



*Life
@ Reading*

英语经典美文诵读

高一年级

■ 浙江教育出版社





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英语经典美文诵读

高一年级

Reading for Fluency

Reciting for Writing

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主 编: 葛炳芳 庄志琳
副主编: 赖朝晖 龚姚东
编 写: 陈国清 葛炳芳 戈冬云 龚姚东 韩 嫔
赖朝晖 谭云青 王泉林 王榛榛 翁陈明
吴超玲 徐玉芬 姚旭辉 俞永恩 庄志琳

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联系电话: 0571-85170300-80928

e-mail: zjjy@zjcb.com

网 址: www.zjeph.com

前 言

古人云：“熟读唐诗三百首，不会作诗也会吟。”古人又云：“读书破万卷，下笔如有神。”英伦名仕弗朗西斯·培根爵士亦云：“Reading maketh a full man.”(读书使人完美。)英语中更有格言，曰：“Reading is to the mind what exercise is to the body.”(阅读之于心灵，犹如运动之于身体。)

学习一门语言，阅读和背诵是两件很重要的事情。

阅读可以使人明理，使人睿智。在阅读的过程中，我们感知语言的美，感悟语境的美。通过阅读，我们培养语感，积累素材；通过阅读，我们体验文化，训练思维。

背诵可以使人博古通今，使人雄辩。在背诵的过程中，我们体验英语的用词习惯，感受英语的行文习惯。通过背诵，我们巩固词汇，强化写作；通过背诵，我们提升思维，拓展自我。

为了给高中学生的英语学习提供阅读和背诵的材料，我们经过一年多的筹备，组织来自杭州外国语学校等一批名校的中学特级、高级教师和优秀的中学一级教师，编写了《英语经典美文诵读》(高一年级、高二年级)。

本书选材时充分考虑了《高中英语课程标准》的要求和现行人教版英语教材的语法、词汇及话题，所选文章题材新颖、体裁广泛、循序渐进、难易适当、语言优美、朗朗上口。

高一年级有Living Well, Time and Space, Science and Technology, Change, Experience和Faith and Confidence等六个话题共六十篇，高二年级则由Art, Education, Nature, Peace, Success和Wisdom等六个话题共六十篇组成。其中，每篇文章对生词均有注释(音标、词性、英汉双语解释)，重点突出优美的句子，还有对文章的鉴赏(多数文章从内容和写作两方面分析)。

书中如有不当之处，敬请批评指正。

葛炳芳

2009年1月于杭州



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Section One

Living Well

Happiness is from courage.

Passage 1

A Forever Friend

Read the passage and think:

According to this poem, can you give yourself the definition of a FRIEND?

"A friend walks in when the rest of the world walks out."

Sometimes in life,

You find a special friend,

Someone who changes your life just by being part of it,

Someone who makes you laugh until you can't stop,

Someone who makes you believe that there really is *good* in the world,

Someone who *convinces* you that there really is an unlocked door just waiting for you to open.

This is Forever Friendship.

When you're *down*,

And the world seems dark and empty,

Your forever friend lifts you up in spirits,

And makes that dark and empty world suddenly seem bright and full,

Your forever friend gets you through the hard times, the sad times, and the *confused* times.

If you turn and walk away,

Your forever friend follows;

If you lose your way,

Your forever friend guides you and *cheers you on*,

Your forever friend holds your hand and tells you that everything is going to be okay.

And if you find such a friend,

You feel happy and complete,

Because you need not worry.

You have a forever friend for life,

And forever has no end.

(191 words)

Notes

good /gʊd/ *n.* positive moral qualities; goodness; virtue 善;好处;益处

convince /kən'vɪns/ *vt.* make sb feel certain that sth is true 使某人确信、明白

down /daʊn/ *adj.* depressed or miserable 情绪低落;消沉的

confused /kən'fju:zɪd/ *adj.* cause to be unable to think clearly; be wildered 糊涂的;迷乱的

cheer (sb) on 鼓舞或鼓励某人更加努力



永远的朋友

“别人都弃你而去之时，朋友却来到你面前。”

