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常春藤

赖世雄 主编

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休闲·午后时光

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赖世雄 主编

英语学习读本

Ivy League English Reading  
常州大学图书馆藏书章



## 图书在版编目(CIP)数据

常春藤英语学习读本. 休闲·午后时光: 英汉对照 / 赖世雄主编. —北京: 外文出版社, 2013  
ISBN 978-7-119-08153-3

I. ①常… II. ①赖… III. ①英语—汉语—对照读物 IV. ①H319.4

中国版本图书馆CIP数据核字(2013)第029030号

选题策划: 邵东 叶俭  
特约编辑: 赵勉 贾志敏  
责任编辑: 李春英  
装帧设计: 柏拉图  
印刷监制: 冯浩

## 休闲·午后时光

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出版发行: 外文出版社有限责任公司  
地 址: 北京市西城区百万庄大街24号 邮政编码: 100037  
网 址: <http://www.flp.com.cn> 电子邮箱: [flp@cipg.org.cn](mailto:flp@cipg.org.cn)  
电 话: 008610-68320579 (总编室) 008610-68995964/68995883 (编辑部)  
008610-68995852 (发行部) 008610-68996183 (投稿电话)  
制 版: 北京天和锐创通县出片部  
印 制: 北京欣睿虹彩印刷有限公司  
经 销: 新华书店 / 外文书店  
开 本: 880 mm×1230 mm 1/32  
印 张: 6 字 数: 200千字  
版 次: 2013年4月第1版第1次印刷  
书 号: ISBN 978-7-119-08153-3  
定 价: 25.00元(平装)

# 序

## PREFACE

《常春藤英语学习读本》是针对想提高自己英语基础、增强应试能力的社会人士和在校学生所推出的一系列书。

该系列书中的内容来自台湾知名的英语学习杂志《常春藤解析英语》和《常春藤生活英语》。这两本杂志隶属于著名英语学习品牌“常春藤”旗下，由赖世雄教授担任主编。

《常春藤解析英语》创刊于 1988 年，是一份制作严谨的专业英语广播月刊，也是台湾首创针对升学考试及各种英语考试、并结合广播所发行的英语杂志。发行后，一路畅销，并获得全台湾英语老师的口碑肯定，被多所高中指定为英语课外教材，成为无数青年学子心目中的第一品牌。

1993 年，《常春藤生活英语》杂志应运而生，内容更贴近生活、更具流行性，符合现下读者求新求变的需求。同时也加入一些简易语法单元，以深入浅出的方式在无形中奠定读者的英语基础。

为了使大陆英语学习爱好者以及想提高自己英语基础、增强应试能力的读者共享这一盛宴，我们从这两本杂志中选取大量精彩的内容，分门别类，以飨读者。

该系列书的特点如下：

1. 题材广泛，内容新鲜有趣，涉及人文、趣事、生活、科技、娱乐、旅游等各个方面，是你欣赏美文的最佳选择。
2. 文章文笔精炼，好词好句多，有利于你提高英语表达能力。

3. 原汁原味的“广播式讲解”和“纯正美音朗读”，让你在赖老师和美籍老师们的谈笑风生中，轻松增强英语听说能力。
4. 练习和词汇讲解内容充实，是升学考试及其他各类英语考试的完美课外教材。

