

英语阅读文库·人生世界

丛书主编 马瑞香 王正元

Never Slow Down Your Pace

不要
放慢你的脚步

编著 © 李世琴 王迎春

华中科技大学出版社
<http://www.hustp.com>

英语阅读文库·人生世界

丛书主编 马瑞香 王正元

Never Slow Down Your Pace 不要放慢你的脚步

编著 李世琴 王迎春



华中科技大学出版社

中国·武汉

图书在版编目(CIP)数据

Never Slow Down Your Pace 不要放慢你的脚步/李世琴 王迎春
编著. —武汉:华中科技大学出版社,2009年4月
ISBN 978-7-5609-5184-3

I. 不… II. ①李… ②王… III. 英语-阅读教学-高等学校-
自学参考资料 IV. H319.4

中国版本图书馆 CIP 数据核字(2009)第 028074 号

Never Slow Down Your Pace

不要放慢你的脚步

李世琴 王迎春 编著

策划编辑:梅欣君(mxj.8@163.com)

责任编辑:刘 亭

封面设计:潘 群

责任校对:张 琳

责任监印:熊庆玉

出版发行:华中科技大学出版社(中国·武汉)

武昌喻家山 邮编:430074 电话:(027)87557437

录 排:华中科技大学惠友文印中心

印 刷:华中科技大学印刷厂

开本:880mm×1230mm 1/32 印张:7.25

字数:220 000

版次:2009年4月第1版

印次:2009年4月第1次印刷

定价:15.00元

ISBN 978-7-5609-5184-3/H·658

(本书若有印装质量问题,请向出版社发行部调换)

总 序

大学生的精神世界是活跃的、丰富多彩的，有着许多动人的美丽、憧憬和色彩光亮的梦想。大学生的心态很天真，很阳光。但是在成长的道路上，总会有快乐和迷茫，面对五彩缤纷的世界、求职的拥挤和失意，他们开始严肃地审视世界，认真地思考自己，什么是幸福、爱情、奋斗、经历、追求、创业等，这些话题悄然走进大学生们的生活。正是基于这些，我们为大学生编写了这套英语阅读文库《人生世界》。

这套书共十本，包括奋斗、爱情、创业、经历、幸福、梦想等十个大学生关心的话题。所选的英语原文词汇量和难度与大学生的英语阅读水平相适应，每篇文章前有导读，文中的疑难词语配有注释，并附有赏析和阅读思考题，每本书前主编还写了一首诗歌作为主编寄语，这一切，希望广大读者能够喜欢。

在编写这套书时，我们给读者提供的文章不仅是地道的英语表达，而且读来耐人寻味，从而使这套书更具有语言性和知识性、阅读性和思考性相结合的特点。在这套书出版之前，我们曾将部分书稿交给学生阅读，请他们谈谈阅读感想。有的说：“好像喝了杯热咖啡，有点苦，也有点甜。”有的说：“好像嚼槟榔，爽！”一个美丽的女孩悄悄地说：“我的爱情彩球飞得太高了，无法着陆。”

……我们感受到了写书的快乐。

北京外国语大学、辽宁大学、哈尔滨工程大学、燕山大学等十几所知名大学的英语教师参加了这套书的编写工作，给读者献上了文字优美的短文，感人的英文故事。华中科技大学出版社的梅欣君老师和诸位相关的编辑耐心、细致地把这套书做得如此漂亮，作为主编，我们实在应该感谢他们。这次推出了英语阅读文库的《人生世界》，也许很快就能陆续推出《文化世界》、《文学世界》、《商务世界》，与大学生朋友共享行走在英语世界中的快乐。

