

美丽英文  
诵读菁华  
Beautiful English

主编◎蒋斌

# 带着 梦想

## 上路

*Striving with Dream*

活着的每一天都是特别的日子，用这特别的日子来充实你的人生吧，体验百态人生，磨砺青春意志！



山东电子音像出版社

美丽英文诵读菁华

# 带着梦想上路

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# *A Psalm of Life*

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*T*ell me not in mournful numbers,  
Life is but an empty dream!  
Life is real! Life is earnest! And the  
grave is not its goal;

*Not enjoyment, and not sorrow,  
Is our destined and our way;  
But to act,  
That much tomorrow.  
Find us farther than today.*

*Trust no future, howe'er pleasant!  
Let the dead Past bury its dead!  
Act, act in the living Present!  
Heart within, and God O'erhead!*

*Lives of great men all remind us  
We can make our lives sublime,  
And departing, leave behind us  
Footprints on the sands of time;  
Let us, then, be up and doing,  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labour and to wait.*



# 人生礼颂

**请** 别用哀伤的诗句对我讲：  
人生呵，无非是虚梦一场！  
人生是实在的！人生是热烈的！  
人生的目标决不是坟墓；

我们的归宿并不是快乐，  
也不是悲伤，  
实干，  
才是我们的道路，  
每天不断前进，蒸蒸日上。

别相信未来，哪怕未来多么欢乐！  
让死去的往昔将死亡一切埋葬！  
上帝在上，我们胸怀勇气，  
行动吧——趁现在活着的好时光！

伟人的生平使我们想起，  
我们能使自己的一生变得高尚！  
当我们辞别人间，  
能把足迹留在时间的流沙上；  
让我们起来干吧，  
下定决心，不管遭遇怎样；  
不断胜利，不断追求，  
要学会苦干和耐心等待。



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莫让时光空蹉跎

*The Clock Is Ticking!*



## The Value of Time

# 时间的价值

*All of us know well the value of time, and have produced numerous sayings, proverbs to illustrate its importance. However, when it comes to the waste of one hour, one day, we take it for granted. We ignore the fact that our time is our life and vice versa. So if we are to preserve our life, we are better to spend time effectively and profitably.*

我们都深知时间的价值，而且创造了大量的俗语和谚语来阐明时间的重要性。然而，涉及到一个小时、一天时间的浪费，我们又不以为然了。我们忽视了这样一个事实，时间就是生命，生命就是时间。如果要保护我们的生命，就应该有效地利用时间去创造价值。

“Time,” says the proverb, “is money”. This means that every moment well spent may put some money into our pockets. If our time is usefully employed, it will either produce some useful and important piece of work which will **fetch** its price in the market, or add to our experience and increase our capacities so as to enable us to earn money when the proper opportunity comes.


Our life is **nothing more than** our time. To kill time is therefore a form of suicide. We are shocked when we think of death, and we **spare** no pains,



**fetch** /fetʃ/ v. 售得

**nothing more than** 仅仅，只不过

**spare** /speə(r)/ v. 不用，省掉



no trouble, and no expense to **preserve** life. But we are too often indifferent to the loss of an hour or of a day, forgetting that our life is the sum total of the days and of the hours we live. A day or an hour wasted is therefore so much life lost. Our life is a brief **span** measuring some seventy or eighty years in all. But nearly one third of this has to be spent in sleep; some years have to be spent over our meals; some in making journeys on land and voyages by sea; some in **merrymaking**; some in looking after the sickbeds of your nearest and dearest relatives. Now if all these years were to be **deducted** from the term over which our life extends, we shall find about twenty or thirty years **at our disposal** for active work. Whoever remembers this can never willingly waste a single moment of his life.

All time is precious; but the time of our childhood and of our youth is more precious than any other part of our existence. For those are the periods when we can acquire knowledge and develop our capacities. If we allow these morning hours of life to **slip** away, we shall never be able to

**preserve** /prɪ'zɜ:v/ v. 保护, 防护, 维护

**span** /spæn/ n. 跨度

**merrymaking** /'merimeɪkɪŋ/ n. 尽情欢乐, 寻欢作乐

**deduct** /dɪ'dʌkt/ v. 减少, 减去

**at one's disposal** 由某人随意支配

**slip** /slɪp/ v. (时间) 不知不觉地过去



make up for the loss. Just as money **laid out** at interest doubles and **trebles** itself in time, the precious hours of childhood and youth, if properly used, will produce great advantages.

