

新概念英语

(第三册)

美文欣赏

新概念英语学习中心 编

3

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,如何才能在较短的时间里,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。

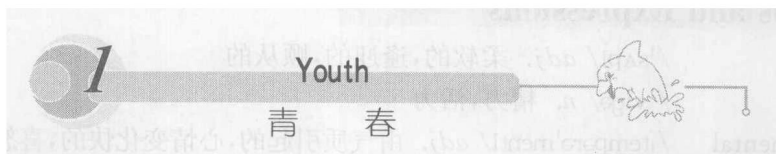
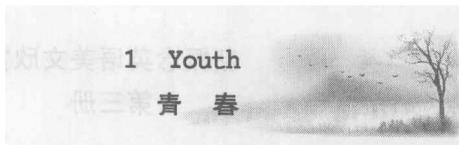
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Youth is not a time of life, it is a state of mind, it is not a matter of rosy cheeks, red lips and **supple** knees, it is a matter of the will, a quality of the imagination, a **vigor** of the emotions, it is the freshness of the deep spring of life.

Youth means a **temperamental predominance** of courage over **timidity**, of the **appetite** for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old **merely** by a number of years; we grow old by deserting our ideas.

Years many **wrinkle** the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust.

Whether 60 or 16, there is in every human being's heart the **lure** of wonders, the unflinching childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from the **infinite**, so long as you are young.

When the **aerials** are down, and your spirits are covered with snows of **cynicism** and the ice of **pessimism**. Then you've grown old even at 20, but as long as your aerials are up to catch waves of **optimism**, there's hope you may die young at 80.

青春不是年华,而是心境;青春不是桃面、丹唇、柔膝,而是深沉的意志、恢宏的想象、炽热的感情;青春是生命的深泉在涌流。

青春气贯长虹,勇锐盖过怯弱,进取压倒苟安。如此锐气,二十后生有之,六旬男子则更多见。年岁有加,并非垂老;理想丢弃,方坠暮年。

岁月悠悠,衰微只及肌肤;热忱抛却,颓唐必至灵魂。忧烦、惶恐、丧失自信,定使心灵扭曲,意气如灰。

无论年届花甲,抑或二八芳龄,心中皆有生命之欢乐,奇迹之诱惑,孩童般天真久盛不衰。人人心中皆有一台天线,只要你从天上人间接收美好、希望、欢乐、勇气和力量的信号,你就青春永驻,风华常存。

一旦天线降下,锐气便被冰雪覆盖,玩世不恭、自暴自弃油然而生,即便年方二十,实已垂垂老矣;然则只要竖起天线,捕捉乐观的信号,你就有望在八十高龄告别尘寰时仍觉年轻。

● Words and Expressions

supple	/ˈsʌpl/ <i>adj.</i> 柔软的, 逢迎的, 顺从的
vigor	/ˈvɪɡə/ <i>n.</i> 精力, 活力
temperamental	/ˈtempərəˈmentl/ <i>adj.</i> 由气质引起的, 心情变化快的, 喜怒无常的
predominance	/priˈdɒmɪnəns/ <i>n.</i> 优势
timidity	/tiˈmɪdɪti/ <i>n.</i> 胆怯
appetite	/ˈæpɪtaɪt/ <i>n.</i> 食欲, 胃口, 欲望, 爱好
merely	/ˈmiəli/ <i>adv.</i> 仅仅, 只, 不过
wrinkle	/ˈrɪŋkl/ <i>n. /v.</i> 皱纹, 使皱
lure	/luə/ <i>v.</i> 引诱
infinite	/ˈɪnfɪt/ <i>adj.</i> 无穷的, 无限的, 无数的, 极大的
aerial	/ˈɛəriəl/ <i>n.</i> 天线
cynicism	/ˈsɪnɪsɪzəm/ <i>n.</i> 犬儒主义, 玩世不恭
pessimism	/ˈpesɪmɪzəm/ <i>n.</i> 悲观, 悲观主义
optimism	/ˈɒptɪmɪzəm/ <i>n.</i> 乐观, 乐观主义

