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疯狂英语

FAVOURITE ESSAYS FROM CRAZY ENGLISH



生命中的四叶草 Four Leaf Clover of Life

立及夕 非然 小寒 选编

品读英语美文 领悟哲理人生



江西教育出版社
JIANGXI EDUCATION PUBLISHING HOUSE

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前言



《疯狂英语》是中国英语期刊领跑者，其品牌知名度、读者公信力、社会影响面和市场占有率均独占鳌头。2010年首批推出背诵、听力、美文、口语四个系列共20本书后，受到广大英语爱好者的欢迎和好评，2011年继续推出美文会系列6本，以飨读者。

时光荏苒，《疯狂英语》转眼已走过15个年头，也从当年的一本双月刊发展到阅读版、中学版、原声版、口语版、教师版五刊并进的期刊方阵。许多读者对《疯狂英语》的精美文章记忆犹新、赞不绝口，譬如当年齐豫的一篇《秋之湖》，如梦如幻的音乐、深情的独白，曾迷倒多少读者。《疯狂英语》选文一向秉承启迪思想的理念，文风优美、语言地道、含义隽永，在阅读中领悟人生真谛，在阅读中领略文化精华。

此次集结出版的美文，来自历年的阅读版、中学版、原声版和口语版，分为“一人一个情人结”、“愿此刻停留”、“宠爱之名”、“滑过指尖的流沙”、“情感的许愿池”和“生命中的四叶草”六册，前四册均为情感美文，后两册则为名著或畅销书的书摘精选。

在每篇文章的末尾，对四、六级考试适用的词汇和短语进行了详细的注解，此外，编者精心摘选出一些重点句型和句式，便于读者背诵掌握。书末配备的MP3光盘收录了全部文章，由英、美籍人士诵读，发音地道，是绝佳的听力材料，也便于读者跟读模仿练习口语。

单词、短语、句子，由浅入深，循序渐进；阅读、听力、口语，三者合一，面面俱到；优美的文章、精美的图画、华美的音乐，愿您乐享这英语美文的盛宴。

编者

2011年9月




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Hope

第一章 希望

四叶草的第一瓣叶子代表希望。

黎明前的第一丝曙光出现之前是最黑暗的时刻，而我们所要做的是等待和希望。希望，哪怕只是一丁点、一小丝，也能给在绝望中苦苦挣扎的人带来一线生机。沙漠中艰难前行的旅行者远远看到的海市蜃楼，是他们的希望；弥留之际躺在病床上的病人望见的窗外的新绿，是他们的希望；绚丽的闪光灯、宽敞的舞台、崇拜者的目光，是每一个作明星梦的人的希望……希望也许很飘渺、很微弱、很遥远，但它却能让跌倒的人重新爬起，让绝望中的人再拾信心，支撑着他们扬起生命的风帆，再次启航，去开拓属于自己的那片海阔天空。

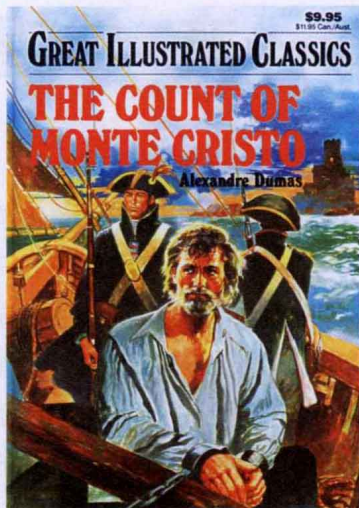
The Count of Monte Cristo

基督山伯爵

Track 02

By Alexandre Dumas

Angel 译



“永远不要忘记这一点，直至上帝向人类揭露未来图景的那一天，人类的一切智慧就包含在这两个词里面：‘等待’和‘希望’。”耐心的等待加之希望带来的动力，必然能迎来黎明的曙光。作品中的基督山伯爵也正是靠着这两个词渡过了他最艰辛困苦的岁月。

《基督山伯爵》是法国作家大仲马的杰出作品，主要讲述了十九世纪一位名叫爱德蒙·唐泰斯的大副受到陷害后的悲惨遭遇以及日后以基督山伯爵身份成功复仇的故事。大仲马（1802-1870）享有“通俗小说之王”的称号，他的通俗小说情节迂回曲折，结构完整巧妙，人物形象鲜明，对话精彩生动，在艺术上得到了极高的成就，是世界通俗小说中独一无二的作品，其代表作除本书外，还有《三个火枪手》等。本书情节急剧发展，处处出人意料。

本选段背景：莫雷尔以为其挚爱的瓦朗蒂娜已死，痛苦不已，想自杀了结余生。但实际上伯爵救了瓦朗蒂娜，伯爵一心阻止莫雷尔自杀，并许诺在一个月以内让莫雷尔的痛苦消失，让他等待和希望，若到时不能解决他的痛苦，就会给莫雷尔一份毒药。伯爵把莫雷尔带回基督山让他和瓦朗蒂娜见面，但他并没有事先告诉莫雷尔瓦朗蒂娜没有死的讯息，所以莫雷尔认为“等待的最后期限已到”……

Chapter 117 (Excerpt)

“Count,” said Morrel, in a firm and at the same time soft voice, “listen to me, as to a man whose thoughts are raised to heaven, though he remains on earth; I come to die in the arms of a friend.”

