

# 新概念英语

(第一册)

## 美文欣赏

新概念英语学习中心 编

1

中国石化出版社

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# 前 言

“A man may usually be known by the books he reads as well as by the company he keeps; for there is a companionship of books as well as of men; and one should always live in the best company, whether they are of books or of men.

A good book may be among the best of friends. It is the same today that it always was, and it will never change. It is the most patient and cheerful of companions. It does not turn its back upon us in times of adversity or distress. It always receives us with the same kindness; amusing and instructing us in youth, and comforting and consoling us in age.”

“通常看一个人读些什么书就可知道他的为人,就像看他同什么人交往就可知道他的为人一样,因为有人以人为伴,也有人以书为伴。无论是书还是朋友,我们都应该以最好的为伴。

好书就像是您最要好的朋友。它始终不渝,过去如此,现在如此,将来也永远不变。它是最有耐心、最令人愉悦的伴侣。在我们穷困潦倒、临危遭难时,它也不会抛弃我们,对我们总是一如既往地亲切。在我们年轻时,好书陶冶我们的性情,增长我们的知识;到我们年老时,它又给我们以慰藉和勉励。”

——选自 *Companionship of Books* 《以书为伴》

《新概念英语》是一套非常经典的教材,但是由于教材的编写者亚历山大已经离开了我们,他的妻子为了表达对他的爱,基本上不允许对该教材做任何修改。妻子对丈夫的爱让人感动,但是时代还在发展,为了让读者能够接触到除了经典文章之外的美丽文章,我们编写了这套《新概念英语美文欣赏》丛书。

此书的编写源于不同层次的读者对英语的需求。对于学习和工作都较忙的读者,如何才能较短的时间里,收到最好的成效呢?也许您在五彩缤纷的世界里,看过各种各样的英语书,而获得的效果不一定如您所愿。这时的您,请不妨止步,来阅读它——全新的新概念,它能满足您的现实需求。正如人们常常因为喜欢同一本书而结为知己,就像有时两个人因为敬慕同一个人而成为朋友一样,书是更为真诚而高尚的情谊纽带,人们可以通过共同喜爱的作家沟通思想、交流感情,彼此息息相通,并与自己喜欢的作家思想相通、情感相融。

怎样才能学好英语呢?对英语的理解,首先是老师对英语的理解,这直接关系

到英语学习的方式与效果。作为一个老师首先要搞清楚的是：究竟是帮学生掌握学英语的技巧还是炫耀自己的英语知识。在传统的教学中，大部分老师讲单词时毫无用处地大量扩充，讲语法时要求死记硬背，讲课文时机械地翻译，讲口语时老师一个人大侃特侃，这不利于学生英语水平的提高。我们应认识到英语是一种美丽的语言，是交流工具，所以，学习英语有两个秘诀：一是发现它的魅力，体味它的内涵；二是记忆，去模仿和练习。

我们为了帮助读者解决以上问题，撰写了一套与新概念英语配套的学习用书，帮助读者实现梦想。由于时间和经验问题，这套丛书还存在错误和不足，希望大家批评指正。

在这套书的撰写过程中，有很多朋友给予了帮助与支持。谨在此表示衷心的感谢。

编者

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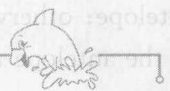


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## Be the Master of Your Time

## 掌控自己的时间



Time is **tricky**. It is difficult to control and easy to more time than you need. For example, at the beginning of a semester, you may feel that you have plenty of time on you hands. But toward the end of the term you may suddenly find that time is **running out**. You don't have enough time to cover all your duties, so you get worried. What is the answer? Control!

Time is dangerous. If you don't control it, it will control you. If you don't make it work for you, it will work against you. So you must become the master of time, not its servant. As a first-year college student, time management will be your number one problem.

时间很难对付,既难控制又易浪费。当你向前看时,觉得有用不完的时间。比如说,学期伊始,你可能会觉得有大量的时间,可到期末时,突然发现时间就要用完了,已没有足够的时间去做应做的一切了,于是,你就很担心。解决问题的方法是什么?那就是控制!