2

How to Grow Old

怎样变老

In spite of the title, this article will really be on how not to grow old, which, at my time of life, is a much more important subject. My first advice would be to choose your ancestors carefully. Although both my parents died young, I have done well in this respect as regards my other ancestors. My **maternal** grandfather, it is true, was cut off in the flower of his youth at the age of sixty-seven, but my other three grandparents all lived to be over eighty. Of remoter **ancestors** I can only discover one who did not live to a great age, and he died of a disease which is now rare, namely, having his head **cut off**.

A great grandmother of mine, who was a friend of Gibbon, lived to the age of ninety-two, and to her last day remained a terror to all her descendants. My maternal grandmother, after having nine children who survived, one who died in **infancy**, and many **miscarriages**, as soon as she became a widow, devoted herself to woman's higher education. She was one of the founders of Girton College, and



worked hard at opening the medical profession to women. She used to relate how she met in Italy an elderly gentleman who was looking very sad. She inquired the cause of his **melancholy** and he said that he had just parted from his two grandchildren. "Good gracious," she exclaimed, "I have seventy-two grandchildren, and if I were sad each time I parted from one of them, I should have a **dismal** existence!" "Madre unwonted," he replied. But speaking as one of the seventy-two, I prefer her recipe. After the age of eighty she found she had some difficulty in getting to sleep, so she habitually spent the hours from midnight to 3 a. m. in reading popular science. I do not believe that she ever had time to notice that she was growing old. This, I think, is a proper recipe for remaining young. If you have wide and keen interests and activities in which you can still be effective, you will have no reason to think about the merely statistical fact of the number of years you have already lived, still less of the probable **brevity** of your future.

As regards health I have nothing useful to say since I have little experience of illness. I eat and drink whatever I like, and sleep when I cannot keep awake. I never do anything whatever on the ground that it is good for health, though in actual fact the things I like doing are mostly wholesome.

Psychologically there are two dangers to be guarded against in old age. One of these is undue absorption in the past. It does not do to live in memories, in regrets for the good old days, or in sadness about friends who are dead. One's thoughts must be directed to the future and to things about which there is something to be done about. This is not always easy; one's own past is gradually increasing weight. It is easy to think to oneself that one's emotions used to be more vivid than they are, and one's mind keener. If this is true it should be forgotten, and if it is forgotten it will probably not be true.

The other thing to be avoided is clinging to youth in the hope of sucking vigor from its vitality. When your children are grown up they want to live their own lives, and if you continue to be as interested in them as you were when they were young, you are likely to become a burden to them, unless they are unusually callous. I do not mean that one should be without interest in them, but one's interest should be contemplative and, if possible, philanthropic, but not unduly emotional. Animals become indifferent to their young as soon as their young can look after themselves, but human beings, owing to the length of infancy, find this difficult.

I think that a successful old age is easiest for those who have strong impersonal interests involving appropriate activities. It is in this sphere that long experience is really fruitful, and it is in this sphere that the wisdom born of experience can be exercised without being oppressive. It is no use telling grown-up children not to make mistakes, both because they will not believe you, and because mistakes are an essential part of education. But if you are one of those who are incapable of impersonal interests, you may find that your life will be empty unless you concern yourself with you children and grandchildren. In that case you must realize that while you can still render them material services, such as making them an allowance or knitting them jumpers, you must not expect that they will enjoy your company.