丛书主编

目 录



Women of Everest	
登峰造极	(1)
The Youngest Tennis Champion: Martina Hingis	
最年轻的网球冠军——玛蒂娜·辛吉斯	(5)
Keep Your Goals in Sight	
莫让目标太遥远	(9)
The Day I Flunked Out of Law School	
我被法学院开除的日子	(12)
Become What You Want to Be!	
成就你的梦想	(16)
Unpolished Diamond	
未经磨光的钻石	(19)
Be Oneself	
走自己的路	(22)
Put the Effort in Every Day	
每一天都要努力	(26)
Bringing Back Honor	
为荣誉而战	(31)
Don't Quit, Keep Playing	
不要停，继续弹	(36)
Nine-Year-Old Politician	
九岁神童政客	(39)



To the Top: Fidel Ramos 迈向顶峰——费德尔·拉莫斯	(43)
Laila Ali Inherits Her Father's Profession 莱拉·阿里女承父业	(47)
Taiwan Inventor Deng Hong-ji 台湾发明王邓鸿吉	(52)
I Never Write Right 我不懂写作	(56)
Allison Fisher: A Woman Billiardist 埃里森·费希尔——一位女台球手	(60)
The Mask Forever: Jim Carrey 永远的面具——金·凯利	(65)
An Impressionist: Vincent Van Gogh 印象派大师——文森特·梵高	(70)
Back from the Brink 与死神擦肩而过	(74)
Gift for Music: Leonard Bernstein 音乐天才——伦纳德·伯恩斯坦	(79)
Godfather Marlon Brando 教父马龙·白兰度	(84)
Adventurer Fossett Launches Solo Balloon Trip 冒险家福塞特的热气球环球之旅	(88)
World Championship: Tonique Williams Darling 世界冠军达琳	(92)
Afraid of Your Computer 克服畏难心理 熟练使用电脑	(96)
Application and Perseverance Give Results 勤奋有恒结硕果	(101)
Earvin Johnson the Magic of Basketball “魔术师”约翰逊	(107)



Keep on Singing	
不要停，继续唱.....	(111)
Every Living Person Has Problems	
风雨过后见彩虹——正视困难.....	(115)
Look Out, Baby, I'm Your Love Man	
机遇只垂青那些有准备的人.....	(118)
Growing Roots	
成长的根.....	(123)
Is Fire Goddess Spelled with Two "D"s ?	
我就是火舞神.....	(127)
A Boy with a Mission	
男孩的使命.....	(132)
Big Challenges	
从容应对挑战.....	(137)
Today I Will Be Master of My Emotions	
今天我学会控制情绪.....	(141)
I Will Laugh at the World	
我要笑对世界.....	(146)
Today I Begin a New Life	
今天我要开始新生.....	(150)
I Will Persist Until I Succeed	
坚持不懈，就会成功.....	(156)
I Am Nature's Greatest Miracle	
我就是大自然的奇迹.....	(161)
I Will Live This Day as If It Is My Last	
假如今天是我生命中的最后一天.....	(166)
A Lady Named Lilly	
有个女孩叫莉莉.....	(171)
Four-Fingered Pianist, Lee Hee-Ash	
四指钢琴家.....	(175)



Black Horse	
黑骏马	(179)
I Got My B.A. by Sheer Luck	
撞大运, 得学位	(185)
Permission to Fail	
允许失败	(192)
You Can Do It	
你能行	(195)
Did the Earth Move for You?	
地球可曾为你震动	(199)
Please Dress Me in Red	
请给我穿红衣服	(202)
The Daffodil Principle	
好一片水仙花	(205)
Run through the Rain	
雨中奔跑	(210)
The Shadowland of Dreams	
为梦想而奋斗	(214)
主要参考文献	(220)

Women of Everest

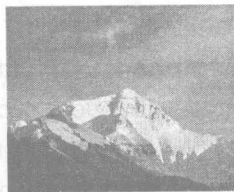
登峰造极



珠穆朗玛峰，又译为圣母峰，位于我国和尼泊尔交界的喜马拉雅山脉之上，终年积雪，是世界第一高峰。藏语“珠穆朗玛”就是“大地之母”的意思。神话说珠穆朗玛峰是长寿五天女所居住的宫室。珠穆朗玛峰高大巍峨的形象，一直在全世界的范围内产生着影响。吸引着来自世界各国的人民，瞧，又一队人马上路了……

Preparing for climbing to the “Roof of the World”.