时间很危险。如果你控制不住它,它就要控制你;如果你不能让它服务于你,它便与你作对。因此,你必须成为时间的主人,而不是奴隶。作为刚入校的大学生,妥善安排时间是头等大事。

### Words and Expressions

master	/ 'mɑ:stə, 'mæstə/n. 主人, 硕士, 大师
tricky	/ 'tri:ki/adj. 狡猾的, 机敏的
run out (of)	用完, 耗尽; 到期, 期满



## Antelope and Lion

## 羚羊与狮子



In Africa, when the antelope wakes up every morning, the first thing that comes to his mind is, "I must be able to run faster than the fastest lion, or I will be killed by a lion." And at just the same time, the lion wakes out of his dream,

and the first thing flashing into his mind is, "I must be able to catch up with the slowest antelope; otherwise I will starve to death." So, almost at the same moment both the antelope and the lion jump to their feet and start running toward the rising sun.

Such is life—whether you are an antelope or a lion, you ought to **dash** forward without hesitation when the sun rises.

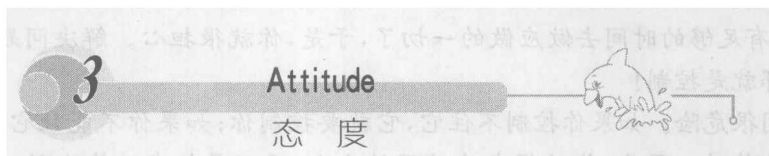
在非洲,每天早晨当羚羊睁开眼睛时,脑海里想到的第一件事就是:“我必须跑得比最快的狮子还要快,不然就会被狮子吃掉。”而此时此刻,狮子也从睡梦中醒来,闪现在他脑海里的第一件事是:“我必须追上跑得最慢的羚羊,不然我就要饿死。”于是,几乎在同时,羚羊和狮子一跃而起,迎着太阳奔去。

生活就是这样——无论你是羚羊还是狮子,当太阳升起时,就得毫不犹豫地奔向远方。

### ● Words and Expressions

antelope /'æntiləʊp/n. 羚羊;羚羊皮革

dash /dæʃ/v. 猛掷;冲撞



The longer I live, the more I realize the **impact** of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say, or do. It is more important than appearance, **giftedness**, or skill. It will make or break a company, a church, a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the **inevitable**. The only thing we can do is to play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.

我越活越觉得态度对生活的影晌。态度对我来说比事实更重要,它比你的过

去、比你受的教育、比你的金钱、比你的地位、比你的成败、比别人对你的看法或所作所为更为重要。它比你的外貌、才智和技能更为重要。它可以使一个公司、教会或家庭成功或夭折。

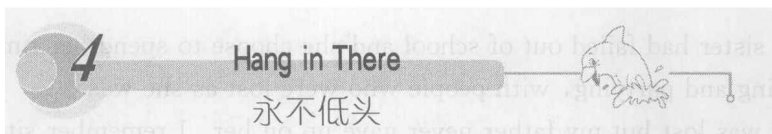
令人值得注意的是,我们每天都可以选择拿什么态度来过这一天。

我们不能改变我们的过去。我们不可能改变人们对某事的反应。我们更不能改变必然的规律。我们能做的唯一事就是弹奏好我们的那根弦,那就是我们的态度。

我深信,人生的10%是所发生在我身上的事,90%是我对这些事的反应。你的情况也是如此。我们要对自己的态度负责。

### Words and Expressions

impact	/ˈɪmpækt/n. 影响
giftedness	/ˈɡɪftɪdnɪs/n. 天资,天赋
inevitable	/ɪnˈevɪtəbl/adj. 不可避免的;必然的



Difficulties arise in the lives of us all. What is most important is **dealing with** the hard times, coping with the changes, and getting through to the other side where the sun is still shining just for you.

It takes a strong person to deal with tough times and difficult choices. But you are a strong person

It takes courage. But you possess the inner courage to see you through.

It takes being an active participant in your life. But you are in the driver's seat, and you can determine the direction you want tomorrow to go in.

Hang in there... and take care to see that you don't lose sight of the one thing that is constant, beautiful, and true: Everything will be fine—and it will turn out that way because of the special kind of person you are.

So... beginning today and lasting a lifetime through—Hang in there, and don't be afraid to feel like the morning sun is shining... just for you.