### 精美译文

谚语说，“时间就是金钱”。这意思是说，分分秒秒利用好，钱就揣进口袋里。如果时间能被有效地利用，就能生产出有用的和重要的产品，在市场上卖得一定的价格，或者丰富我们的经历，增强我们的能力，只等合适的机会出现，我们就能赚到钱。

我们的生命就是我们能拥有的时间。因此，消磨时间就等于自杀。一想到死亡，我们会惊恐不已，因而会不遗余力、不嫌麻烦、不惜代价地去保全我们的生命。可是，我们却经常对时间漠然置之，浑然不觉一个小时或者一天就过去了，忘记了生命是我们活过的每一天、每一个小时的总和。浪费了这一个小时或者一天其实就是浪费了一部分生命。我们的生命很短，算来总共七、八十年。其中近三分之一是在睡眠中度过的；一部分用在了吃饭上；一部分花在陆地和海上的旅程中；一部分纵情享乐了；还有一部分在病床前看护我们至爱的亲人。如果把这些时间从生命中扣除，我们大概只有二十年或三十年可以自由支配去做一些积极的工作。只要记住了这一点，不管是谁都不会愿意浪费生命的分分秒秒。

我们所有的时间都是宝贵的，但是相比之下，童年和青年时期的光阴比一生中其他阶段都更加宝贵。因为在这两个时期，我们获取知识、增长才干。如果任由这段生命的早晨溜走，这段损失我们永远都无法弥补。就像把钱用于投资，会有两倍和三倍的利益回报一样，我们宝贵的童年和青年，如果也能使用得当，就会让我们受益无穷。



lay out 投资

treble /'trebl/ v. 增加三倍或使成三倍

## 佳句背诵馆

★ If our time is usefully employed, it will **either** turn out some useful and important piece of work which will fetch its price in the market, **or** add to our experience and increase our capacities so as to enable us to earn money when the proper opportunity comes. (极品写作句)

本句揭示了有效地利用时间，就会从金钱和能力、经验两个方面获益。句型 **either...or...** 意为“或者……或者……”表示两者之间的一种选择，通常引导语法结构相似的词、词组、短句等。本句引导的是两个并列谓宾结构，而且每个结构中还包含定语从句、状语从句。因此，在 **either** 与 **or** 之间添加逗号以示分割，整个句子显得框架清晰，句意明了。

★ But nearly one third of this has to be spent in sleep; **some** years have to be spent over our meals; **some** in making journeys on land and voyages by sea; **some** in merrymaking; **some** in looking after the sick-beds of your nearest and dearest relatives. (极品写作句)

本句运用平行结构揭示人一生时间的花费。当列举的要素超过两项，而且内容较为复杂时，可运用平行结构中的分句形式；此外，**some...some...** 句型中，第二个 **some** 之后的句子为避免冗赘，可酌情采用省略结构，如例句所示，省略部分主语 **years** 以及谓语 **have to be spent**。

★ Just **as** money laid out at interest doubles and trebles itself in time, the precious hours of childhood and youth, if properly used, will produce great advantages. (经典背诵句)

本句展示了童年和青年时期在人一生中的重要性，只要利用得当，可以创造无尽的利益。本句运用类比的手段 (**analogy**)，把对童年和青年时期的利用比作钱的投资。类比的手段运用得当可以使叙事或说理更加生动、直观，说服力强。



## Attention on Living

# 聚焦生活过程

*What's the business of life? Living! But quite many of us are burned with yesterday's problems or future concerns, never realizing that the present moment is the only time that we have and take charge of. Therefore, we are paid well to focus on the present moments.*

生活是什么呢？生活的过程！但是我们中的许多人都为过去的问题或未来的担心所煎熬，从未意识到现在才是我们唯一拥有的并能掌控的时间。因此，把注意力集中到现在，我们会获益匪浅。

Don't forget until too late that the business of life is not business but living.

To a large degree, the measure of our peace of mind is determined by how much we are able to live in the present moment. Irrespective of what happened yesterday or last year, or what may or may not happen tomorrow, the present moment is where you are—always!

Without question, many of us have mastered the neurotic art of spending much of our lives worrying about a variety of things—all at once. We allow past problems and future concerns to dominate our present

**to a degree** 有点，稍微

**neurotic** /njuə'rotik/ *adj.* 神经质的，神经病的

**all at once** 突然；同时

**dominate** /'dɒmɪneɪt/ *v.* 在……中占支配地位，统治

moments, **so much so that** we end up anxious, frustrated, depressed, and hopeless. On the **flip side**, we also postpone our **gratification**, our stated **priorities**, and our happiness, often convincing ourselves that “someday” will be better than today. Unfortunately, the same mental **dynamics** that tell us to look toward the future will only repeat themselves so that “someday” never actually arrives. John Lennon once said, “life is what’s happening while we’re busy making”, our children are busy growing up, the people we love are moving away, our bodies are getting out of shape, and our dreams are slipping away. In short, we miss the chance to enjoy life.

