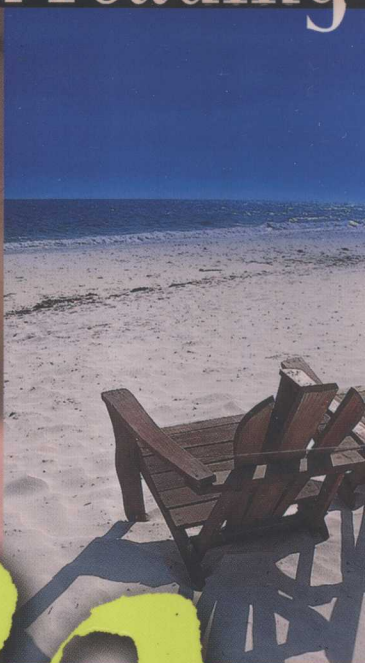


晨读英语美文百篇

HUNDRED EXCELLENT ENGLISH ESSAYS
FOR MORNING READING

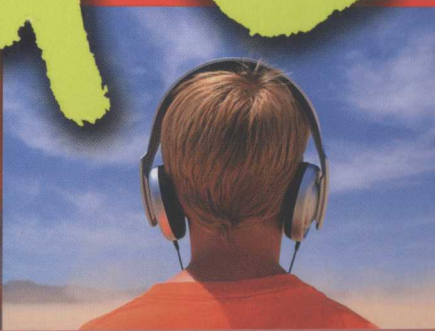
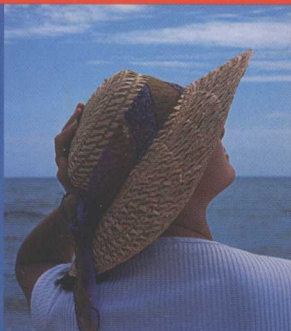
I am crazy about English reading



山西出版集团
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我为英文阅读

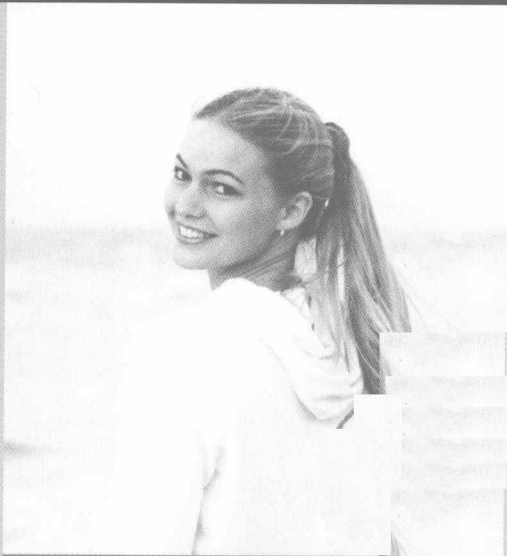
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MORNING EXERCISE OF ONE HUNDRED
BEAUTIFUL ENGLISH ESSAYS

I am crazy about English reading



我为英文阅读

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山西出版集团 山西教育出版社

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出版说明

“如果我是一个初学英语的小学生，我将多读故事多看画，多听句子多唱歌。语法我不学，完全靠模仿……”

这是本书主编、语法学家薄冰先生致英语学习者的告白。事实上也是如此，阅读是最好的口语教材，比起在学校里上枯燥的语法、听力课，阅读原汁原味的英语美文要有趣得多，英语实际应用水平的提高阅读是最有效的方法之一。

所以，我们按照新的“英语课程标准”话题阅读要求，精心选编了这本配有精美插图的阅读范本，选文不仅注重于学习者在听、说、读、写应用方面的提高，而且特别着重于能力、情感、交际等诸方面知识的培育。题材涉及话题广泛，从个人到家庭、学校到社会、地球到环境、文学到人文、计划到愿望、旅游到交通、情感到人际关系、饮食到健康等等，汇集了欧美语言国家脍炙人口的经典美文。读者若能反复阅读，细心模仿，在不知不觉中，会惊奇地发现，语音变好了，口语地道了，听力进步了，英文水平达到了一个新的高度，这是阅读的魅力，也正是我们编写此书的目的。