Alison Levine has had two **surgeries**¹ to repair a damaged heart. Midge Cross is **diabetic**² and has survived **breast cancer**³.



Neither woman is the type to let those **obstacles**⁴ stand in the way of their **adventuresome**⁵ spirit, so they headed for the “Roof of the World”.

They are part of a team that set out this week to become the first group of American women to reach the summit of **Mount Everest**⁶. The other three are Coloradans Lynn Pebble, Jody Thompson and Kimberly Clark. Cross had to turn back at 24 000 feet because of **altitude sickness**⁷. Had she reached the summit, the 58-year-old grandmother would have been the oldest woman to do so.

But she was never hell-bent on that goal. More important, she



says, is the **commitment**⁸ to stepping outside her old comfort zone.

“So I become a bigger person,” says Cross, “a more knowledgeable person and, I think, a better person for having taken the risk.” The other four women were pushing on, hoping to reach the summit within the next couple of days.

All are experienced climbers, including Levine, a 36-year-old **business executive**⁹ from San Francisco who organized the team.

She says she was looking for skilled climbers, women who could take two months off from their jobs, women who could leave their families behind for an extended period, and women who had a certain attitude.¹⁰

“Everybody’s got a lot of energy, a lot of spirit, a lot of heart and some mental **toughness**¹¹,” Levine says.

Cross agreed and pointed out that these women weren’t interested in leading safe, predictable lives: “I remember when I was a kid, my mom would buy American cheese, with every slice **wrapped**¹². And I thought, ‘Whoa, this is not the kind of life I want to live, with every slice wrapped.’”

And so they trained, for months, fully aware that 180 people have died of trying to scale the world’s highest mountain, which comes in at 29 035 feet. They may not have **testosterone**¹³, but they do have teamwork that is **unique**¹⁴ female.

“It takes us longer when we have to go to the bathroom,” says Levine with a chuckle, “because, you know, it’s just more complicated for us. So we’re patient with each other through those times, too, where a group of men might not understand.”

Levine has already reached the highest point on six continents: North and South America, Europe, Africa, Oceania and Antarctica. **Everest — in Nepal on the Asian continent — would make her seventh destination.**¹⁵



She is careful not to raise expectation, but says “**tenacity, persistence and a strong spirit can carry you further than just muscle alone**”¹⁶.”

When they last spoke to ABCNEWS from base camp, the women had already had a very humbling practice climbing up to 24 000.

“At camp three, it was very difficult. We were very uncomfortable,” said Cross. “I’ve never had such a bad headache in my whole life.” Clearly, she was not able to overcome that **physical limitation**¹⁷; Cross did not make it past the 24 000-foot mark on the final push to the summit. But she will be there in spirit with the others if they make it to the top.

“Everybody’s really excited to go up and do it because this is it,” says Levine.

注释



1. surgery ['sə:dʒəri] *n.* 外科手术
2. diabetic [ˌdaɪə'betɪk] *n.* 糖尿病患者
3. breast cancer 乳腺癌
4. obstacle ['ɒbstəkl] *n.* 障碍
5. adventuresome [əd'ventʃəsəm] *adj.* 有冒险精神的
6. Mount Everest 珠穆朗玛峰
7. altitude sickness 高空病
8. commitment [kə'mɪtmənt] *n.* 保证, 许诺
9. business executive 企业经理
10. 她说, 当时她也四处寻找一群既有登山经验, 又能脱离工作两个月, 还能长期离开家庭的妇女, 而且这些妇女要有积极的态度。
11. toughness ['tʌfnɪs] *n.* 坚韧, 刚韧
12. wrapped [ræpt] *adj.* 有包装的
13. testosterone [tes'tɒstərəʊn] *n.* 睾丸激素, 雄性激素