Many people lives as if life were a **dress rehearsal** for some later date. It isn't. In fact, no one has a guarantee that he or she will be here tomorrow. Now is the only time we have, and the only time that we have any control over. When our attention is in the present moment, we push fear from our minds. Fear is the concern over events that might happen in the future—we won't have enough money, our children will get into trouble, we will get old and die whatever.

**so much so that** 到这样的程度以至于……

**flip side** 事物较不重要的方面

**gratification** /,grætɪfɪ'keɪʃən/ n. 满足的状态


**priority** /praɪ'brætɪ/ n. 优先考虑的事

**dynamic** /daɪ'næmɪk/ n. (与复数动词连用) 动态

**dress rehearsal** 彩排



To combat fear, the best strategy is to learn to bring your attention back to the present. Mark twain said, "I've experienced many terrible things in my life, some of which actually happened." I don't think I can say it any better. Practice keeping your attention on the here and now. Your efforts will pay great dividends.


精美译文

不要等到太晚才记起生活不是我们忙于的事务，而是一个过程。

在很大程度上，我们心态的平和取决于我们在多大程度上享受眼前的生活。不管昨天或者去年发生过什么，也不管明天会发生什么或不发生什么，现在这一刻才是你正在生活的时刻——永远都是！

毫无疑问，在我们的生活中，许多人总是这样神经兮兮，他们担心各种各样的事情主宰现在。我们让过去出现的问题和对未来的担心支配我们现有的时间，而且会突然之间担心许多事情，甚至在忧虑、挫败、沮丧和无望中死去。不仅仅是关注生活琐事，我们还推迟享受满足的喜悦、最先想做的事情和快乐，而且经常说服自己“将来”比今天更好。遗憾的是，告诉我们展望未来的精神动力只是不断重复过去的内容，因此“将来”永远都不会到来。约翰·列侬曾经说过，“生活是我们忙于制订其他计划时所发生的事，”我们的孩子忙着成长，我们爱的人在——离我们而去，我们的体型在走样，梦想在消失。总之，我们错过了享受生活过程的机会。

很多人把生活当成彩排，认为将来才会正式演出。但是，生活不是彩排，没人能得到保证他/她明天还会活着。现在才是我们唯一拥有的时间，也是唯一我们能掌控的。把注意力放在现在这一刻，就会把恐惧赶走。恐惧是我们对于未来可



dividend /'dɪvɪdend/ n. 奖金，红利



能会发生事情的担心——缺钱，孩子会有麻烦，我们会变老，会死去，等等。

要对抗恐惧，最好的策略是学会把注意力转回到现在。马克·吐温说，“我一生中经受过许多可怕的事情，只有其中一部分是真的发生过。”我想，再也找不出比这更精辟的表达了。练习把你的注意力集中到现在。你的努力会有巨额的回报。

## 佳句背诵馆

★ **Don't forget until** too late that the business of life is not business but living. (经典背诵句)

本句为文章的第一句，具有点题的作用，突出强调生活重要的不是事情本身，而是生活的过程。not...until...表示强调，business一词运用得十分巧妙和得当，而动名词living更加突出生活是一个正在进行的过程。

★ To a large degree, **the measure of** our peace of mind is determined by how much we are able to live in the present moment. (极品写作句)

本句表现的是衡量心平气和的标准是由我们在多大程度上只为今天而活决定的。句型the measure of... is determined意为“衡量……的标准是由……决定的”，可用于强调某种标准的决定因素。

★ **Irrespective of** what happened yesterday or last year, or what may or may not happen tomorrow, the present moment is where you are—always! (极品写作句+经典背诵句)

本句表达的是不要去考虑过去或将来的事情，只关注现在。Irrespective of...为介词短语，可以引导让步状语从句，意为“不管……，不顾……”。

★ **Now is the only time** we have, and **the only time** that we have any control over. (极品写作句+经典背诵句)

本句揭示了现在对我们的重要性。句型Now is the only time..., the only time...构成重复，反复强调现在对于我们的唯一性。需要注意的是，that定语从句修饰time，第一个从句可以省略that，但第二个从句不可以省略。