在整个编写过程中，参照了众多的报刊文章、研究资料，在此一并感谢；书中所选文章的译文不同程度地参考了原译作品，对于这些大师，编者总是满怀敬仰之情。由于出版时间仓促，部分作者未及时联系到，文章又难以割舍，故将部分原创作品的稿费寄往中国版权代理中心委托转收，敬请有关著作权人与之联系。

——山西教育出版社英语编辑室

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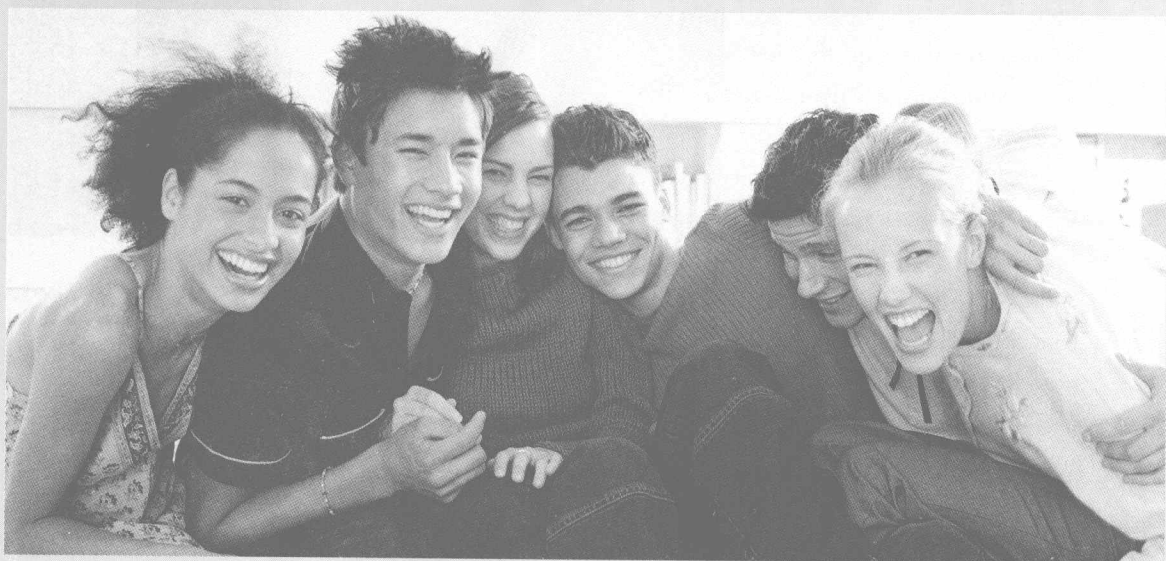
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Family, Friends and People Around

家庭、朋友和周围的人



社会是由一个个独立的个体组成的,而这一个个风格迥异的个体以及他们之间的关系又造就了这个千姿百态、丰富多彩的大千世界。在这个世界中,每个人的活动都不是孤立进行的,时时处处都需要家人、朋友的参与与帮助。人们在日常生活和社会交往中增进友谊,在接触、沟通中了解熟悉每个人,又会以更恰当、更得体的方式适应不同个体,为个性化的存在创造一个愉悦的空间。恰当地向他人介绍自己,了解人际交往间的文化差异和内涵,学会从人文角度理解、认识人际交往,准确地表达自己的情感、思想、信息就是我们需要学习、掌握的内容。

Message

Mom, I came when you were out.
 I knew the key was still placed in the
 interstice
 Between the wall and the mailbox.
 I examined the floor under the
 wardrobe and found the secret
 you took out and hid back every night,
 A nanmu case. I meant to take away
 the bank deposit book,
 But soon I recognized the cloth
 That wrapped your treasure had once
 swaddled me.
 Washed and ironed so neat, it's still
 fresh after so many years.
 Mom, I thought you were nothing but
 a stubborn, cold vixen.
 I leave this message, just to let you
 know I came
 But moved nothing. And I, yes I, am
 still swaddled in the cloth.