Some old people **are oppressed by** the fear of death. In the young there is a justification for this feeling. Young men who have reason to fear that they will be killed in battle may justifiably feel bitter in the thought that they have been cheated of the best things that life has to offer. But in an old man who has known human joys and sorrows, and has achieved whatever work it was in him to do, the fear of death is somewhat abject and ignoble. The best way to overcome it, so at least it seemed to me—is to make your interests gradually wider and more impersonal, until bit by bit the walls of the **ego** recede, and your life becomes increasingly merged in the universal life. An individual human existence should be like a river—small at first, narrowly contained within its banks, and rushing passionately past rocks and over waterfalls. Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they become merged in the sea, and painlessly lose their individual being. The man who, in old age, can see his life in this way, will not suffer from the fear of death, since the things he cares for will continue. And if, with the decay of vitality, weariness increases, the thought of rest will not be unwelcome. I should wish to die while still at work, knowing that others will carry on what I can no longer do and content in the thought that what was possible has been done.

尽管有这样一个标题,这篇文章真正要谈的却是怎样才能不变老。在我这个年纪,这实在是一个至关重要的问题。我的第一个忠告是,要仔细选择你的祖先。尽管我的双亲皆属早逝,但是考虑到我的其他祖先,我的选择还是很不错的。是的,我的外祖父 67 岁时去世,正值盛年,可是另外三位祖父辈的亲人都活到 80 岁以上。至于稍远些的亲戚,我只发现一位没能长寿的,他死于一种已罕见的病症:掉脑袋。

我的一位曾祖母是吉本的朋友，她活到92岁高龄，她一直到死都始终是让子孙们全都感到敬畏的人。我的外祖母，一辈子生了十个孩子，活了九个，一个夭折，此外还有过多次流产。可是守寡之后，她马上就致力于妇女的高等教育事业。她是格顿学院的创办人之一，她力图使妇女进入医疗行业。她总好讲起她在意大利遇到过的一位面容悲哀的老年绅士。她询问他忧郁的缘故，他说他刚刚同两个孙子分手。“天哪！”她叫到，“我有72个孙儿孙女，如果我每次分手都要悲伤不止，那我就没法活了！”“不寻常的母亲。”他回答说。但是，作为她的72个孙儿孙女的一员，我却要说我更喜欢她的见地。上了80岁，她开始感到有些难于入睡，她便经常在午夜时分至凌晨三时这段时间里阅读科普方面的书籍。我想她根本没有功夫去留意她在衰老。我认为，这就是保持年轻的最佳方法。如果你的兴趣和活动既广泛又热烈，而且你又能从中感到自己仍然精力旺盛，那么你就不必去考虑你已经活了多少年这种纯粹的统计学情况，更不必去考虑你那也许不很长久的未来。

至于健康，由于我这一生几乎从未患过病，也就没有什么有益的忠告。我吃喝皆随心所欲，醒不了的时候就睡觉。我做事情从不以它是否有益健康为根据，尽管实际上我喜欢做的事情通常是对健康有益的。

从心理角度讲，老年需要防备两种危险。一是过分沉湎于往事。生活在对过去的生活的回忆中是没有用的，生活在对美好往昔的怀念或对过世的友人的哀念之中是没有用的。一个人应当把心思放在未来，放到需要自己去做点什么事情上。要做到这一点并非轻而易举，一个人的过去总是一点点变得沉重。人们总好认为自己过去的情感比现在强烈得多，头脑也比现在敏锐。假如真的如此，就该忘掉它；如果忘掉了它，那你所认为的情况就可能并不是真的。

另一件应当避免的事是依恋年轻人，期望从他们的勃勃生气中获取力量。子女们长大成人之后，都想按自己的意愿生活。如果你还像他们年幼时那样关心他们，你就会成为他们的包袱，除非孩子们异常迟钝。我不是说不应该关心子女，而是说这种关心应该是含蓄的，假如可能的话，应该还是博爱的，而不应该过分地多愁善感。动物的幼崽一旦自立，成年的动物就不再关心它们了。人类则因其婴儿期过长而难于做到这一点。

