

中央人民广播电台 英语教学节目专用教材

# 星期日

## 广播英语选编

I Like Chinese Martial Arts  
Why They Learn Chinese  
How to Talk to Your Teen-ager  
The Magic of Storytelling  
Is Your Marriage in Trouble  
Cry for Help on the Internet  
A Simple Truth about Happiness  
You Can Remake Your Life  
Getting over Disappointment  
Gentle Ways to Ease Depression  
The 7 Worst Things Parents Do  
Have to Make a Speech

吉林科学技术出版社

中央人民广播电台 英语教学节目专用教材

# 星期日广播英语选编

*Selects of Radio English on Sunday*

王丽君

吴纯美

赵国辉

张 力

编译

审订

吉林科学技术出版社

## 图书在版编目 (CIP) 数据

星期日广播英语精编/王丽君,吴纯美,赵国辉编.  
长春:吉林科学技术出版社,2000  
ISBN 7-5384-2349-4

I.星... II.①王…②吴…③赵... III.英语-  
广播教育-教材 IV.H31

中国版本图书馆 CIP 数据核字 (2000) 第 84425 号  
责任编辑:吴雪梅 陆海艳 封面设计:吴文阁

中央人民广播电台英语教学节目专用教材

### 星期日广播英语选编

王丽君 吴纯美 赵国辉 编译

\*

吉林科学技术出版社出版、发行

长春市第九印刷厂印刷

\*

850×1168 毫米 32 开本 13.375 印张 316 000 字

2001 年 1 月第一版 2001 年 1 月第一次印刷

定价:18.00 元

ISBN 7-5384-2349-4/H·124

版权所有 翻印必究

如有印装质量问题,可寄本社退换。

社址 长春市人民大街 124 号 邮编 130021 电话 5677817 5635177

电子信箱 JLKJCBS @ public.cc.jl.cn 传真 5635185

## 编者的话

---

瞭望世界的窗口,沟通异国文化的桥梁。

从 1981 年开播以来,“星期日广播英语”一直以介绍英语国家的风土人情、文化习俗、社会生活及科技知识为节目宗旨,用一个个知识性、趣味性兼俱的节目实实在在地帮助听众朋友提高英语的听说能力、拓宽视野,作出了勤奋的努力。

20 年来,“星期日广播英语”节目广泛的题材、丰富的内容、原汁原味的英文、纯正的发音、地道的播讲一直深受听众朋友的喜爱。

作为“星期日广播英语”节目的编辑,我们象哺育自己的孩子一样用心血精心浇灌着“星期日广播英语”节目这棵“常青树”,为了她的枝繁叶

茂,我们一直在不懈的努力着。当然,我们深知,“星期日广播英语”节目的成功离不开您——热心的听众朋友的关心和支持,您对“星期日广播英语”节目的每一条意见,每一个建议,您打来的每一个电话,写来的每一封信都是我们办好节目的支柱和动力。在这里,我们想对多年来关心和支持我们节目的听众朋友问一声好,道一声谢。

为了方便听众朋友学习,我们以前曾陆陆续续的出版过一些节目选编。最近,又有不少听众朋友询问何时能看到新的一集选编。带着听众朋友的热望,怀着对节目的深厚感情,我们从近年的节目播出稿件中,选择了 52 篇文章,并加上了注解以飨听众朋友。

另外,为了方便大家反复收听英文播讲内容,我们从本书中选出了 24 篇文章,录制了 3 盒录音带。

也许您爱好英语,但是没有听过“星期日广播英语”节目,请您不妨看看这本书。我们相信书中广泛的选材、丰富的内容、地道的英文一定会对您有益。

编者

2000 年 10 月 31 日

# CONTENTS

1	I like Chinese Martial Arts 我喜欢中国武术	1
2	Why They learn Chinese 他们为什么学汉语	11
3	How to Talk to Your Teen-ager 如何与孩子沟通	22
4	The Magic of Storytelling 讲故事的魅力	32
5	Is Your Marriage in Trouble? 你的婚姻有麻烦吗?	41
6	A Growing Number of American Men Get Alimony 获得离婚赡养费的美国男人越来越多	50
7	Co-housing Community in the U. S. 美国的集居住宅区	58
8	Village Life in Britain* 英国的乡村生活	66
9	How to Talk to Anyone, Anytime, Anywhere 如何随时随地与人交谈	74
10	Cry for Help on the Internet* 在因特网上呼救	84
11	This Generation Means Business* 经商的一代	93
12	Nonverbal Communication* 非语言的交谈	102
13	The Brain: Deciphering the Miracles of the Mind 大脑:解读智能的奇迹	107
14	Mom's the One 有问题喊“妈妈”	114