希望你在欣赏美文的同时，善加利用“课文讲解 MP3 + 美音朗读 MP3”，你会发现你进入了一个美妙的充满欢声笑语的课堂！最后预祝你英语综合能力步步高升！

# 目 录

## CONTENTS

01. 片刻宁静禅	Take a Zen Break	1
02. 自恋水仙花	The Tale of Echo and Narcissus	5
03. 身心平静	Quieting the Mind	9
04. 生活中的美好事物	The Beauty of Life	13
05. 图书馆——知识的殿堂	Libraries—Halls of Knowledge	17
06. 光影共舞的城市光廊	Light and Shadow at Urban Spotlight	21
07. 面临消逝的埃及陵墓	Tombs of Doom	26
08. 生机蓬勃的冰山一角	The Tip of the Iceberg	31
09. 一天一根蕉 身心好健康	Full Yellow Jacket	37
10. 紫色迷情熏衣草	For the Love of Lavender	42
11. 马雅世界末日预言	The Mayan Mystery	47
12. 远离垃圾睡眠, 拥有健康人生	Junk Food and Bad Sleep	52
13. 令人神往的法国蔚蓝海岸	A Vacation Spot Fit for a Queen: Part 1	56
14. 令人神往的法国蔚蓝海岸	A Vacation Spot Fit for a Queen: Part 2	62
15. 山姆、约翰、玛丽安, 还有……	Uncle Sam and the Rest of the Gang: Part 1	67
16. 山姆、约翰、玛丽安, 还有……	Uncle Sam and the Rest of the Gang: Part 2	73
17. 风光秀丽的约塞米蒂国家公园	Natural Splendor	78
18. 眼镜猴——森林里的小精灵	The Strange Tale of the Tarsier	83
19. 星光云集好莱坞	Hooray for Hollywood: Part 1	88
20. 星光云集好莱坞	Hooray for Hollywood: Part 2	94
21. 观景台大赏	Stopping to Admire the View: Part 1	99
22. 观景台大赏	Stopping to Admire the View: Part 2	105

23. 施比受更有福	Year of Giving	110
24. 超越极限	The Sky's the Limit: Part 1	114
25. 超越极限	The Sky's the Limit: Part 2	118
26. 拒绝的艺术	The Art of Saying No	122
27. 网球渊源	Tennis: Part 1	126
28. 网球渊源	Tennis: Part 2	130
29. 一笑抵千言	A Smile Is Worth a Thousand Words	134
30. 斗阵来饮茶	The Joy of Tea: Part 1	137
31. 斗阵来饮茶	The Joy of Tea: Part 2	141
32. 爱神丘比特	Cupid, the God of Love: Part 1	145
33. 爱神丘比特	Cupid, the God of Love: Part 2	149
34. 重荣誉、肯负责的童子军	The Scouting Spirit: Part 1	153
35. 重荣誉、肯负责的童子军	The Scouting Spirit: Part 2	158
36. 爱它就不要再抛弃它	More Love, Fewer Strays	163
37. 城市牧农趣	Changing Cities Through Urban Farming: Part 1	167
38. 城市牧农趣	Changing Cities Through Urban Farming: Part 2	171
39. 把爱传出去	Paying It Forward to Save a Life	175
40. 你不可不知的热门运动	What Sport Is That?: Part 1	179
41. 你不可不知的热门运动	What Sport Is That?: Part 2	183

片刻宁静禅

## Take a Zen Break

◀ 01

The word Zen<sup>1</sup> refers to a type of Buddhism. This form of Buddhism stresses meditation<sup>2</sup> as a means to attain enlightenment<sup>3</sup> about the world around you. Objects in your day-to-day life can even have a Zen feel to them. That is, the items in question can give you a sense of peace and tranquility<sup>4</sup> when you look at them.

In today's hectic<sup>5</sup> world, more and more people are looking for ways to relieve their stress and pressure. One stress-reducing technique<sup>6</sup> both Buddhists and non-Buddhists use is enjoying a Zen garden. While typical gardens grow flowers or fruit, the goal of a Zen garden isn't to grow anything. Each item in the garden is there to reflect nature. Rocks are especially important, as well as sand and, to a lesser degree, plants and water. These earthly<sup>7</sup> essentials<sup>8</sup> allow the "gardener" to focus on simple things in life and how they are connected to them.

For the most part, Zen gardens are fairly large. This doesn't mean that everyday people can't enjoy the benefits of having one. Instead, they can make or purchase miniature<sup>9</sup> versions that will work just as well. A small box containing stones, sand, and a tiny rake<sup>10</sup> make up a desktop<sup>11</sup> Zen garden. When the gardener needs some time to himself



or herself, all he or she has to do is pick up the rake, and move it gently through the sand. For a moment of peace, it may be just what the doctor ordered.