有时候在生活中，

你找到挚友——

他仅是你生活的一部分，却改变着你的生活，

他把你逗得开怀大笑，

他让你相信世间确有真情，

他让你确信，门真的没上锁，就等着你去打开。

这就是永恒的友谊。

当你失意之时，

当世界变得黯淡空虚，

你永远的朋友让你振作，让原本黯淡空虚的世界顿时变得明朗而充实，

你永远的朋友会助你度过艰难、伤心和烦恼的时刻。

倘若你转身走开，

真正的朋友就紧紧相随；

倘若你迷失方向，

你永远的朋友指点迷津，为你打气，

你永远的朋友握手相告，一切会好。

倘若你找到这样的朋友，

你会感到幸福且圆满，

因为你无需忧虑。

你一生拥有一个永远的朋友，

而永远就意味着永恒。



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Critical Reading 本文鉴赏

What is FRIEND? It's not a useless or empty word. This poem clearly shows when friends are needed and what friends are for. It's a feeling we need to cherish or even to bury in our hearts, because it's so precious. No matter how you are—faced with difficulty or lost in sadness—it's the friend who always promises to stand by you and support you.

One way to express our strong feelings is to use parallel structures(排比结构), as in the four lines with “Someone who...” Learn to understand the force with such a structure in the poem and try to use it in your own writing.

◆ A friend is, as it were, a second self.

可以说，朋友是另一个自我。

—Cicero

——西塞罗

Passage 2

The Joy of Living

Read the passage and think:

How do people get the joy of living according to the writer?

Joy in living comes from having fine *emotions*, trusting them and giving them the *freedom* of a bird in the open.

Joy in living can never be considered as a *pose*, or put on from the outside as a *mask*. People who have this joy do not need to talk about it; they feel it. They just live out their joy and let it shine on other lives as naturally as a bird sings.

We can never get it by working for it directly. It comes, like happiness, to those who aim at something higher. It is a *byproduct* of great, simple living, not from what we *seek* to get from it.

(112 words)

Notes

emotion /i'məʊʃən/ *n.* strong feeling of any kind 激情;情感;情绪

freedom /'fri:dəm/ *n.* condition of being free; the power to act or speak or think without externally imposed restraints 自由

pose /pəʊz/ *n.* the attitude or position in which sb stands or sits, *esp.* in a painting, photograph etc. 姿势;姿态

mask /mɑ:sk/ *n.* covering for the face, or part of it, worn as a disguise 面具;面罩

byproduct /'baɪprɒdʌkt/ *n.* substance produced during the making of sth else; a product made during the manufacture of sth else 副产品

seek /si:k/ *v.* look for sth; try to find or obtain 寻找;找到或得到(某事物)

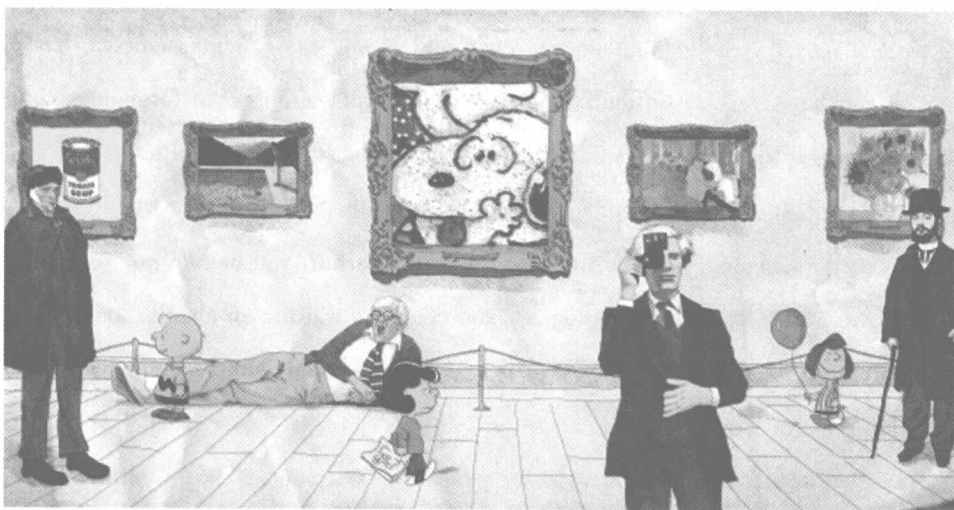


生活的乐趣

生活的乐趣源于良好的情绪,依赖它们,并任由它们如同鸟儿般自由高翔于天空。

生活的乐趣是永远无法靠姿态摆出来的,也无法戴上一张面具来伪装。拥有这种乐趣的人无需将此挂在嘴边,而会自然焕发出快乐的气息。他们生活在快乐中,也让快乐犹如鸟儿歌唱一样自然地润及他人。

刻意追求是无法获得乐趣的。它就像幸福一样,赐予有着更高追求的人。它伴随高雅而简朴的生活而来,绝非刻意所求而得。



Critical Reading 本文鉴赏

The joy of living is not made by people on purpose. Instead, it comes naturally but gets to a higher place. It's quite clear from the first sentence that the joy of living comes from having fine emotions. This is the first step to gain happiness. We don't have to pretend we are happy when we are depressed, which will make us tired. Live the way you like and live comfortably.