词语释义

- ① wardrobe [ˈwɔːdrəʊb] *n.* 衣柜, 衣橱
- ② nanmu [ˈnænmuː] *n.* 楠木
- ③ swaddle [ˈswɒd(ə)l] *vt.* 束缚, 用襁褓包
- ④ stubborn [ˈstʌbən] *adj.* 顽固的, 固执的
- ⑤ vixen [ˈvɪks(ə)n] *n.* 唠叨的女人



留言条 Message

我来过了,妈妈,
 进门时,我知道钥匙还放在信
 箱与墙壁的夹缝中间。
 我找到了大衣柜下你每晚取出
 又藏好的秘密,
 那楠木盒。
 本来我是要拿走那存折的,
 可我看到夹放那笔巨款的是我
 最初的襁褓,
 你洗、熨得那么干净,保留了这
 么多年,仍然那么鲜艳。
 我原以为你只有唠叨、倔强和
 冷漠呢。
 我留下这纸条,只是告诉你,我
 来过了,
 什么也没动,而我,
 是的,我还在那襁褓里。

When You Are Old

当你老了

■ William B. Yeats

When you are old and grey and full of sleep,
And nodding by the fire, take down this book
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;
How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;
And bending down beside the glowing bars,
Murmur, a little sadly, how love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.

当你老了, 头发苍白, 睡意沉沉,
在炉火旁打盹, 取下这本书来,
慢慢读着, 追梦当年的眼神,
那柔美的神采与深幽的晕影。
多少人爱过你青春的片影,
爱过你的美貌, 以虚伪或是真情,
唯独自一人爱你那朝圣者的灵魂,
爱你衰戚的脸上岁月的留痕。
在炉火边, 你弯下了腰,
低语着, 带着浅浅的伤感,
爱情是怎样逝去, 又怎样步上群山,
怎样在繁星之间遮住了脸。

① pilgrim [ˈpɪlɡrɪm] *n.* 朝圣者

③ overhead [əʊvəˈhed] *adj.* 在头顶上

② sorrow [səˈrəʊ] *n.* 悲伤, 懊丧

④ crowd [kraʊd] *n.* 群体

Bed in Summer

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

冬日里我夜里起床,
借着昏黄的烛光穿衣裳。
夏日里可不一样,
我不得不白日里就上床睡觉。

小鸟儿仍在树上蹦蹦跳跳,
大人们的脚步声
还在大街上回响,
我却得早早上床睡觉。

天空还是那么蔚蓝、明亮,
我多么想嬉戏、玩耍,
你是否觉得
这时候就睡觉难入梦乡?

夏
之
眠

What I Have Lived for

我为什么而活

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a deep ocean of anguish, reaching to the very verge of despair.

I have sought love, first, because it brings ecstasy—ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness—that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss. I have sought it, finally, because in the union of love I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem too good for human life, this is what—at last—I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to apprehend the Pythagorean power by which number holds sway above the flux. A little of this, but not much, I have achieved.

三种单纯然而极其强烈的激情支配着我的一生：对于爱情的渴望，对于知识的追求，以及对于人类苦难痛彻肺腑的怜悯。这些激情犹如狂风，把我在伸展到绝望边缘的深深的苦海上东抛西掷，使我的生活没有定向。

我追求爱情，首先因为它叫我心醉，爱情令人心醉的魅力使我常常乐意为了几小时这样的快乐而牺牲生活中其他的一切。我追求爱情，又因为它能减轻孤独感——那种一个颤抖的灵魂望着世界边缘之外冰冷而无生命的无底深渊时所感到的可怕的孤独。我追求爱情，还因为爱的结合使我在一种神秘的缩影中提前看到了圣者和诗人曾经想象过的天堂。这就是我所追求的，尽管人的生活似乎还不配享有它，但它毕竟是我终于找到的东西。