“禅”指的是一种佛学思想。这一类的佛道强调的是通过冥想以达到对周遭世界的顿悟。甚至日常事物也可以具有“禅味”；换句话说，就是那项事物能带给你平和与宁静。

在现今纷纷扰扰的生活中，越来越多的人在寻求减压方法。佛教徒和非佛教徒都在运用的一种减压方式是“禅园”（即“枯山水”）。典型的花园里面种植的是花草果树，而禅园设置的目的是为了种植，园里的每一件物品都反映自然。岩石和沙子是尤其重要的基本元素，植物和水则次之。这些大地的元素让“园丁”能专注于生活中的简单事物和与他们与这些事物的关系。

大体上，禅园的面积很大，但这并不表示一般人不能享有拥有禅园的益处。他们可以制作或购买具有相同功效的缩小版禅园。小盒子里摆上石头、沙子和小耙子，就成了一个桌上型的禅园。当园丁需要片刻属于自己的时间时，只要拿起小耙子在沙子上轻轻地移动。片刻的平静正是他们所需要的。

## Extra Words

1. Zen [zen] *n.* 禅
2. meditation [ˌmedəˈteɪʃən] *n.* 冥想
3. enlightenment [ɪnˈlaɪtənmənt] *n.* 启发，启示
4. tranquility [træŋˈkwɪləti] *n.* 宁静
5. hectic [ˈhektɪk] *a.* 纷扰的
6. technique [tekˈnɪk] *n.* 技术，技巧
7. earthly [ˈɜːθli] *a.* 地球的；世俗的
8. essential [ɪˈsenʃəl] *n.* 要素；本质

9. miniature [ˈmɪniətʃə] a. 小型的 & n. 缩小版  
10. rake [rek] n. 耙子  
11. desktop [ˈdesktp] a. 书桌上用的 & n. 台式电脑



## Building Your Vocabulary

1. **relieve** [rɪˈli:v] vt. 减轻; 缓解  
relieve sb of sth 减轻某人的痛苦  
The medicine can relieve you of your headache.  
这个药能缓解你的头痛。  
Regular exercise helps relieve your pressure.  
规律运动有助于舒缓你的压力。



## Phrases for Learning

1. **refer to...** 指的是……; 引用……  
I was referring to the first edition of the book in my report.  
我在报告里引用的是这本书的初版。
2. **as a means to V** 作为……的方法  
As a means to lose weight, Tammy took up jogging.  
塔米为了减肥开始慢跑。
3. **be connected to...** 与……有关  
The leader told the newspaper that he was not connected to the group who did the bombing.  
这个领袖告诉报社他与那个策动爆炸案的组织毫无关联。
4. **make up...** 组成……  
be made up of... 由……所组成  
= be composed of...  
= consist of...  
This book is made up of 15 separate short stories.  
这本书是由 15 个独立的故事所组成。  
Muscle is composed of two different types of protein.

肌肉是由两种不同的蛋白质所组成。

5. **be just what the doctor ordered** 正是所需要的  
A day off from work is just what the doctor ordered.  
休一天假正是我所需要的。

### **Practical Phrases**

1. That is, S + V 也就是说, ……  
= That is to say, S + V
2. for the most part 大体上
3. to oneself 只给自己,仅对自己

## The Tale of Echo and Narcissus

The mythological<sup>1</sup> god, Zeus, **surrounded himself with beautiful nymphs<sup>2</sup>** when he came down to Earth. His wife, Hera, a goddess, was the jealous type, so she always tried to **catch him in the act of being unfaithful**. Whenever Hera would **unexpectedly** show up on Earth, Echo, a talkative<sup>3</sup> nymph, chatted with her as a diversion<sup>4</sup> so the other nymphs could get away. Hera finally **caught on** and shouted at Echo, “You have **made a fool of me!** Now you will only have the last word!” From that day forth, Echo could only repeat the last words of what other people said.

One day, Echo saw Narcissus, the most handsome boy she'd ever seen, strolling through the woods. Echo immediately **fell head over heels in love with him**. The problem was that Narcissus was **immune to love**. Echo followed him from a distance until he heard her **footsteps** and turned around. Echo hid behind a tree and Narcissus asked, “Who is there? Come to me.” All Echo could do was repeat his last words, “Come to me.” Finally, she stepped out and tried to embrace<sup>5</sup> Narcissus. “**Leave me alone,**” he said as he pushed her away.