14. unique [juːni:k] *adj.* 独特的, 唯一的
15. 位于亚洲大陆尼泊尔的珠穆朗玛峰将是她的第7个目标。
16. 不仅仅靠肌肉、顽强、坚持不懈和强大的精神能使你攀得更高
17. physical limitation 生理极限

赏析

珠穆朗玛峰——“世界的屋脊”，这是一片神奇的土地。她像一位情窦初开的少女，吸引着来自世界各地的爱慕者前来一睹她的芳容；她又是一位饱经风霜的老者，她的面容让世人对她敬慕，对她顶礼膜拜。经历过两次心脏手术的艾莉森·里文同患有糖尿病和乳腺癌的幸存者枚德·克罗斯踏上了她们的登峰之路，她们的行为吸引了全世界的目光，她们是勇敢的，因为她们知道只要坚持不懈地攀登，珠穆朗玛峰就在前方，目标就在前方！

思考

1. How many American women consisted of the climbing team?
2. Who organized the climbing team?
3. Who lost to go up to the “Roof of the World”? Why?
4. Why did the women want to climb the “Roof of the World”?
5. What diathesis did they have to go up to the “Roof of the World”?

The Youngest Tennis Champion: Martina Hingis

最年轻的网球冠军——玛蒂娜·辛吉斯



对于经常观看网球比赛的人来说，玛蒂娜·辛吉斯这个名字一定不会陌生，她是一位天才网球手。从1997年到2001年，辛吉斯在209个星期里占据着女子网球世界第一的宝座，其间只有达文波特短暂地成为过第一，在女子网坛的历史上也只有格拉芙、娜芙拉蒂诺娃和埃弗特三人在这个位置上比她坐得更久。而在奖金排行榜上，辛吉斯以1800万美元的年度总奖金额排在第三位，仅落后于格拉芙和娜芙拉蒂诺娃。同时她至今还保持着多项纪录，她是迄今为止历史上最年轻的女子世界第一，也是最年轻的大满贯冠军得主。

We're used to **swaggering**¹, in-your-face **trash**² talk from NBA players, boxers and even a few politicians, but teenagers in tennis skirts? There's a new generation of women on the court. They're young. They're pretty. And they're unbelievably **brash**³ about everything. Here's 17-year-old Martina Hingis explaining her lack of **humility**⁴: "People say that I am **arrogant**⁵. I am No. 1 in the world, so I have a right to be arrogant."



Actually she's the best in the world. Two years after becoming the youngest No. 1 player in history, Hingis won her second Family Circle title.



Hinges came to Britain in 1997, posing with a large “No. 1” made of tennis balls. A week later, she had earned her sixth straight title and 31st straight victory with a Family Circle title.

“At that stage, you don’t really get it that you’re the best tennis player in the world,” Hinges, 18, said after a 6-4, 6-3 win over Kournikova. “There is always another match to go, another **tournament**⁶.” It was only later, she said, she realized, “I became No.1. I’m like the best.” Hardly arguing anymore now. It’s been a difficult week in the shadows for Hinges, pushed aside by the Williams’ final at the Lipton Championships and Kournikova’s run through the Family Circle.

“With the Williams sisters and Anna, I was saying, ‘What about me?’” said Hinges, who earned \$150 000. “I think this was about time.” Hinges didn’t mind talk of her **rivals**⁷. “So long as they’re lower than me, I’m fine,” she said.

Kournikova gave her a run on the **concourse and practice courts**⁸ at the Sea Pines Racquet Club, though. The **sassy**⁹ Russian star’s poster was one of the hottest items at the season’s first clay court tournament. Her doubles matches got only attention. Even Fox Sports Net analyst Pam Oliver told Kournikova, when presenting her with the runner-up honor, that she was “really popular with the men”.

But Hinges, smiling most of the way, showed who No.1 on the court is. She trailed Kournikova 4-3 in the opening set, but broke the Russian’s serve three straight times in winning the next six games.

When Kournikova struck back to close the second set to 3-2, Hinges broke serve again to **regain control**¹⁰. When Kournikova’s **forehand slapped the net**¹¹, Hinges had closed out her third tournament win this year and her 10th straight Family Circle singles victory.



