

抓住时光，

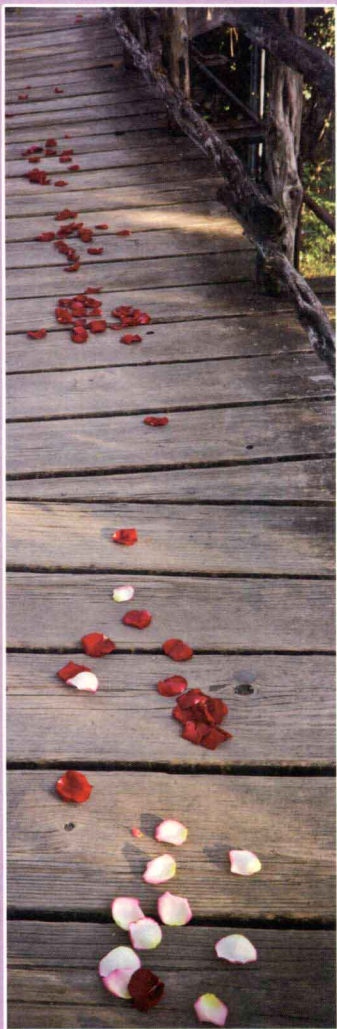
像蚂蚁漫在的小径，

拼命思考，

无论从何种高度来读你，

你都要完美无缺，

所缺的，也早已铸成我的流笔成诗。



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# 我在时光深处等你

Waiting You At The Heart Of Time

每天读点好英文  
Everyday English Notes

常青藤语言教学中心 编译

读故事·记单词·学语法  
阅读能力·单词强化·语法巩固  
美文赏析·翻译提升·内容记忆

3000个必备单词  
2000个实战短语  
1000个翻译测试

**升级版  
大全集**



时代出版传媒股份有限公司  
安徽教育出版社

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## 导 读

当我们曾经在一起的快乐记忆，为我们依然珍惜的日子勾起笑意……我希望你一切都好。

当声音充斥了我满是梦想的头脑，在我的思绪中，我找到了你……我希望你一切都好。

当音乐响起，歌词是那样的真实，我想起曾经与你一起分享的悦耳音符……我希望你一切都好。

当假日引发分别的孤独，孤寂在我的心里膨胀……我希望你一切都好。

当相册展现我们熟知的挚友，我想起与你在一起的日子……我希望你一切都好。

一直都知道我的爱就在身边，也知道……我希望你一切都好。

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Chapter 1

# 一路爱相送

Love in Our Lifetime



# 我的好妹妹

## The Importance of Conscience

✿ 伊莱沙·M. 韦伯斯特 / Elisha M. Webster

I was faced with a decision. While delivering laundry into the appropriate bedrooms, I **stumbled** upon my thirteen-year-old sister's diary, a modern-day Pandora's box, suffused with temptation. What was I to do? I had always been jealous of my little sister. Her charming smile, endearing personality and many talents threatened my place as leading lady. I competed with her tacitly and grew to resent her natural abilities. I felt it necessary to shatter her shadow with achievements of my own. As a result, we seldom spoke. I sought opportunities to criticize her and relished surpassing her achievements. Her diary lay at my feet, and I didn't think of the result of opening it. I considered not her privacy, the morality of my actions, nor her consequential pain. I merely savored the possibility of digging up enough dirt to soil my

competitor's spotless record. I reasoned my iniquity as sisterly duty. It was my **responsibility** to keep a check on her activities. It would be wrong of me not to.

I tentatively plucked the book from the floor and opened it, fanning through the pages, searching for my name, convinced that I would discover scheming and slander. As I read, the blood ran from my face. It was worse than I suspected. I felt faint and slouched to the floor. There was neither conspiracy nor defamation. There was a succinct description of herself, her goals and her dreams followed by a short portrayal of the person who has **inspired** her most. I started to cry.