# CONTENTS

15	How to Master Your Moods 如何控制情绪	120
16	How to Help a Child Who Hates School* 如何帮助不爱上学的孩子	129
17	Have to Make a Speech*? 你得发表讲演吗?	138
18	The Promise* 承诺	146
19	Love and Intimacy Lead Greater Health and Healing 爱情和亲情使人健康	155
20	A Simple Truth about Happiness* 关于幸福的简单道理	161
21	When You Don't Like Your Child's friends 当你不喜欢孩子的朋友时	168
22	Why the Sphinx is Wearing New Smile 为什么狮身人面像面带新笑容	177
23	Simplify Your Life 简化生活	184
24	Tips from Top Teachers 来自优秀教师的忠告	192
25	Mexican Customs* 墨西哥风情	201
26	Why You Need Vitamin E 为什么你需要维生素 E	209
27	Kick Calculators out of Class* 把计算器清除出课堂	218
28	Binge Drinking—A Campus Killer* 饮酒作乐——校园杀手	223
29	"I've Found Gold!"* “我找到金子了!”	231

# CONTENTS

30	Dress for Success*	240
	衣着助你成功	
31	Why Bond Is Back*	248
	邦德为何重现银幕?	
32	You Can Remake Your Life*	257
	你能改变生活	
33	Seven Surprising Strategies to Put the Spring Back in Your Step*	265
	七种振奋精神的妙方	
34	Impressions of Beijing Through the Eyes of an Australian Swede	274
	一位澳大利亚籍瑞典人眼中的北京	
35	Confidence Is the Best Thing a Woman Can Have*	282
	自信是女人最好的财富	
36	Rx for Joy*	290
	生活快乐的诀窍	
37	Bring Working Home*	299
	在家上班	
38	Take Me Home, Country Roads*	307
	乡村大道伴我归	
39	Washington's Family Farms Slip toward	316
	华盛顿州的家庭农场濒临破产	
40	The Power of a Kind Word*	323
	金玉良言的力量	
41	The Value of Autumn Leaves	330
	秋叶的价值	
42	Getting over Disappointment	336
	战胜失望	
43	Meryl Streep	343
	美国影星——梅里儿·斯特里普	



# CONTENTS

44	Hamilton Smith—A Nobel Prize Winner 诺贝尔奖获得者——汉密尔顿·史密斯	352
45	Adventures in Shopping* 趣味横生的购物活动	362
46	Computer Violence* 计算机暴力	370
47	The 7 Worst Things Parents Do 父母教子的七点禁忌	378
48	Gentle Ways to Ease Depression 减轻沮丧的平和方法	386
49	The Brewer's Son* 酿酒师的儿子	392
50	Self-defense* 自我保护	398
51	Thoughts on Educational Change in China 关于中国教育变革的思考	403
52	Charlie Brown, Peanuts & Me 查利·布朗、小花生与我	412

\* 有朗读录音带

# I Like Chinese Martial Arts

—*Wang Lijun interviewing Juan Everington*

**W:** Mr. Juan Everington, I know you are currently practising a few different styles of martial arts. I have seen your performance on TV, and even your Chinese name Hua Wujie has something to do with martial arts. How did you get interested in studying martial arts?

**E:** Well, first of all, I have to say that the earliest time that I became interested in Chinese martial arts would be from a very young age. I first started watching movies and TV programs regarding martial arts, such as Gongfu. Those are my favorite TV shows as a small child for many years. So, that's one way how I first got introduced to Chinese martial arts. I first actually started practising martial arts because it's so widely available and popular in America today. My basic foundation was actually martial arts from other countries, such as Japan and Korea. But later, I became specifically interested in Chinese martial arts because I found that I was part Chinese. So, I thought I'd like to find out more about my Chinese ancestry<sup>1</sup>, my Chinese culture.

**W:** I see. There is really a good reason for you to get interested in Chinese martial arts, but as for the martial arts aspect why do you like it so much?