“My friend,” said the count, “I have still one doubt—are you weak enough to pride yourself upon your sufferings?”

“No, indeed,—I am calm,” said Morrel, giving his hand to the count; “my pulse does not beat slower or faster than usual. No, I feel that I have reached the goal, and I will go no farther. You told me to wait and hope; do you know what you did, unfortunate adviser? I waited a month, **or rather** I suffered for a month! My friend,” continued Morrel, “you named the fifth of October as the end of the period of waiting,—today is the fifth of October,” he took out his watch, “it is now nine o’clock,—I have yet three hours to live.”

第117章（节选）

“伯爵，”莫雷尔用坚定而温和的口气说，“且听我说，我的肉体虽然还在人间，但我的思想却已升到天上。我之所以到你这儿来，是因为希望自己死在一个朋友的怀抱里。”

“我的朋友，”伯爵说，“我还有一点疑虑——你是不是因为太软弱了，才这么以炫耀自己的痛苦来作为自己的骄傲？”

“不，真的——我很平静，”莫雷尔一面说，一面伸出一只手给伯爵；“我的脉搏既不比平时快也不比平时慢。不，我只觉得我已经到了终点，没法再往前走了。你要我等待，要我希望，你知道你让我付了多大的代价吗？你这位不祥的劝告者。我已经等了一个月，更确切地说，我被痛苦折磨了一个月！我的朋友，”莫雷尔继续说，“你把十月五日作为等待的最后期限，今天已是十月五日了。”他掏出怀表。“现在是九点钟——我还有三小时生命。”

“Be it so,” said the count, “come.”

Morrel ¹⁾mechanically followed the count, and they had entered the ²⁾grotto before he ³⁾perceived it. He felt a carpet under his feet, a door opened, perfumes surrounded him, and a brilliant light ⁴⁾dazzled his eyes. Morrel hesitated to advance; he ⁵⁾dreaded the ⁶⁾enervating effect of all that he saw. Monte Cristo drew him in gently. “Why should we not spend the last three hours remaining to us of life, like those ancient Romans, who when ⁷⁾condemned by Nero, their emperor, sat down at a table covered with flowers, and gently ⁸⁾glided into death, ⁹⁾amid the perfume of ¹⁰⁾heliotropes and roses?” Morrel smiled. “As you please,” he said; “death is always death—that is forgetfulness, ¹¹⁾repose, exclusion from life, and therefore from grief.” He sat down, and Monte Cristo placed himself opposite to him. They were in the marvelous dining room before described, where the ¹²⁾statues had baskets on their heads always filled with fruits and flowers.

“Count,” said Morrel, “you are the ¹³⁾epitome of all human knowledge, and you seem like a being descended from a wiser and more advanced world than ours.”

“There is something true in what you say,” said the count, with that smile which made him so handsome; “I have descended from a planet called grief.”

“I believe all that you tell me without questioning its meaning; for instance, you told me to live, and I did live; you told me to hope, and I almost did so. I am almost ¹⁴⁾inclined to ask you, as though you had experienced death, ‘is it painful to die?’”

Monte Cristo looked upon Morrel with indescribable ¹⁵⁾tenderness. “Yes,” he said, “Yes, doubtless it is painful, if you violently break the outer covering which ¹⁶⁾obstinately begs for life. If you ¹⁷⁾plunge a dagger into your flesh, if you ¹⁸⁾insinuate a bullet into your brain, which the least shock disorders,—then certainly, you will suffer pain, and you will ¹⁹⁾repent quitting a life for a repose you have bought at so dear a price.”