While out one afternoon, Narcissus became thirsty and began drinking from a crystal-clear<sup>6</sup> pond. Looking down at the glassy<sup>7</sup> surface of the water, he saw the beauty of his own reflection<sup>8</sup> staring back at him. Spellbound<sup>9</sup>, Narcissus reached down into the water and touched this person, but only felt the wet water. "Oh, no! I am in love with my own reflection!" he cried. Day after day, the narcissistic<sup>10</sup> Narcissus stared into the water until he finally died of heartache over himself. Echo **was so distraught over** the death of Narcissus that she too soon passed away. All that was left was her echoing voice in the mountains repeating the last words that anyone says.

神话中的天神宙斯下凡时,经常周旋在美丽的女神之间,而他善妒的妻子赫拉总试图想法逮到他出轨的行径。每当赫拉毫无预警地来到凡间时,健谈的女神艾可就会和她聊天来转移她的注意力,好让其他女神脱身。赫拉最后恍然大悟,便对艾可咆哮:“你愚弄我!以后你只能说最后一句话。”从那天起,艾可(Echo,即“回音”)只能重复人们所说的最后一句话。

有一天,艾可看见纳瑟西斯在森林中漫步,他是她见过的最貌美的男子,立刻为之神魂颠倒。但问题是纳瑟西斯不为爱情所动。艾可远远地跟着他,直到他听到她的脚步声回头。艾可躲在树后,纳瑟西斯问:“是谁?走出来吧。”但艾可所能做的就是重复最后一句话“走出来吧”。最后,她走出来,想拥抱纳瑟西斯,但纳瑟西斯说:“别烦我。”并把她推开了。

有一天下午,在外面的纳瑟西斯感到口渴,于是从一个清澈的池塘里取水喝。他俯视着玻璃般的水面,看到了自己俊美的倒影在回望他。纳瑟西斯着魔似地把手伸入水中,想触摸他,却只感受到了湿冷的水。他大叫:“噢!不!我爱上自己的影子了。”日复一日,自恋的纳瑟西斯盯着水面看,直到为自己心碎而死。艾可因为纳瑟西斯的死而悲痛欲绝,不久之后也死去了。而她所留下的仅仅是山林间回荡的回音。

## Extra Words

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1. mythological [ˌmɪθəˈlɒdʒɪkl] *a.* 神话的
2. nymph [nɪmf] *n.* 居住于山林水泽间的女神
3. talkative [ˈtɒkətɪv] *a.* 多话的
4. diversion [daɪˈvɜːʒən] *n.* 转移（注意力）
5. embrace [ɪmˈbres] *vt.* 拥抱
6. crystal-clear [ˌkrɪstl̩ˈklɪr] *a.* 清澈无比的
7. glassy [ˈglɑːsi] *a.* 玻璃似的，光亮透明的
8. reflection [rɪˈfleksjən] *n.* 倒影
9. spellbound [ˈspɛlˌbaʊnd] *a.* 着魔似的，入迷的
10. narcissistic [ˌnɑːsɪˈsɪstɪk] *a.* 自恋的



## Building Your Vocabulary

---

1. **unexpectedly** [ˌʌnɪkˈspektrdli] *adv.* 出乎意料地，无预警地  
Nick left the country unexpectedly and all of his friends lost contact with him.  
尼克无预警地出国了，他的所有朋友都联系不到他。
2. **footstep** [ˈfʊtˌstep] *n.* 脚步（声）；步伐  
follow in one's footsteps 追随某人的脚步  
Joyce followed in her mother's footsteps and became a lawyer.  
乔伊斯追随她母亲的脚步，成为了一名律师。



## Phrases for Learning

---

1. **surround oneself with...** 和……在一起  
The older woman loved to surround herself with young people.  
那名老妇人喜欢和年轻人待在一起。
2. **catch sb in the act of V-ing** 逮到某人正在做……  
Sean was caught in the act of smoking in the restroom during lunch.  
午餐时间肖恩被逮到正在卫生间里抽烟。

3. **catch on (to sth)** (开始)明白 / 意识到 (……)

It isn't easy to catch on to this game, but give it a try.