I was her hero. She admired me for my personality, my achievements and ironically, my integrity. She wanted to be like me. She had been watching me for years, quietly marveling over my choices and actions. I ceased reading, struck with the crime I had committed. I had expended so much energy into pushing her away that I had missed out on her.

I had wasted years resenting someone capable of magic—and now I had violated her trust. It was I who had lost something beautiful, and it was I who would never allow myself to do such a thing again.

Reading the earnest words my sister had written seemed to melt an icy **barrier** around my heart, and I longed to know her again. I was finally able to put aside the petty insecurity that kept me from her. On that fateful afternoon, as I put aside the laundry and rose to my feet, I decided to go to her—this time to experience instead of to judge, to embrace instead of to fight. After all, she was my sister.



一个抉择现在正困扰着我。正当我把洗好的衣服分别放进相应的卧室时，我不经意地看到了妹妹的日记本。妹妹今年13岁，她的日记本就像一个现代的潘多拉盒子，深深地吸引着我。我该如何是好呢？过去，妹妹一直都是我妒忌的对象。我妒忌她迷人的微笑、可爱的个性，还有她的多才多艺，因为这些都挑战着我作为老大的地位。我私下偷偷地和她较劲，对她才能的憎恨更是与日俱增。我迫不及待地想把她的影子从我的个人成就上抹去。结果，我们平时很少说话。我寻找任何可以批评她的机会，并且急切地想要胜过她。现在，她的日记就在我的脚边，我根本没有考虑打开它的后果。我在意的既不是她的隐私权、我的行为道德，也不是她可能会受到的伤害。我仅仅是想从日记中发现一些罪证，来打破我的竞争者始终优秀的可能性。我把自己的坏念头归咎为姐姐的职责：检查她的言行举止是我的责任。如果尽不到义务，才是我的失误。

我犹豫不决地拨弄了几次地板上的日记本，最终还是打开了它。我快速地翻着书页，寻找着我的名字，确信一定能找到相应的证据。可是当我发现自己的名字时，脸一下子涨得通红。远比我想象得糟糕多了。我的脑袋一阵眩晕，瘫坐在了地板上。既没有阴谋也没有诽谤，日记中记录的仅仅是她对自己的简单陈述、她的人生目标和梦想，其中还有一个对她影响深远的人。我哭了起来。

我就是她心目中的英雄。她钦佩我的个性、我的成就，更具讽刺意味的是，还有我的正直。她想把我当成楷模。原来，这些年来她一直默默地观察我的声音和行为。我不再读了，结束了我的“罪

行”。我花了太多的精力和她作对，而没有去好好地了解她。

这么多年来，我一直浪费时间来憎恨一个有魔力的人——并且现在还辜负了她对我的信任。是我自己失去了这么美好的东西，我下定决心再也不犯这样的错误。

看了妹妹日记中诚挚的语言后，裹在我心上的冰已经慢慢融化，我要重新去了解她。最终，我抛弃了那种不信任，正是它造成了我们之间的隔阂。在那个意义深远的下午，我把洗好的衣服放在一边，站起来准备去找她——这一次是去感受而不是责难，去拥抱而不是争执。无论如何，她是我的妹妹啊。

#### 心灵小语

---

浓浓的姐妹之情，不可取代的亲情和友情。

## W 词汇笔记

stumble ['stʌmbəl] v. 绊脚; 不顺畅地

例 The child stumbled over every sentence.  
这个孩子讲每句话都结结巴巴。

responsibility [riˌspɒnsəˈbɪlɪti] n. 责任; 可信赖性; 职责

例 Do you know the responsibilities of the teachers?  
你知道教师的职责吗?

inspire [inˈspaɪr] v. 鼓舞; 激励; 启迪

例 His songs inspired the audiences.  
他的歌曲鼓舞了观众。

barrier ['bæriə] n. 栅栏; 隔阂; 屏障; 分界线

例 Confidence can reduce successful barrier.  
信心能减少成功的障碍。

## S 小试身手

我在意的不是她的隐私权、我的行为道德，也不是她可能会受到的伤害。

译 \_\_\_\_\_

我花了太多的精力和她作对，而没有去好好地了解她。

译 \_\_\_\_\_

这么多年来，我一直浪费时间来憎恨一个有魔力的人——并且现在还辜负了她对我的信任。

译 \_\_\_\_\_

## P 短语家族

I **competed with** her tacitly and grew to resent her natural abilities.