生活中困难在所难免,最重要的是要挺过艰难的时刻,积极应对种种变故,冲破黎明前的黑暗,你终会看到只属于自己的灿烂阳光。

只有强者才能勇敢直面困难时刻,做出艰难抉择。而你正是这样一位强者。

要有勇气。你拥有披荆斩棘的内在勇气。

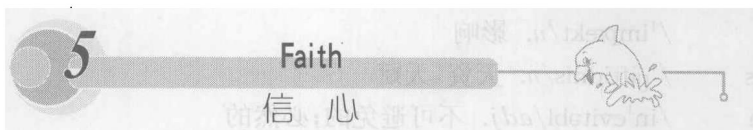
你必须在这场游戏人生中积极主动。而你正在驾驭这场游戏,并决定着自己明天前进的方向。

坚持再坚持,别让你的视野迷失了那不变的美好真理:一切都会好转的——因为你是如此的与众不同。

因此,从今天开始,到生命的终点——坚持住,不必怀疑,朝阳为你而升起。

## Words and Expressions

deal with 处理,解决



My sister had failed out of school and she choose to spend her time on a life of drinking and partying, with people who were lost as she was.

She was lost but my father never gave up on her. I remember sitting at the family dinner table where everyone had gathered except my sister. Once again she had chosen to drink with friends instead of spending an evening with our family who loved her very much. We all said she would not come. But my father said she would. We all **rallied** against him, betting she would not show and asked why he would say that. We were convinced he was in **denial**. He simply said, "I will always bet on her, on all of you."

She did not **show up** that night but today she is a beautiful mother to a baby girl. She is a loving and responsible mother, wife and teacher. I always remember that night. I believe our father's bet on all of us was the greatest gift we never knew we received.

我的妹妹辍学了,和与她同样失去生活目标的人混在一起,喝酒聚会,消磨时间。

妹妹失去了生活的目标,但是我的父亲却从未对她失去希望。我记得有一次晚上全家围着长桌坐下吃饭的情形:全家团圆,惟独缺少妹妹,她再次选择和朋友喝酒,而不是和非常爱她的亲人相聚一晚。我们大家都说她不会来了,但是我父亲说她会来。我们都不同意他的说法,跟他打赌说她不会露面,并且问他为什么认为

她会来。我们深信他只是嘴上不愿承认,可他仅仅说:“我会永远把赌注压在她身上,还有你们所有人身上。”

妹妹那天晚上没有露面,但是如今她是一位漂亮的妈妈,有一个小女儿。她是个充满爱心、有责任感的母亲、妻子和老师。我一直记得那个晚上。我相信,我们的父亲对我们所有子女的信心是我们所收到的最重要的礼物,但我们对此却从不知晓。

### Words and Expressions

rally	/ˈræli/v. 集合,集结
denial	/diˈnaɪəl/n. 否认
show up	揭露;露面;露出

## 6

## Farewell to Cambridge Again

## 再别康桥

Very quietly I take my leave  
As quietly as I came here;  
Quietly I wave good-bye  
To the rosy clouds in the western sky.

The golden willows by the riverside  
Are young brides in the setting sun;  
Their **reflections** on the shimmering waves  
Always linger in the depth of my heart.

The floating heart growing in the sludge  
Sways leisurely under the water;  
In the gentle wave of Cambridge  
I would be a water plant!

轻轻的我走了,  
正如我轻轻地来;  
我轻轻地招手,  
作别西天的云彩。

那河畔的金柳，  
是夕阳中的新娘。  
波光里的艳影，  
在我的心头荡漾。

软泥上的青荇，  
油油的在水底招摇；  
在康河的柔波里，  
我甘心做一条水草。

### ● Words and Expressions

reflection /ri'fleksjən/n. 反映, 反思



### Helen Keller Quotations

#### 海伦·凯勒语录



I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do.

We may have found a cure for most evils; but it has found no remedy for the worst of them all—the **apathy** of human beings.

When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.

When one door closes, another opens. But we often look so regretfully upon the closed door that we don't see the one that has opened for us.

Keep your face to the sunshine and you cannot see the shadow.

It is a terrible thing to see and have no vision.

One can never consent to creep when one feels an impulse to soar.