我以同样的激情追求知识。我想理解人类的心灵；我想了解星辰为何灿烂；我还试图弄懂毕达哥拉斯学说，它认为数是高居于感性流变之上的永恒力量。我在这方面略有成就，但不多。

爱情和知识只要存在，总是向上导往天堂。但是，怜悯又总是把我带回人间。痛苦的呼喊在我心中反响、回荡。孩子们受饥荒煎熬，无辜者被压迫者折磨，孤弱无助的老人

Love and knowledge, so far as they were possible, led upward the heavens. But always pity brought me back to earth. Echoes of cries of pain reverberate in my heart. Children in famine, victims tortured by oppressors, helpless old people a hated burden to their sons, and the whole of loneliness, poverty, and pain make a mockery of what human life should be. I long to alleviate the evil, and I too suffer.

This has been my life. I have found it worth living, and would gladly live it again if the chance were offered me.

(From *Russell's Views on Life*)



My Father's Hands

Calvin R. Worthington

His hands were rough and exceedingly strong. He could gently prune a fruit tree or firmly ease a stubborn horse into a harness. What I remember most is the special warmth from those hands as he would take me by the shoulder and point out the glittering swoop of a blue hawk, or a rabbit asleep in its lair.

在自己的儿子眼中变成可恶的累赘,以及世上触目皆是的孤独、贫困和痛苦——这些都是对人类应该过的生活的嘲弄。我渴望能减少罪恶,可我做不到,于是我也感到痛苦。

这就是我的一生。我觉得这一生是值得活的。如果可能再给我一次机会,我将欣然重活一次。

选自《罗素论人生》

词语释义

- ① **overwhelmingly** [ˌəʊvə'welmiŋli] *adv.* 压倒性地, 不可抵抗地
- ② **hither and thither** ['hiðə ænd 'ðiðə] 向这边, 向那边
- ③ **ecstasy** [ekstəsi] *n.* 入迷
- ④ **abyss** [ə'bis] *n.* 深渊
- ⑤ **miniature** [mɪniətʃə(r)] *n.* 缩图, 缩影
- ⑥ **prefigure** [pri:'fɪgə(美)pri:'fɪgjər] *v.* 预示
- ⑦ **Pythagorean** [paɪ.θægə'ri:ən] *adj.* 毕达哥拉斯的
- ⑧ **reverberate** [ri'veɪbəreit] *v.* 反响
- ⑨ **mockery** ['mɒkəri] *n.* 嘲笑



父亲的双手

父亲的双手粗糙却非常有力。他修剪起果树来轻松自如,给烈性子的马上马具时也是不慌不忙,稳稳当当的。让我难以忘怀的是,当他抓着我的肩膀,指着猝然下落的老鹰或在洞穴里熟睡的兔子给我看时,从他那双手传来的那种特殊的温暖。他的这双坚实

They were good hands that served him well and failed him in only one thing. They never learned to write.

My father was illiterate. The number of illiterates in our country has steadily declined, but if there were only one I would be saddened, remembering my father and the pain he endured because his hands never learned to write. He started school in the first grade, where the remedy for a wrong answer was ten ruler strokes across a stretched palm. For some reason, shapes, figures and letters just did not fall into the right pattern inside his six-year-old mind. His father took him out of school after several months and set him to a man's job on the farm.

Years later, his wife, with her fourth-grade education, would try to teach him to read. And still later I would grasp his big fist between my small hands and awkwardly help him to trace the letters of his name. He submitted to the ordeal for a short time, but soon grew restless and would declare that he had had enough.