We may express a viewpoint by arguing for or against it. In Paragraphs 1 and 2, the writer explains what “joy in living” is, and in Paragraph 3, what it is not.

◆ The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty and truth. —Albert Einstein

有些理想曾照亮我的道路,并不断给我新的勇气使我欣然面对人生,那些理想就是——真、善、美。

——阿尔伯特·爱因斯坦

Passage 3

Forgiveness

Read the passage and think:

How do you understand the sentence “Don’t forget to forgive yourself”?

To *forgive* may be *divine*, but no one ever said it was easy. When someone has deeply hurt you, it can be *extremely* difficult to let go of your bad feelings. But forgiveness is possible—and it can be surprisingly beneficial to your physical and mental health.

So how do you start the healing? Try following these steps:

Don’t wait for an apology. Many times the person who hurt you has no *intention* of apologizing. So if you wait for people to apologize, you could be waiting an awfully long time. Keep in mind that forgiveness does not necessarily mean agreement with the person who upsets you or forgiving his or her action.

Try to see things from the other person’s *perspective*. If you *empathize* with that person, you may realize that he or she was acting out of *ignorance*, fear—even love.

Don’t forget to forgive yourself. For some people, forgiving themselves is the biggest challenge, but it can rob you of your self-confidence if you don’t do it.

(171 words)

Notes

forgive /fə'gɪv/ *v.* stop being angry or wanting to punish sb 原谅;宽恕

divine /dɪ'vaɪn/ *adj.* godly; of, from, or like God or a god 神圣的;神的;如同神灵的

extremely /ɪks'triːmlɪ/ *adv.* exceedingly; to the extreme 极度地

intention /ɪn'tenʃən/ *n.* purpose, aim 目的;意图;打算

perspective /pə'spektɪv/ *n.* aspect, point 角度;观察

empathize /'empəθaɪz/ *v.* understand and share the feeling of another 有同感;表示同情

ignorance /ɪɡnərəns/ *n.* the lack of knowledge or education 无知



宽 恕

宽恕别人可能是神圣的，但是从未有人说它容易做到。当你受到深深的伤害，想要消除不快之感难乎其难。但是宽恕是可能的——而且这会给你的身心健康带来出乎意料的益处。

那么，如何恢复自己的情绪呢？试试下面的一些步骤吧：

不要等别人来道歉。许多时候，伤害你的人没有想过要道歉，所以如果你等着别人来道歉，你等待的时间可能会很久。要牢记，宽恕并不一定意味着顺从那些让你心烦意乱的人，也不意味着饶恕他或她的行为。

试着从别人的角度来看问题。如果你站在别人的立场上，你也许会意识到他或她的行为是出于无知、害怕，甚至是爱。

不要忘了宽恕自己。对有些人来说，宽恕自己才是最大的挑战。但是如果你不宽恕自己，你会失去自信！

Critical Reading 本文鉴赏

By “Don’t forget to forgive yourself”, the writer intends to advise readers that it’s generous to forgive others who don’t treat you right, but you must forgive yourselves as well because everybody makes mistakes. You can’t pay for what happened in the past. But what happened in the past can affect the future or even your mood and character. That’s the most important part of forgiveness. The writer introduces a couple of ways of forgiveness. We need to give people the chance to correct the mistake and develop well on the way to success.

Let’s take a look at how the writer organizes his idea. Paragraph 1 is the topic paragraph, the last sentence of which is the topic sentence, the topic words are “possible” and “beneficial”. Paragraph 2 is a transition(过渡) to the last part. The next three paragraphs all start with a topic sentence.

· 7 ·

◆To err is human. To forgive is divine.

—Alexander Pope

犯错是人性，宽恕是神性。

——亚历山大·波普



Passage 4

The Art of Living

—John Boynton Priestley

Read the passage and think:

How do you understand the paradox mentioned in this passage?

