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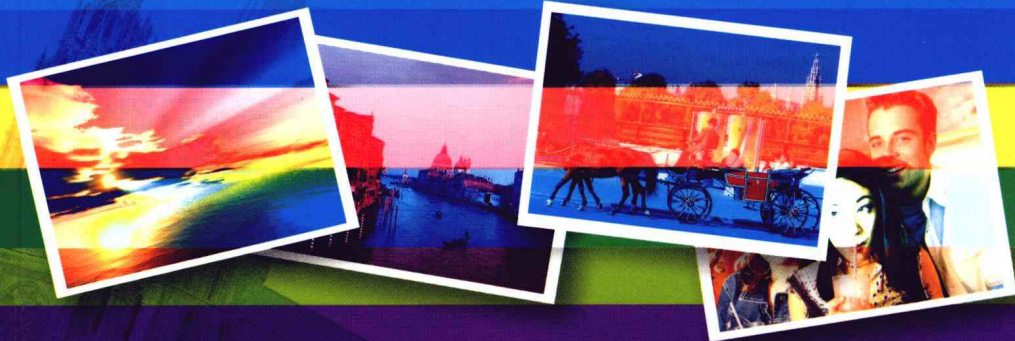
美丽英语

每天晨练30分

司炳月 主编



随落叶同行，听潮起潮落，就这样带着缘于心中的平静与安详，
看着人来人往的喧嚣，观赏着日出日落的绚丽，生命给了我们
永远的答案，让我们感受文字里的安然静谧吧！



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美丽英语

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前言

美丽的英文，美丽着我们的心情，美丽着我们的人生，美丽着如水的岁月，值得我们珍藏，值得我们细细地品评。感性的文字，睿智的语言，亮丽的心情勾勒出本书的轮廓。

本书在结构上采取了横向拓展和纵向延伸相结合的形式。横向拓展指的是书中所涵盖的话题包括了文化、礼仪、社交、工作、娱乐、人际交往、日常生活等的各个角落。纵向延伸指的是整个书本的编排由易至难，从“基础篇”简单的小故事、寓言开始着手，到“提高篇”震撼心灵的箴言，再到“飞跃篇”气势恢弘的美文。每篇文章的编排包括生词、文章主体、问题、译文及相关谚语链接。作者用精彩绝伦的文字，深入浅出的表达，引人入胜的讲述方式，螺旋型阶梯渐进过程，阐释了英语语言中的人生感悟。

为了更好的使用本书，建议：

每天一篇文章，每天30分钟。

2分钟的热身，熟记所列单词。

3分钟的听练，听懂文章大意。

5分钟的说练，回答文章后面的问题。

5分钟的跟读，跟着录音模仿、诵读。

5分钟的熟读，自己一个人大声朗读。

5分钟的背诵，选择自己喜欢的段落、或整篇文章进行背诵。

3分钟的复听，重复听两遍，强化记忆及语音纠错。

2分钟的复述，复述背诵内容，或者文章后面的最后一个“开放式”问题。

目前英语的学习热潮一直是一浪高过一浪，在这个喧嚣、浮躁的竞争社会里，彷徨的英语学习者变得更加急功近利。本书精选了近百篇的文章，每篇文章都如一把灵动的钥匙，希望您能用持之以恒的毅力、勇攀颠峰的魄力、正确的学习态度、科学的学习方法开启一扇扇智慧之门。

编者

2009年元月

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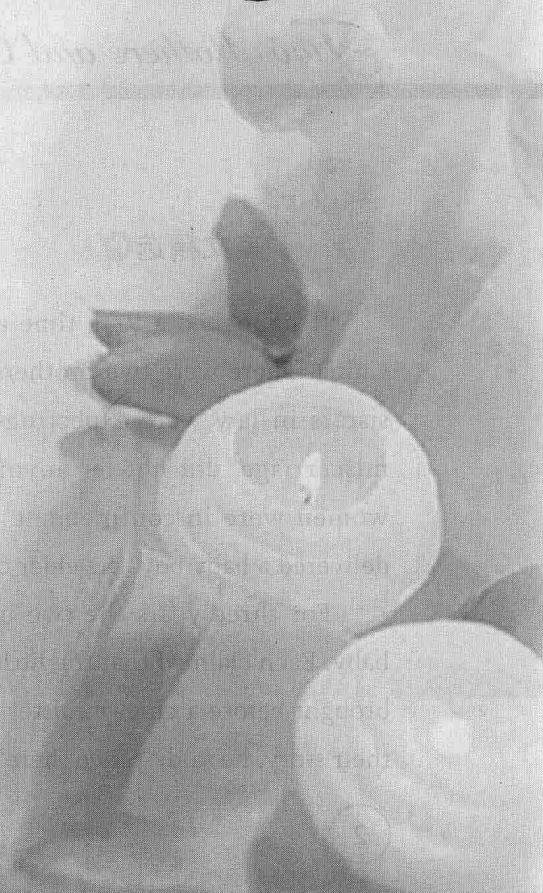
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基础篇



Tip

Mum feed my soul and body with her love. Her milk is the source of my thinking.

