

晨读

我与曙光有个约会

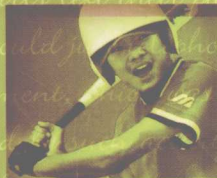


英语晨读精华

MP3有声读物

主 编/张 薇 毛爱峰

副主编/戴美英 余健明



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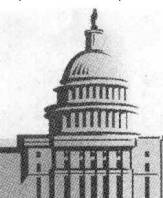
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献给

正青春年少的朋友们

如果你喜欢本书所选的短文和文字,欢迎你联系我们,交流你的心得,或与我们分享其他打动心灵的文字。hpli@sina.com



前 言

学英语你希望读到什么？

时尚短文？

幽默故事？

励志短文？

经典篇章？

科技知识？

凝练的诗歌？

阅读的愉悦概莫如此。所有能引发阅读兴趣的、好玩的、有趣的、感人的、时尚的、轻松的、益智的元素在本书中都可以读到。本书针对年轻读者的爱好和兴趣，在编写中突出时尚、有趣的选文原则，力图带给年轻的你不一样的阅读体验。每篇文章均短小精悍、读来琅琅上口，编者亦爱不释手。因为我们始终相信：英语学习，兴趣是最好的老师。

英语专家 Carrell & Eisterhold(1984)认为，阅读是读者与所读文章互动的过程，即读者的背景知识与语篇本身的一种相互作用。这和中国文化所说的“神入”以“化境”有异曲同工之妙。我们一直认为，学英语只有真正读懂并有所感悟才能很好地掌握和运用，所以本书的探索亦希望对当前的英语教改有所启发。总而言之，学生喜欢读才是最重要的。

所以当你读到 hip-hop、姚明、纳米科技、Rave 以及极限运动……请读懂他们，掌握他们，复述他们！

时间正翻着书页，

请你阅读。

编 者

2006 年 3 月

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Week 1



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Time for Fun

Much to Live For

热爱生活,让生命的体验成为一段美丽的乐符。翻开书页,睁开双眼,用心体会这优美的语言,聆听这智慧的声音。



There is so much I have not been, so much I have not seen. I have not thought and have not done or felt enough—the early sun, rain and the seasonal delight of flocks of ducks and geese in flight, the mysteries of late-at-night. I still need time to read a book, write poems, paint a picture, look at scenes and faces dear to me. There is something more to be of value—something I should find within myself—as peace of mind, patience, grace and being kind. I shall take and I shall give, while yet, there is so much to live for—rainbows, stars that gleam, the fields, the hills, the hope, the dreams, the truth that one must seek. I'll stay here—treasure every day and love the world in my own way!

注 释

seasonal delight: 季节性的喜悦

mystery / 'mɪstəri / *something that is not fully understood* 秘密, 谜

grace / greɪs / *a characteristic or quality pleasing for its charm* 魅力, 优雅

rainbow / 'reɪnbəʊ / *a graded display of colors* 虹, 彩虹

gleam /gli:m/ *to emit a gleam; flash or glow* 闪光;闪烁或发光;闪耀

参 考 译 文

生命的追求

生命中,有那么多我没体验过,有那么多我没看见过。我没有充分想象过,尝试过,或体会过——朝阳、雨水、季节变换大雁野鸭齐飞时的喜悦和那些午夜的神秘。我还需要时间读书、写诗、作画、观景和欣赏我所爱的脸庞。还有一些东西更具有价值——一些我应该在自己内心发现的东西——心灵的宁静、耐心、优雅与仁慈。我要接受,我也要给予,毕竟,生命中有那么多值得追寻的东西——彩虹、闪烁的星星、田野、山丘、希望、梦想、人人所追求的真理。我会在此——珍惜每一天并以自己的方式爱这个世界!



Yao Ming: New Center Style

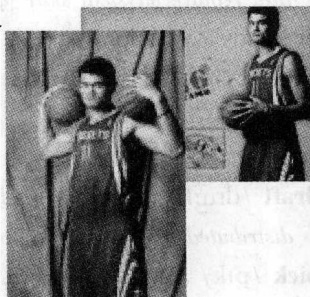
“你怎么就知道我明年来就不是状元秀了呢?”

——2001年随国家队赴达拉斯集训，有记者问及“今年参加选秀有可能是状元，没参加是否遗憾”时如是说。

“什么时候他们能把中文讲得那样好我们就厉害了!”

——在更衣室采访的时候亲耳听见科比夸赞他英语好，大姚却轻叹一口气。

这就是姚明。



If 20 years ago you asked the average American basketball fan if a Chinese man could play center for an NBA team, his answer might have sounded something like this: “Ha ha. No, he’d be too short!” But now, the doubters are silent. Who closed their mouths? Houston Rockets, 2.26-meter-tall center Yao Ming, from China.

Yao Ming grew up in a family of basketball players. When he was 12, Yao Ming started going to an athletics academy outside of Shanghai and later spent a lot of time studying NBA games televised in China.

All this has paid off. Yao’s first NBA honor was his ranking as number-one draft pick, and he’s been elected for a Rookie-of-the-Month award. Yao Ming has a style different from those of tall centers in the past. He rarely goes for the flashy slams. He’d rather show off his silk-smooth free-throw shots, or use his height to pop in jump shots from the three-point line.