The art of living is to know when to hold fast and when to let go. For life is a *paradox*: it tells us to hold on to its many gifts even while it decides on their final give-up. The wise old people put it this way, “A man comes to this world with his fist *clenched*, but when he dies, his hand is open.”

Surely we ought to hold fast to life, for it is fantastic, and full of a beauty that breaks through every corner of God's own earth. We know that this is so, but all too often we recognize this truth only in our backward glance when we remember what was and then suddenly realize that it is no more.

We remember a beauty that *faded*, a love that *waned*. But we remember with far greater pain that we did not see that beauty when it flowered, that we failed to respond with love when it was offered.

(162 words)

• 8 •

Notes

John Boynton Priestley 约翰·博因顿·普里斯特利(1894—1984),英国著名小说家、剧作家和散文家。他的作品主要描写约克郡人的生活 and 向往,以刻画人物见长。代表作有长篇小说《穿上新服装的三个人》(*Three Men in New Suits*)、戏剧《侦探来访》(*An Inspector Calls*)和科学幻想剧《约旦河上的约翰逊》(*Johnson over Jordan*)。

paradox /*ˈpærədɒks*/ *n.* person, thing or situation displaying contradictory features 有矛盾特点的人或事物;悖论

clench /*ˈklentʃ*/ *v.* grasp or hold firm 紧握

fade /*feɪd*/ *v.* lose color, freshness or vigor 褪色;凋零

wane /*weɪn*/ *v.* gradually lose power or importance; become smaller or weaker or less impressive 衰落;变弱



生活的艺术

约翰·博因顿·普里斯特利

生活的艺术是要懂得握紧和放手的时机,因为生活本身自相矛盾:它一面告诫我们珍惜它所赐予的诸多恩惠,一面又注定最终将其全部收回。古之智者对此这样诠释:“握拳降临人世,撒手离开尘世。”

我们当然应该牢牢抓住生活,因为它奇妙无比、美不胜收,渗透了上帝的每一寸土地。这个道理我们明白,但却往往要在蓦然回首好景不再之时才体会到。

我们记得凋零的美、消褪之爱。但深深刺痛我们记忆的是,在花开之际未曾欣赏那份美丽,在情意绵绵之时没有回应那份爱意。



Critical Reading 本文鉴赏

The writer intends to tell us when to hold fast and when to let go while facing the living. People sometimes regret what they did in the past but are still doing what they will regret in the future. That's the paradox. Never be too busy for the wonder and the awe of life. Be reverent before each dawning day. Embrace each hour. Seize each golden minute. Hold fast to life, but not so fast that you cannot let go. This is the second side of life's coin, the opposite pole of its paradox: We must accept our losses, and learn how to let go. That's the thought from Priestley.

· 9 ·

◆ Our destiny offers not the cup of despair, but the chalice of opportunity.

—Richard Nixon

命运给予我们的不是失望之酒,而是机会之杯。

——理查德·尼克松

Passage 5

Enthusiasm

Read the passage and think:

Why is enthusiasm so important in our life? What can we do?

“Nothing great was ever achieved without *enthusiasm*,” wrote Ralph Waldo Emerson. It is the paste that helps you *hang in* there when the going gets hard. It is the inner voice that says, “I can do it!” when others shout, “No, you can’t.”

We are all born with wide-eyed, enthusiastic wonder as anyone knows who has ever seen a baby’s excitement at the sound of keys or the hurrying-by of a beetle. It is this childlike wonder that gives enthusiastic people such a youthful air, whatever their age.

How do you rediscover the enthusiasm of your childhood? The answer, I believe, lies in the word itself. “Enthusiasm” comes from Greek, which means “God within”. And what is “God within” is but an everlasting sense of love—proper love of the self and, from that, love of others.

We can’t afford to waste tears on “might-have-beens”. We need to turn the tears into sweat as we go after “what-can-be”.

(158 words)



Notes

enthusiasm /in'tʃu:ziæzəm/ *n.* strong feeling of admiration or interest; great eagerness or excitement 热爱; 热心; 热情

Ralph Waldo Emerson 拉尔夫·瓦尔多·爱默生(1803—1882), 美国散文家、思想家、诗人。

重要作品有《论自助》、《论超灵》等, 收在《论文集》和《论文集: 第二辑》中。

hang in 坚持; 不放弃