“那好吧，”伯爵说，“请跟我来。”

莫雷尔机械地跟着伯爵走，当他回过神来时，他们已经走进了一个岩洞。他感到脚下铺着地毯，一扇门开了，馥郁的香气包围了他，一片灿烂的灯光照花了他的眼睛。莫雷尔停住脚步，不敢再往前走，他怕他所见的一切会软化他的意志。基督山轻轻地拉了他一把。他说，“我们何不学学那些古罗马人，像他们那样来消磨我们生命中的最后三小时呢？古罗马人被他们的皇帝尼禄判处死刑的时候，他们就在堆满着鲜花的桌子前面坐下来，吸着玫瑰和紫堇花的香气从容赴死。”莫雷尔微笑了一下。“随便你好了，”他说，“总归是要死——是忘却，是休息，是生命的超脱，因此也是痛苦的超脱。”他坐下来，基督山就在他的对面。他们是在前文所描写过的那间神奇的餐厅里，在那儿，雕像头上所顶的篮子里，永远盛满着水果和鲜花。

“伯爵！”莫雷尔说，“在你身上集中了人类的全部知识，你像是从一个比我们这个世界更睿智更进步的世界里过来的。”

“你说的话有点道理，”伯爵带着那种使他非常英俊的微笑说，“我是从一个名叫痛苦的星球上下来的。”

“你对我说的一切，我都相信，甚至不去追问它的含义。例如，你要我活下去，我就活下来了；你要求我要抱有希望，我也差不多做到了。伯爵，我把你当作就像已经死过一回的人，忍不住想问你一句：‘死是不是痛苦的？’”

基督山带着无法形容的怜爱望着莫雷尔。“是的，”他说，“是的，当然很痛苦，如果你用暴力把那执着求生的躯壳毁掉，那当然非常痛苦。如果你用一把匕首插进你的肉身，如果你把子弹射进你那不堪一击的大脑——你当然会痛苦，而且会后悔放弃生命来获得代价昂贵的安息。”



“Yes,” said Morrel, “I know that there is a secret of ²⁰⁾luxury and pain in death, as well as in life; the only thing is to understand it.”

“You have spoken truly; according to the care we ²¹⁾bestow upon it, death is either a friend who rocks us gently as a nurse, or an enemy who violently drags the soul from the body. Some day, when the world is much older, and when mankind will be masters of all the destructive powers in nature, to serve the general good of humanity; when mankind, as you were just saying, have discovered the secrets of death, then that death will become as sweet and ²²⁾voluptuous as a ²³⁾slumber in the arms of your beloved.”

“And if you wished to die, you would choose this death, count?”

“Yes.”

“是的，”莫雷尔说，“我明白，死和生一样，也有它痛苦和快乐的秘密，我们所要做的就是去领悟它。”

“你说得很对。死，按照我们处理它的方法的好坏，可以成为一个朋友，像护士轻轻地拍我们入睡，也可以成为一个敌人，粗暴地把灵魂从肉体里拖出来。将来有一天，当人类历史更加久远，当人类能够控制大自然的一切毁灭性的力量来造福人类的时候，像你刚才所说的那样：当人类已发现死亡的秘密时，死亡就会像睡在心爱的人的怀抱里一样甜蜜而愉快。”

“如果你想死的时候，你是会选择这样地死去，是不是，伯爵？”

“是的。”

选自《疯狂英语原声版》2006年9月号





【四六级必考单词】

- 1) mechanically [mɪ'kænikəlɪ] adv. 机械地
- 2) grotto ['grɒtəʊ] n. 洞穴, 岩穴
- 3) perceive [pə'si:v] v. 察觉, 感知
- 4) dazzle ['dæzl] v. (强光使)眼花
- 5) dread [dred] v. 惧怕, 担心
- 6) enervate ['enɜ:vət] v. 削弱, 使衰弱
- 7) condemn [kən'dem] v. 判刑 (尤指死刑)
- 8) glide [glɑ:d] v. 滑行, 悄悄地走
- 9) amid [ə'mɪd] prep. 在……中间, 被……围绕
- 10) heliotrope ['hɪliətrəʊp] n. [植]紫堇花; 天芥菜属植物
- 11) repose [rɪ'pəʊz] n. 休息, 睡眠
- 12) statue ['stætju:] n. 雕像
- 13) epitome [ɪ'pɪtəmi] n. 象征, 典型
- 14) inclined [ɪn'klaɪnd] adj. 倾向于, 有意向的 (通常后接to)
- 15) tenderness ['tendənɪs] n. 亲切, 柔和
- 16) obstinately ['ɒbstɪnətli] adv. 倔强地, 顽固地
- 17) plunge [plʌndʒ] v. 使投入, 使插入
- 18) insinuate [ɪn'sɪnjuert] v. 使迂回地潜入(或挤入)
- 19) repent [rɪ'pent] v. 后悔
- 20) luxury ['lʌkʃəri] n. (感情等方面的)舒适
- 21) bestow [brɪ'stəʊ] v. 给予, 赐予
- 22) voluptuous [və'lʌptʃʊəs] adj. 奢侈逸乐的
- 23) slumber ['slʌmbə] n. 睡眠, 打盹



【重点短语记忆】

or rather 或者说



【经典句式背诵】

Death is always death—that is forgetfulness, repose, exclusion from life, and therefore from grief.