One night, when he thought no one saw, he slipped away with my second grade reader and labored over the words until they became too difficult. He pressed his forehead into the pages and wept. Thereafter, no amount of persuading could bring him to sit with pen and paper. He did still like to listen to my mother, and then to me, read to him. He especially enjoyed listening to us read to him from the *Bible*.

My father was forced to let the bank take possession of most of the acreage of his farmland one year when a crop failure meant he couldn't make the mortgage payment. He was able to keep one acre of the farmland where the small farm house was located.

他的手让他生活得很好,但美中不足的就是这双手从来就没学会写字。

我的父亲没受过教育。在我们国家文盲的人数在不断下降,但是只要还有文盲存在我就会感到难过,因为这会让我想起我的父亲,想起不会写字给他带来的痛苦。在他上一年级的时候,如果回答问题不正确的话,老师就会用戒尺在他的手掌上打10下。不知道什么原因,当时只有6岁的父亲就是不能正确记住那些形状、数字还有字母什么的。几个月后他的父亲就让他退学了,并把他安置在农场里干成人的活。



多年之后,他的上过4年学的妻子打算教他读书,再后来就是我用我的一双小手握着他的那只大拳头,非常吃力地帮助他写他的名字。这种情况只持续了很短的一段时间,不久他就显得不耐烦了,并且宣称他已受够了。

一天晚上,当他确信没人看见他时,拿着我二年级的课本走了出去,并且费劲地读着上面的字,直到感到太难了无法再读下去。他把脸埋在书里哭了起来。从此以后,无论怎样劝说都无法让他再坐下来学习写字了。但是他仍然喜欢听母亲和我给他朗读文章,他特别喜欢我们给他读《圣经》。

有一年庄稼歉收,父亲无法偿还银行的抵押借款,不得不让银行占有了他大部分的农场。他只保留了他的那间小农舍所在的一英亩地。

无论是干农活、修公路还是后来到工厂工作,他的这双手都让自己受益匪浅。他头

From the farm to road building and later to factory work, his hands served him well. His mind was keen, and his will to work was unsurpassed. His enthusiasm and efficiency brought an offer to become a line boss—until he was handed the qualification test.

Years later, when Mother died, I tried to get him to come and live with my family, but he insisted on staying in the small house with the garden plot and a few farm animals close by. His health began to fail, and he was in and out of the hospital with two mild heart attacks. Old Doc Green saw him weekly and gave him medication, including nitroglycerin tablets to put under his tongue should he feel an attack coming on.

My last fond memory of Dad was watching as he walked across the brow of a hillside meadow with those big warm hands resting on the shoulders of my two children. He stopped to point out a pond where he and I had fished years before. The night, my family and I flew back to our own home. Three weeks later Dad was dead because of a heart attack.

I returned to my father's home for the funeral. Doc Green told me how sorry he was. In fact, he was

脑敏捷,工作意识无人可比。他的工作热情及效率使他有可能会当上了工头,直到有一天他被要求参加资格考试。

几年以后,母亲去世了,我想让他过来和我们一起生活,但是他坚持要自己住在那间带有小花园的农舍里,附近还养了一些家禽、家畜。他的健康状况开始越来越糟了,曾两次因犯轻微的心脏病而住进医院。格林老大夫每周都来看他并给他开一些药品,其中包括硝酸甘油片,让他在感到要犯病时放在舌下以缓解病情。

最后一次感受父亲的慈爱是上次在家乡,看着他把他那双温暖的大手放在我的两个孩子肩上,带他们走过牧场的那座小山坡,然后停了下来,指给孩子们看那个前几年我和父亲一起钓鱼的池塘,我心里暖融融的,但这却成了永远的记忆了。那天晚上,我和家人回到了自己的家里,三个星期后,因心脏病发作父亲离开了人世。

我赶回老家参加了父亲的葬礼。格林大夫告诉我他为父亲的去世感到难过。事实上,他感到有些困惑,因为他刚刚给父亲开了新药方,而且药剂师也按药方给父亲拿了