我只是一个人,但我仍然是那一个。我不可能无所不为,但我仍然可以有所作为。而正因为我不能无所不为,我不会拒绝去为我能为之事。

世间大部分不幸也许都有补救之方,但其中最不幸的却无药可救,那就是人类的冷漠。

当我们尽力而为的时候,我们并不知道会给自己的人生,或给别人的人生,带来什么样的奇迹。

一扇门关闭了,另一扇门打开了。但我们常常懊恼万分地看着那扇关闭的门,以至于看不见那扇已经为我们打开的门。

面对阳光,你就不会看到阴影。

目能见物却没有见解,真是一件可怕的事情。

当一个人有高飞的冲动的时候,决不会同意爬着走。

## Words and Expressions

apathy

/'æpəθi/. 缺乏感情或兴趣,冷漠



Ask, Ask, Ask

敢于要求



Markita Andrews, the greatest saleswoman in the world today, has generated more than eighty thousand dollars selling Girl Scout cookies since she was seven years old.

At age 13, Markita discovered the secret of selling. It starts with desire—burning, **white-hot** desire.

For Markita and her mother, their dream was to travel the **globe**. So at age 13 when Markita read in her *Girl Scout* magazine that the Scout who sold the most cookies would win an all-expenses paid trip for two around the world, she decided to sell all the Girl Scout cookies she could.

But desire alone is not enough. To make her dream come true, Markita knew she needed a plan.

“Always wear your professional **garb**,” her aunt advised, “Wear your Girl Scout uniform. Always smile, whether they buy or not, always be nice. And don’t ask them to buy your cookies; ask them to invest.”

Markita went off in her **uniform** each day after school, ready to ask—and keep asking—folks to **invest** in her dream. “Hi, I have a dream. I’m earning a trip around the world for me and my mom by **merchandising** Girl Scout cookies,” she’d say at the door. “Would you like to invest in one dozen or two dozen boxes of cookies?”



That year Markita won her trip around the world. Markita is no smarter and no more **extroverted** than other people, with dreams of their own. The difference is Markita had discovered the secret of selling: Ask, Ask, Ask! Many people fail before they even begin because they fail to ask for what they want. The fear of **rejection** leads many of us to reject ourselves and our dreams long before anyone else ever has the chance—no matter what we're selling.

And everyone is selling something. “You're selling yourself everyday—in school, to your boss, to new people you meet,” said Markita at 14, “My mother is a **waitress**, she sells the daily special. Mayors and presidents trying to get votes are selling ... I see selling everywhere I look. Selling is part of the whole world.”

It takes courage to ask for what you want. Courage is not the absence of fear. It's doing what it takes despite one's fear. And, as Markita has discovered, the more you ask, the easier it gets.

玛奇塔·安德鲁斯是现今世界上最优秀的女推销员。从她七岁以来，她推销的女童子军饼干已经超过了8万美元。

在她13岁的时候，玛奇塔发现了推销的秘密。这个秘密的发现是因为玛奇塔的某种欲望，强烈的、狂烈的欲望。

对于玛奇塔和她的母亲而言，她们的梦想就是周游世界。13岁的时候，玛奇塔在《女童子军》杂志上看到一则消息：推销出最多饼干的女童子军将可以获得双人全额周游世界的奖励。于是，玛奇塔决定尽她的所能去推销女童子军饼干。

但是只有欲望是不够的，为了能够实现梦想，玛奇塔知道她还需要计划。

“穿上你的职业服装，”她的姑姑建议，“穿上童子军制服。无论他们买还是不买，你都要保持微笑，态度良好。不要请求他们买你的饼干，要邀请他们投资。”

每天放学后，玛奇塔都会穿上她的制服，做好邀请的准备，不断邀请人们来投资她的梦想。她会在门口对应门的人说：“嗨！我有一个梦想。我想通过推销女童子军饼干来为我和妈妈赢得一次周游世界的旅行，您愿意为我投资一两打饼干吗？”

这一年玛奇塔赢得了周游世界的奖励。玛奇塔并不比其他的那些怀有梦想的人聪明或者外向。他们之间的差距就在于玛奇塔发现了推销的秘密：要求，要求，要求！许多人在开始之前就已经失败了，因为他们不能够要求别人给予他们想要的东西。不管我们推销的东西为何，我们中的许多人早在别人有机会拒绝之前，就因为害怕被拒绝而先否定了我们自己和我们的梦想。

我们每个人都在推销。“你每天都在推销着你自己的——你在学校推销着自己，