总归是要死——是忘却，是休息，是生命的超脱，因此也是痛苦的超脱。

If you plunge a dagger into your flesh, if you insinuate a bullet into your brain, which the least shock disorders,—then certainly, you will suffer pain, and you will repent quitting a life for a repose you have bought at so dear a price.

如果你用一把匕首插进你的肉身，如果你把子弹射进你那不堪一击的大脑——你当然会痛苦，而且会后悔放弃生命来获得代价昂贵的安息。

I know that there is a secret of luxury and pain in death, as well as in life; the only thing is to understand it.

我明白，死和生一样，也有它痛苦和快乐的秘密，我们所要做的就是去领悟它。

According to the care we bestow upon it, death is either a friend who rocks us gently as a nurse, or an enemy who violently drags the soul from the body.

死，按照我们处理它的方法的好坏，可以成为一个朋友，像护士轻轻地拍我们入睡，也可以成为一个敌人，粗暴地把灵魂从肉体里拖出来。

Who Moved My Cheese?

谁动了我的奶酪?

Track 03

By Spencer Johnson

——译

An Amazing Way to Deal with Change
in Your Work and in Your Life

Who Moved My Cheese?

Spencer Johnson, M.D.

Foreword by Kenneth Blanchard, Ph.D.

Co-Authors of *The One Minute Manager*

The World's Most Popular Management Method



《谁动了我的奶酪》是个简单的寓言故事，你尽可以按照自己的情况，从工作或是生活的角度去解释它。故事中有代表我们的不同方面的四个角色，他们生活在一个“迷宫”里，寻找着会带来幸福安康的“奶酪”。

他们中有两个小家伙是老鼠，一个叫“嗅嗅”，另一个叫“匆匆”。另外两个家伙则是小矮人，和老鼠一般大小，但和人一个模样，而且他们的行为也和我们今天的人类差不多。他俩的名字，一个叫“哼哼”，另一个叫“唧唧”。故事里的“奶酪”是对我们现实生活中所追求目标的一种比喻，它可以是一份工作、一种人际关系，可以是健康，还可以是一种精神上的宁静。而“迷宫”代表着你找寻“奶酪”的地方。

某一天，奶酪被从原来的房间搬到了迷宫的其他地方。故事描述了这以后四个主人公的不同遭遇。有的因早有准备而应付自如；有的则大惊失色且陷入困境。看着他们，你就会发觉自己的影子。

美国畅销书作家斯宾塞·约翰逊（Spencer Johnson），被认为是面对复杂的问题提出简单有效的解决办法这方面最好的专家。他的其他畅销书还包括《礼物》《是或否》《道德故事》；“一分钟系列”（《一分钟推销人》《一分钟母亲》《一分钟父亲》《一分钟教师》和《一分钟的你自己》）等。



希望

Hem argued. “But **what if** there is no cheese out there? Or **even if** there is what if you don’t find it?”

“I don’t know,” Haw said. He had asked himself those same questions too many times and felt the fears again that kept him where he was. He asked himself, “Where am I more likely to find cheese, here or in the ¹⁾maze?”

He painted a picture in his mind. He saw himself ²⁾venturing out into the maze with a smile on his face. While this picture surprised him, it made him feel good. He saw himself getting lost now and then in the maze but felt confident that he would find new cheese out there and all the good things that came with it.

He gathered his courage. Then he used his imagination to paint the most believable picture he could with the most realistic details of him finding and enjoying the taste of new cheese. He saw himself eating Swiss cheese with holes in it, bright orange ³⁾cheddar and American cheeses, Italian ⁴⁾mozzarella and wonderfully soft French ⁵⁾Camembert cheese.

And then he heard Hem say something and realized they were still at cheese station C. Haw said, “Sometimes, Hem, things change and they’re never the same again. This looks like one of those times. That’s life. Life moves on and so should we.” Haw looked at his ⁶⁾emaciated companion and tried to **talk sense** to him. But Hem’s fear had turned into anger and he wouldn’t listen. Haw didn’t mean to be rude to his friend but he had to **laugh at** how silly they had both looked.

As Haw prepared to leave he started to feel more alive knowing that he was finally able to laugh at himself, let’s go and move on. Haw laughed and announced, “It’s maze time!” Hem didn’t laugh and he didn’t respond. Haw picked up a small sharp rock and wrote a serious thought on the wall for Hem to think about. As was his custom Haw even drew a picture of cheese around it hoping it would help Hem to smile, lighten up and go after the new cheese.