我认为，对于那些具有强烈的不受个人好恶所影响的喜好、其活动又恰当适宜的人们来说，成功地度过晚年绝非难事。只有在这方面，长年的经历才真正有益；只有在这方面，源于经验的智慧才能得到运用而不使别人感到压抑。告诫已经成人的孩子别犯错误是没有用处的，一来因为他们不会相信你，二来错误原本就是教育所不可缺少的一部分。但是，如果你是那种受个人情感支配的人，你就会发现，不把心思都放在子女和孙儿女身上，你就会觉得空虚。假如是这样的话，你必须明

白,虽然你还能为他们提供物质上的帮助,比如给他们一笔零花钱或者为他们编织一件外套,但是千万不要期望他们会喜欢和你在一起。

有些老人因害怕死亡而苦恼。年轻人害怕死亡是可以理解的。那些担心会在战争中丧生的年轻人一想到会失去生活能够给予的种种美好事物,就感到痛苦。这种担心是情有可原的。但是,对于一位经历了人世的酸甜苦辣的人、对于那些已经做完了自己想做的事情的老人来说,害怕死亡就有些可怜甚至可耻了。克服这种恐惧的最好办法是——至少我是这样看的,逐渐扩大你的兴趣范围并使其不受个人情感的影响,直到封闭自我之墙一点一点地离你而去,而你的生活则越来越融合于大自然的生活之中。每一个人的存在都应该像一条河一样——开始是细小的,被限制在狭窄的两岸之间,充满激情地冲过巨石,越过瀑布。渐渐地,河道变宽了,河岸扩展了,河水流得更平稳了。最后,没有任何的间断,河水流入了海洋,毫无痛苦地失去了自我。一个在年老时能够这样理解自己的一生的人,将不会因为害怕死亡而痛苦,因为他所珍爱的一切都将存在下去。而且,如果随着精力的衰退、疲倦之感日渐增加,长眠并非是不受欢迎的念头。我渴望在工作中死去,因为我知道他人将继续我所未尽的事业,因为我已经尽了自己所能而感到满足。

● Words and Expressions

maternal	/mə'tɜ:nl/ <i>adj.</i> 母性的,似母亲的
ancestor	/æn'sistə/ <i>n.</i> 祖先,祖宗
cut off	切断,断绝
infancy	/'infənsi/ <i>n.</i> 幼年
miscarriage	/mis'kæridʒ/ <i>n.</i> 失败,误送,[医] 流产
melancholy	/'melənkəli/ <i>n.</i> 忧郁
dismal	/'dizmə/ <i>adj.</i> 阴沉的,凄凉的
brevity	/'breviti/ <i>n.</i> (时间)短暂
be oppressed by	压抑,抑制,使难受
ego	/'i:gəu/ <i>n.</i> 自我,利己主义,自负

3

A Mother's Letter
to the World

一位母亲写给世界的信

Dear World,

My son starts school today. It's going to be strange and new to him for a while. And I wish you would sort of treat him gently.

You see, up to now, he's been king of the **roost**. He's been boss of the backyard. I have always been around to repair his wounds, and to **soothe** his feelings.

But now—things are going to be different.

This morning, he's going to walk down the front steps, wave his hand and start on his great adventure that will probably include wars and tragedy and sorrow. To live his life in the world he has to live in will require faith and love and courage.

So, World, I wish you would sort of take him by his young hand and teach him the things he will have to know. Teach him—but gently, if you can. Teach him that for every **scoundrel**, there is a hero; that for every **crooked** politician there is a **dedicated** leader; that for every enemy there is a friend. Teach him the wonders of books. Give him quiet time to ponder the **eternal** mystery of birds in the sky, bees in the sun, and flowers on the green hill. Teach him it is far more honorable to fail than to cheat. Teach him to have faith in his own ideas, even if everyone else tells him they are wrong. Teach him to sell his brawn and brains to the highest **bidder**, but never to put a price on his heart and soul. Teach him to close his ears to a **howling mob**, and to stand and fight if he thinks he's right. Teach him gently, World, but don't **coddle** him because only the test of fire makes fine steel.

This is a big order, World, but see what you can do. He's such a nice little fellow.