注 释

doubter /'daʊtə(r)/ 持怀疑态度的人

athletics /æθ'letiks/ *activities, such as sports, exercises, and games, that require physical skill* 体育运动

academy /ə'kædəmɪ/ 学院

televise /'telɪvaɪz/ *to broadcast or be broadcast by television* (电视)播放

pay off: 还清, 赢利

ranking /'ræŋkɪŋ/ *of the highest rank* 排名

draft /draɪft/ *a system in which the exclusive rights to new players are distributed among professional teams* (美国)职业运动的选秀

pick /pɪk/ *the act of selecting or choosing; choice* 挑选

rookie /'ruki/ *a first-year player, especially in a professional sport* 新秀
选手

flashy /'flæʃɪ/ *cheap and showy; gaudy* 花哨的, 华丽的

slam /slæm/ *to hit something with force; crash* 灌篮

show off: 炫耀

pop in: 投入

参 考 译 文

姚明: 新式中锋

如果二十年前你问一般的美国篮球迷: 中国人可不可能打 NBA 球队的中锋, 回答很可能是: “哈哈, 不可能, 身高一定不够!” 但是现在, 心存怀疑的人都不说话了。是谁让他们闭嘴的呢? 是休斯敦火箭队身高二米二六, 来自中国的中锋姚明。

姚明出生于篮球世家。十二岁时, 姚明开始到上海市郊的一所体育学院就读, 后来还花了许多时间研究中国电视转播的 NBA 篮球赛。

付出的一切都会有回报。姚明的第一个 NBA 荣誉是成为选秀排名第一的球员, 并且曾获得单月最佳新秀奖。姚明的风格与过去其他高大的中锋不同。他很少做花哨的灌篮, 而是展现如丝般顺畅的罚球, 或是利用身高优势自三分线跳投。

Tall Tale

关于吹牛,中国文化和西方文化的幽默方式真是不一样。西方文化注重逻辑严密,而中国文化讲求整体性和模糊性。下面这段话请你仔细想一想,是真的吗?



A friend told me this story. He can stretch the truth a bit, so I'm not sure whether to believe him. But on the other hand, truth can be stranger than fiction! What do you think?

Two brothers were watching a horror film on video late one night. One brother dozed off and dreamed that he was being chased by the crazy man from the movie, who was trying to kill him. In the dream, he hid in a cupboard. There was no sound except his heart pounding, and he had no idea where his crazed captor was. He was terrified! At that moment, the video finished, and his brother put his hand on the shoulder of his sleeping sibling to wake him. The shock at that tense moment was enough that the sleeping brother suffered a massive heart attack and died instantly.

注 释

stretch ... a bit: 夸大事实,言过其实

horror film: 恐怖电影

doze off: 打瞌睡

cupboard /kʌpbɔ:d/ a closet or cabinet, usually with shelves for storing

food, crockery, and utensils 橱柜

pounding /'paʊndɪŋ/ 跳动声, 重击声

captor /'kæptə(r)/ *one that takes another as a captive* 捕捉者

terrified /'terɪfaɪd/ *deeply afraid* 恐惧的

sibling /'sɪblɪŋ/ *one of two or more individuals having one or both parents in common; a brother or sister* 兄弟, 姐妹

massive heart attack: 严重的心脏病

参 考 译 文

吹 牛

一个朋友向我讲了这个故事。他可能夸大了事实,因此我不敢肯定是否该相信他。但另一方面,事实有时可能比科幻小说更玄! 你认为呢?

两兄弟有一次深夜一起看一部恐怖片。哥哥打了个盹并梦见自己被电影里的疯子所追赶,还要杀害他。在梦中,他藏在橱柜里。除了他心脏怦怦的跳动声外四周没有一点声音,而他根本不知道追赶他的人在什么地方。他非常害怕! 就在这时,电影放完了,他的弟弟用手摇他的肩膀想叫醒他。由于在高度紧张下遭到惊吓,导致这个睡觉的兄长严重的心脏病发作并立即死亡。

The answer:

Of course it's not true! If he died instantly, how would anyone know what his dream was about?

And think again:

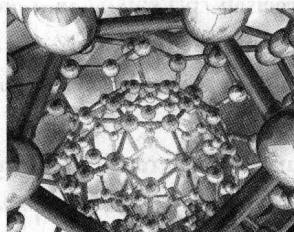
There is a girl behind each boy, and a boy behind each girl. How many children are needed to do this?

The answer:

It can be done with just two children: only one boy and one girl are needed if they stand back to back!

Nanotechnology: Beyond Your Wildest Dreams

纳米技术带来的变化,将超出你最疯狂的想象。应用纳米科技,我们可以移动一颗颗原子,把它们放到我们想放的地方。这样,在理论上,我们就可以制造出任何我们想要的东西。例如,通过移动煤炭里的原子我们可以制造钻石。多么令人惊奇!当然,目前纳米技术还没有发展成熟。



Nanotechnology is the science of moving individual atoms around and putting them precisely where we want. Since everything is composed of atoms, by doing this we can, in theory, construct anything we want. For example, by moving around the atoms in a piece of coal, we could create a diamond.

Currently, nanotechnology is still quite crude. Scientists can alter the properties of things like plastics or cloth to make them harder or softer or more durable, but they can't build something new from a collection of atoms. Why? Well, because things are made up of billions of atoms and it takes too long to move them around.

So, the next big step in nanotechnology will be building machines that can do this automatically. Once we have these we should be able to make almost anything with no waste and no pollution, at very little cost. Scientists think that the first "Universal Assembler" might be built in around 15 years.

注 释

nanotechnology /'nænəʊ, tek'nɒlədʒi/ 纳米技术