您用母爱哺育了我的魂魄和躯体，您的乳汁是我思维的源泉。

Two Mothers and One Baby



美文精选

It happened a long time ago in a small native village in China. There were two brothers living in the same house. Both sisters-in-law were expecting¹. The elder woman who had a miscarriage² did not let anyone know about it. When both women were in confinement³ and the younger sister-in-law delivered a baby boy, the elder one stole her child at night.

For three years the two mothers were fighting over the baby. Each claimed that the little baby was hers. The matter was brought before a chief minister of the county. As he listened to their story, he said, "Since there's only one baby, I don't see how

I can give him to either one of you. The best thing I can do is to cut the baby in half. Each can take one-half of the baby.”

The elder lady smiled and quickly replied, “Sir, I accept your decision.” But the younger sister-in-law lady cried and begged the chief minister saying, “Please sir, don’t cut the baby in half. Let her have the baby!”

When the verdict⁴ was made, the chief minister gave the baby to the mother who was willing to “sacrifice” her baby and give her up to the older lady. “No real mother could bear to see her child cut in half.” He pronounced.

Questions:

1. Where did the story take place?
2. What’s the chief minister’s verdict?
3. What can we conclude by reading this story?



词汇

- | | | |
|----------------|------|-----|
| 1. expecting | adj. | 怀孕的 |
| 2. miscarriage | n. | 小产 |
| 3. confinement | n. | 分娩 |
| 4. verdict | n. | 裁决 |



译文

两位母亲和一个孩子

很久以前，在中国的一个小村子里，有兄弟两家人住在同一所房子里，妯娌两个都有了身孕。嫂子小产，却没有让任何人知道。两个女人分娩之后，弟妹生了一个男孩，嫂子在夜里把孩子偷走了。

三年来，两位母亲一直在为孩子是谁的而争吵，她们都说小孩是自己的。事情闹到了县衙门。县令听完故事后说：“既然只有一个孩子，我不知道该把他给你们哪一个。我能做的最好的事就是把孩子劈成两半，每人得一半。”

嫂子笑了笑，立即回答说：“大人，我同意您的决定。”但是，弟妹却哭着求县令说：“大人，请不要把孩子劈成两半，把孩子给她吧！”

县令做出裁决，孩子属于宁愿放弃孩子、把他让给嫂子的那位母亲。“没有哪个真正的母亲会忍心看着自己的孩子被劈成两半的。”他说。

❶ ***Love makes the world go round. (Charles Dickens)***

爱使世界运转。(查尔斯·狄更斯)

❷ ***Love is life in its fullness like the cup with its wine. (Rabindranath Tagore)***

爱使生命充满了活力，正如溢满酒的酒杯一般。(泰戈尔)

❸ ***To love and to be loved is the greatest happiness of existence. (Sydney Smith)***

爱人和得到人爱是人生最大的幸福。(悉尼·史密斯)

Tip

He couldn't have the sundae, because he had to have enough left to leave her a tip. 他不能吃圣代，因为他必须省下钱来给她小费。

Little Boy and Ice Cream



美文精选

In the days when an ice cream sundae¹ cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked, "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired.

By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely² replied.

The little boy again counted his coins. "I'll have the plain

ice cream,” he said. The waitress brought the ice cream, put the bill on the table and walked away.

The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table.

There, placed beside the empty dish, were two nickels³ and five pennies⁴—you see, he couldn’t have the sundae, because he had to have enough left to leave her a tip⁵.

The moral of the story: Don’t underestimate⁶ any one even if he is a little child.

Questions:

1. According to this story, did the little boy want to eat ice cream?
2. Why did he choose to buy a plain ice cream?
3. What do you get from this story?



1. sundae	<i>n.</i>	圣代 (食品)
2. brusquely	<i>adv.</i>	粗暴地
3. nickel	<i>n.</i>	镍币
4. penny	<i>n.</i>	便士
5. tip	<i>n.</i>	小费
6. underestimate	<i>v.</i>	低估