亲爱的世界：

我的儿子今天开始上学。在一段时间内，他都会感到既陌生又新鲜。我希望你能对他温和一点。

你知道，直到现在，他一直是家里的小皇帝；一直是后院的主人。我一直在他

身边,为他料理伤口,给他感情上的慰藉。

可是现在——一切都将发生变化。

今天早晨,他将走下屋前的台阶,挥挥手,踏上他伟大的冒险征途,途中也许会有战争、悲剧和伤痛。要在他必须生存的世界中生活需要信念、爱心和勇气。

所以,世界,我希望你握住他稚嫩的手,教他必须知道的一些事情。教他——但如果可能的话,温柔点儿。教他知道,世界上有一个恶棍,就有一个英雄;有一个奸诈的政客,就有一个富有奉献精神的领袖;有一个敌人,就有一个朋友。教他感受书本的魅力。给他时间,去安静地思索自然界中永恒的神秘:空中的小鸟,阳光下的蜜蜂,青山上的花朵。教他知道,失败比欺骗要光荣得多。教他要坚信自己的思想,哪怕别人都予以否定。教他可把自己的体力和脑力以最高价出售,但绝对不要出卖自己的心灵和灵魂。教他对暴徒的嚎叫置若罔闻……并且在认为自己是的时候站出来战斗。温柔地教导他,世界,但不要溺爱他,因为只有烈火才能炼出真钢。

这是个很高的要求,世界,但请你尽力而为。他是一个多么可爱的小伙子。

Words and Expressions

roost	/ru:st/ n. 栖息处,这里指家
soothe	/su:ð/ v. 减轻痛苦,使(悲伤、焦虑等的人)镇定
scoundrel	/'skaundrəl/ n. 无赖,恶棍
crooked	/'kru:kɪd/ adj. (指人或行为)不老实的,不正当的
dedicated	/'dedikeɪtɪd/ adj. 有献身精神的
eternal	/i'tə:nl/ adj. 永久的,永恒的
bidder	/'bɪdə/ n. 喊价声,出价人
a howling mob	歹徒的嚎叫
coddle	/'kɒdl/ v. 娇惯,娇养,溺爱

4

Songs from Mother

妈妈教我的歌

Almost everything I ever needed to know from my mother's songs. Remember this song?

I beg your pardon.

I never promised you a rose garden.



Along with the sunshine

You gotta have a little rain sometime.

My Mom used to love this song when I was just a tiny young girl. Her **analogy**? Life is not always fair.

I can't count the times she's told me, "I never told you life was fair," when I would **rail** at the obvious **inequalities** in my life.

I look at that **verse** and realize, too, that without rain we might never experience the healing growth that is inevitably **gleaned**. What a tragedy that would be! Even the **cacti** must have rain or moisture—they have simply learned to store it, to **carry it through** long dry spells.

How about this song? Remember it?

Qué será será.

Whatever will be, will be.

The future's not ours to see.

Qué será será...

How often she has reminded me that none of us can predict the future with much certainty! Her point? Everything happens for a reason and all things usually turn out for the best, though we may not understand at the time. She is, of course, right.

These are not easy lessons to learn when you're a child. Then again, they're difficult to believe even as an adult.

But, when you hear words like these from your parents, or in a song, you not only learn the words but also learn to sway with the **rhythm**.

That is what life is all about—learning to sway with the rhythm while finding your own, perhaps **offbeat**, **accompaniment** within, to nicely **complement** the melody of life.

That is why I feel almost everything I ever needed to know, I learned from listening to my mother's sweet voice singing her favorite songs to me. I especially cherish the ones that told of her abundant love for me, her only daughter.

I now sing to my own daughter and only hope she feels the love and learns the valuable lessons my songs have to offer.

几乎我应该知道的一切,我的母亲都是通过歌儿教给我的。记得这首歌吗?

“我请求你的原谅。”

我从未许诺给你一座玫瑰园。