要了解这个游戏不容易,让我们来试一试吧。

4. **make a fool of sb** 愚弄某人

Tony was extremely angry when he learned that his best friend had made a fool of him.

托尼得知他最好的朋友愚弄了他时,简直气坏了。

5. **fall head over heels in love with sb** 爱某人爱到神魂颠倒

Mark fell head over heels in love with Kate after their first date.

马克在和凯特第一次约会后,就陷入了热恋中。

6. **be / become immune to...** 对……免疫; 不受……影响

They're always so rude that I've almost become immune to their comments.

他们向来都这么粗鲁,我几乎已经对他们的言论习以为常了。

7. **leave sb alone** 不去打扰某人

Leave Jack alone. He just got fired and needs some time by himself.

别打扰杰克,他刚被解雇,需要独处的时间。

8. **be distraught over...** 因……心烦意乱; 忧虑……

distraught [ di'strɔ:t ] a. 心烦意乱的

The mother was distraught over her son's safety when he was away in the army.

儿子从军时,那位妈妈很担心他的安危。

## **Practical Phrases**

1. From that day forth, S + V 从那天起, ……

2. from / at a distance 从远处

3. pass away 过世

身心平靜

## Quieting<sup>1</sup> the Mind

Stress and worry don't have to ruin your day life. Simply learning how to meditate can lift the weight of the world right off your shoulders.

 03

Meditation<sup>2</sup> is an exercise in quieting the mind. Meditation can help **restore** mental balance leading to a feeling of happiness and contentment<sup>3</sup>.

Think of the brain as a faucet<sup>4</sup> where the water is constantly flowing. The flowing “water” is our thoughts about such things as the never-ending<sup>5</sup> list of tasks that we have to do, should do, didn't do, and might do. Stopping the flow of these thoughts and **slowing down** the mind is the goal of meditation<sup>6</sup>. By turning off the faucet, a person who practices meditation can attain clearer thinking, improved health, and a greater understanding of their own goals.

When one first sits down to meditate, it may seem as though one's mind is **racing** at 100 miles a minute. One thinks of the report that needs to be **turned in**, the dishes that haven't been done, and the countless<sup>7</sup> other problems in life that unconsciously<sup>8</sup> **stream in**. This is because when meditating, one finally realizes how active the mind actually is. The focus must then be taken away from these



thoughts and centered instead on breathing in deeply through the nostrils<sup>9</sup> and out through the mouth. Although it seems simple to “just breathe,” in reality, it is easier said than done. **Blocking out external**<sup>10</sup> thoughts **takes** a great deal of **effort**. By sitting in an upright<sup>11</sup> position with legs **folded** and thumbs just barely<sup>12</sup> touching the index fingers<sup>13</sup>, meditation can bring relaxation<sup>14</sup> and inner peace. All thoughts of the things that should, could, and would be **fade away** as the mind is quieted.

冥想是让心灵宁静的一种活动。冥想有助于恢复一个人的精神平衡，进而达到幸福与满足。

把大脑想成一个水流不断的水龙头。这些流动的“水”就是我们的思维，永无休止地想着我们必须完成、应该完成、尚未完成和可能完成的事项清单。冥想的目的在于停止这些想法的流窜，放慢心灵的步伐。通过关闭这个水龙头，冥想者可以获得更清晰的思路、更健康的身体，也更了解自己的目标。

当一个人刚坐下来冥想时，他们的大脑就像是每分钟跑一百英里一样。他们看到自己要交的报告、要洗的碗盘，生活中其他数不清的问题也无意地涌入。这是因为在冥想时，他们终于了解到自己的大脑到底有多活跃。注意力必须脱离这些想法，而专注于从鼻孔深深吸气，从嘴巴吐气。“单纯呼吸”看似简单，事实上，做起来却很难。阻绝外界思绪需要付出很大的努力。通过双脚交叠、大拇指几乎碰到食指和挺胸坐直，冥想可以带来放松和内心的平静。所有应该、可能以及将会发生的事情，这些想法在内心平静的时候都会慢慢消逝。

## **Extra Words**

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1. quiet [ 'kwaɪət ] vt. 使平静
2. meditation [ ,medə'teɪʃən ] n. 冥想