我从未参与过毒品交易。

24. tentative *adj.* 不确定性的, 试探性的 Such theories are still very tentative.

这种理论仍然是探索性的。

25. identify *v.* 识别; 认同 She would only play a role if she could identify with the character.

她只愿扮演她能认同的角色。

Appreciation

本文的主题思想是“有梦想, 不抱怨”。人生潮起潮落, 人生几多风雨, 困境中更能考验一个人的毅力和品格。不抱怨过去, 不迷茫未来, 在逆境和顺境始终保持一颗淡然的心和对美好生活的向往, 这是作者的主张, 更是每个人的生命必修课。本文作者采用大量排比, 文章结构整齐、节奏鲜明, 颇具节奏感和音韵美, 具较强的说服力和欣赏性。

Brilliant views

1. If we have a large enough ambition to serve an entire community ourselves instead of looking to the government for answers, would not ours be a better place?

如果我们为社会服务的远大目标, 凡事不都要求政府提供答案, 我们的社会会不会变得更美好?

2. We are not hopeless. We are not children without voices. But we are restricted in our own minds.

我们并非无能为力, 也不是无法表达自己看法的小孩子, 我们只是冲不出思想的桎梏。

3. But without discourse, without sharing, we do not even give ourselves the simple chance of being able to try to work things out.

但是, 如果完全没有参与任何讨论和交流, 我们就连尝试克服困难的机会都不给自己。

Discussion

1. Do you think a citizen should take responsibilities to make his country better?

2. What do you know about Singapore?

3. What have you learned from the passage?

Pearls of wisdom

A man is not old as long as he is seeking something. A man is not old until regrets take the place of dreams.

—— J. Barrymore

只要一个人还有所追求, 他就没有老。直到后悔取代了梦想, 一个人才算老。

——巴里摩尔

Catch the Star that Holds Your Destiny

• Passage 3

catch the STAR
that forever twinkles
in your heart

Catch the star that holds your **destiny**¹, the one that forever twinkles within your heart. **Take advantage of**² precious opportunities while they still **sparkle**³ before you. Always believe that your **ultimate**⁴ goal is attainable as long as you **commit yourself to**⁵ it.

Though **barriers**⁶ may sometimes stand in the way of your dreams, remember that your destiny is hiding behind them. Accept the fact that not everyone is going to **approve of**⁷ the choices you've made. Have faith in your judgment. Catch the star that twinkles in your heart and it will lead you to your destiny's path. Follow that pathway and uncover the sweet sunrises that await you.

Take pride in⁸ your accomplishments, as they are stepping stones to your dreams. Understand that you may make mistakes, but don't let them **discourage**⁹ you. Value your capabilities and talents for they are what make you truly unique. The greatest gifts in life are not **purchased**¹⁰, but acquired through hard work and **determination**¹¹.

Find the star that twinkles in your heart — for you alone **are capable of**¹² making your brightest dreams come true. Give your hopes everything you've got and you will catch the star that holds your destiny.

抓住你生命中的那颗星

抓住你生命中的那颗星，它一直在你内心闪烁。宝贵的机会来临时，好好利用它。永远相信只要努力了，你就能实现最终的目标。

追逐梦想的途中有时会有障碍，记住命运总是隐藏在他们后面。不是每个人都赞成你的选择，接受这个事实。相信自己的判断。抓住心中那颗闪烁的星星，它会指引你通向命运之途。沿着那条路径，迎接一个个等待着你的美丽日出。

以你的成就为荣，因为它们是你梦想的垫脚石。你可能会犯错，但不要因此泄气。重视你的才干，因为它们让你与众不同。生命中最好的礼物不是买来的，而是通过艰难的努力和决心获得的。

找到了心中那颗闪烁的星星了吗？因为只有你才能让最辉煌的梦想实现。对你拥有的一切抱有希望你就会抓住生命中的那颗星。