Kournikova's game was **erratic**¹². She overcame Hinges' 40-15 lead in the first set. Then she **double-faulted**¹³ twice to lose the next one.

"You have to play smart and be patient with her," Kournikova said, "But I made a few unforced errors because I tried to go for too much."

Hinges stayed steady throughout, never letting Kournikova break away. And when the crowd tried to pull Kournidova through, Hinges would remind them with a surprise drop shot or sharp forehand winner who No. 1 is.

Kournikova acknowledged the support she gets. She was confident in her ability—she beat Hinges at German Open—but said she knows her game needs the seasoning she can get by advancing to finals.

"This is great for me, great for my confidence," Kournikova said. "This gave me some experience and hopefully, I won't be a runner-up much longer." But Hinges would rest for about a month, returning to the tour at the Italian Open. She understood a lot better about the knack of winning crucial points and staying on top.

"(If) you are better ranked, you're a better player, you win the match," Hinges said. "If not, you are always the loser."

注释



1. swaggering ['swægəriŋ] *adj.* 狂妄自大的
2. trash [træʃ] *n.* 废话, 无价值之物
3. brash [bræʃ] *adj.* 傲慢的
4. humility [hju'militi] *n.* 谦虚
5. arrogant ['ærəgənt] *adj.* 傲慢的, 自大的
6. tournament ['tuənəmənt] *n.* 联赛, 锦标赛



7. rival ['raɪvəl] *n.* 对手, 竞争者
8. concourse and practice courts 宽阔的练习场地
9. sassy ['sæsi] *adj.* 时髦的
10. regain control 重新夺回控制权
11. forehand slapped the net 正手击球下网
12. erratic [i'rætik] *adj.* 不稳定的
13. double-faulted 双发失误

赏析

辛吉斯是领航者, 站在世界网坛最高的领奖台上, 她品尝到处在巅峰的快感, 这也成为她体育生命的助推器, 正如她自己所说“倘若你的级别被评定得越高, 你就会发挥得越出色, 就能赢得比赛, 否则, 你永远是输家。”因为她的级别, 她不能选择退缩和懈怠, 因为一旦退缩她就会被超越, 她只能追求更高的目标, 即使面对的是腾空的海浪、狂风卷起的海潮, 她也要奋力奔跑, 在碧海蓝天之上逍遥!

思考

1. How much do you know about Martina Hinges?
2. Why do people think Martina Hinges is arrogant?
3. Who pushed Hinges aside at the Lipton Championships last week?
4. Who is Kournikova? What is the importance in playing tennis does Kournikova think?
5. What is the importance in playing tennis does Martina Hinges think?

Keep Your Goals in Sight

莫让目标太遥远

导读

佛罗伦斯·查德威克是第一个从两个方向游过英吉利海峡的女子，如今已过而立之年的她，又向着自己的梦想发起了再一次的冲击，这次她要从卡达琳纳岛游到加利福尼亚海岸。她能否实现梦想呢？茫茫的雾气笼罩在海面上，也为大海蒙上了一层神秘的面纱，她的眼前除了雾气什么都看不到。时间一点点地流逝。在离终点仅有半公里远时她居然出乎意料地选择了退出。这究竟是因为什么呢？是她的体力不支？还是目标太遥远？

When she looked ahead, Florence Chadwick saw nothing but a solid wall of fog.¹ Her body was **numb²**. She had been swimming for nearly sixteen hours.



Already she was the first woman to swim across the **English Channel³** in both directions. Now, at age 34, her goal was to become the first woman to swim from **Catalina Island⁴** to the California coast.

On that Fourth of July morning in 1952, the sea was like an ice bath and the fog was so **dense⁵** she could hardly see her support boats. **Sharks cruised toward her lone figure, only to be driven away by rifle shots.⁶** Against the **frigid⁷** grip of the sea; she struggled on—hour after hour—while millions watched on national television.