compete with: 与……抗争

造 \_\_\_\_\_

I was her hero. She **admired me for** my personality.

admire for: 因……而称赞……

造 \_\_\_\_\_

# 母亲的爱之味

Taste of Love

✿ 佚名/Anonymous

After several months of annoying body aches and pains, a friend suggested I start taking vitamins and some organic, unrefined oils to aid in my overall health.

I was interested in getting myself back into better shape and so it didn't take much to convince me. Then once I began using them, I liked the results, less headaches, more energy; they seemed to be working. I faithfully took the five capsules every day until the time came when I needed to get some refills.

I looked through the mail-order catalog and found the stuff I wanted to order. Then, I looked further down and discovered the product any good mother would want to give her children. I found the children's version of

these oil pills I had been taking. I carefully read the **description** and without hesitation placed my order.

Soon the small box arrived at our doorstep just before my two oldest boys arrived home from school. My freshly baked brownies were cooling on the kitchen counter and I was excited to greet them. I looked at the delightful bottle their special product had arrived in and smiled contentedly to myself. Darling little jungle animals decorated the bottle. Big, bold lettering emphasized the scrumptious butterscotch flavor. An eye-catching caption said it was delicious over desserts! I suddenly had an idea!

My guys bounded up the street and took their usual places around the kitchen table eagerly awaiting their afternoon snack. I told them about the yummy brownies and they were practically salivating with **anticipation!** Carefully I cut each of my three sons a warm square of brownie. I diverted their attention and poured a few thick drops of this oil on top of their brownies. The oil sat there on the brownies for a moment, almost like it was saying, "Are you sure you want to do this?" But then it seeped deep into the dark chocolate. They'd never know I had added some health food in the middle of this treat. Ah ha!

I presented each boy with their own plate and it was Nathaniel, the oldest and most discerning that asked me, "Mom, what's that on the brownies?" I gingerly walk around the question and encouraged him to dig in. The bite had barely entered his mouth when he grimaced and contorted. He held the moist brownie bits on the curl of his tongue hoping not to swallow any and cried, "Ugh! Mom, these are sick! What did you do? They taste terrible!" I tried not to laugh and despite me encouraging him to try another bite, (he was almost gagging from the first one, ) he quickly declined. Seeing their big brother so grossed out, the other boys suddenly lost their interest in their snack. They just



wanted to leave the table on an empty stomach without incident.

Perhaps you can relate. I wanted to be the best mom in the world with a homemade snack and some health food all rolled up into one great afternoon treat. Again my attempt to sneak more nutrition into their meals was foiled. The tofu I had added to their tacos one time was a bomb. The seiton (mashed soy bean curd) I had cooked and tried to present as chicken was a culinary calamity. And although I had experienced **moderate** success with spinach brownies, it was clear I blew it again!

While the taste of that nasty concoction will hopefully fade from my son's mind one day, I do hope he does remember one thing. His mom tried. God bless her soul, she tried. She didn't hit the mark with everything she made but she did have a yummy kind of love for her family. She didn't always make the best stuff in the world but she had a good recipe for life. She never forgot the secret ingredient of sweet love. It was never omitted.

Perhaps when he gets older, recalling all the food disasters, Nathaniel will be able to reflect upon our life as a family and see the deliciousness in it all. And simply smile remembering the taste of love only a mother can give.

恼人的疼痛纠缠了我几个月后，一个朋友提议让我尝试一下维生素和有一些有机的、未提炼的油类产品，以促进我身体健康的全面恢复。

我正对尽快恢复求之不得，所以毫不犹豫地接受了朋友的建议。然后，当我试用这些补品以后，头疼减少了，精力更旺盛，