**E:** Well, there are four basic reasons why I like martial arts. Those

are self-defence<sup>2</sup>, health, art and discipline<sup>3</sup>. Not only are Chinese martial arts very practical, they have many practical self-defense applications. There are many ways to use your body, to defend yourself, to get yourself out of difficult situations and it often doesn't require regular strength. It just requires the ability to contort<sup>4</sup> or use your body in ways that may be contrary to common sense or maybe you've never thought of before, but actually are very effective. There's a lot of subtilities<sup>5</sup> to the human body. As far as the health aspect goes, the unique thing about Chinese martial arts, particularly Tai Chi, Ba Gua and Xing Yi is the development of chi, which is an internal<sup>6</sup> force that flows through your body, something that western sports don't really take into account. The idea is that, if you develop your chi, the flow of your chi, if you learn ways to improve the flows of this chi, this vital energy, this can definitely have a good influence on your health and many people believe that this can even lead to a longer life span. Because many of these Tai Chi and Ba Gua, Xing Yi masters lived very old, so to go maybe even a hundred years old. This is very common. Now as far as the art goes, I think that Chinese martial arts are very graceful, very beautiful. The movements are fluent and smooth. This is different from other martial arts which maybe more rigid<sup>7</sup> and more brutal. So I really enjoy the static<sup>8</sup> beauty of Chinese martial arts. I really consider it an art and a very ancient art, coming from a very long tradition, going back hundreds even thousands of years. For the discipline aspect I think Chinese martial arts and martial arts in general are very good and fostering a kind of order in your life, helping you to focus

yourself, because you've got to concentrate very carefully when you practise Chinese martial arts. So you can apply this to other things in your life. I think it can give you a better sense of self-esteem, self-worth and maybe even more direction in your life.

**W:** How long have you been practising?

**E:** I really got into martial arts in earnest from age of 16, when I started practising Tae Kwon Do<sup>9</sup>. I did that for about 3 years. Then I became interested in Chinese martial arts, so I started practising something called Tian Shan Pai which is a northern style of Chinese Wushu. I did that for about a year, then I got involved in Shaolin Boxing. I practised that for about 2 and a half years. I also started to get involved in Tai Chi and that was about the time that I graduated from college. Then I came here to Beijing. I've been here for 2 years and during that time I have studied many different styles of Chinese martial arts, but mainly Tai Chi and most recently, I've also been getting very much into Ba Gua and something called Tuishou which is actually Tai Chi, is just a way of applying Tai Chi techniques.

**W:** So you have been practising so many different styles of martial arts. Do you think you have already benefitted from these practisings?

**E:** Yes, definitely. Definitely it helps simply with coordination skills. That actually helps with other sports. For example, in Ba Gua there's a lot of walking and circles, a lot of turning and contorting your body. This actually helps me a lot with basketball. I can often confuse my opponent by twisting myself in ways that they didn't think were possible. Also, the main idea, the main goal at

practising martial art such as Ba Gua is to improve your health, improve the flow of chi in your body, to improve circulation, harmony within your internal organs, something that western sports don't really emphasize so much, as particularly as something like body building. So I find that I am often more focused when I've been training heavily in martial arts. I find it had more coordination. My reactions are much quicker, and I've a better awareness of my surroundings and I react instinctively in a positive way to things. Well, the main thing that I found, especially lately, is that having practised all these different styles, they actually all seem to come together and although there're many ways that differ in fact, they all basically have the same concept. And I have really come to this revelation. I've realized that it's all from the basic original school of thought. It's a basic martial arts theory and I've been able to unify all these things that I've studied and it's all startling to make a lot more sense to me. It's hard to express this in words, It's just more of a feeling really, a feeling of harmony, a feeling of peace, and things are just seeming to make more sense, as far as martial arts goes. When I practise martial arts I understand things much better. We can say it's a feeling that you have, a feeling of satisfaction, when you, when everything is going well, everything is synchronized and flowing.

**W:** But if you compare martial arts with regular physical exercises, what are the differences?

**E:** OK, first of all, it depends on what sports you are talking about, and also the martial arts differ among themselves too. As far as gymnastics goes, if you compare a gymnastics competition with a

Wushu competition, the difference would be that men and women participate equally in every event, they are still divided between men and women. But what events they do are the same. Unlike western gymnastics<sup>10</sup> where men and women do different exercises, I would say one unique thing about martial arts, of course, it is the martial spirit. It's kind of an intensity, mental, spiritual intensity that you must have if you want to do martial arts correctly. This kind of spiritual intensity is different from the kind of concentration, a kind of intensity that you have in other sports. It's more like a spiritual nature. And also it's just the movements themselves that are unique. They are different from other sports, The stances, the kicks, punches and movements are different. You use different parts of your body in different ways than you would when you are doing other sports. So that basically describes the differences.

**W:** Mr. Juan Everington, I wonder in the future will you keep on practising what you've learned or you want to learn some different styles?

**E:** Well, I would think of a combination of both. That's what I've been doing all along. Basically I'm trying to remember and continue to practise what I consider very important, useful things. At the same time, trying to improve myself and learn new things. You know, I spent a great deal of time and effort. And those people who taught me also spent a lot of time and effort to teach me these things. So, it's very important that I remember what I was taught and at the same time I feel that the more I learn, the more the stuff that I learned before makes sense, the better I can do it. So,

that's why I like to do both. Every year, I start to become more and more aware of the basic principles of martial arts. So, anyway in the future I want to continue studying Chinese martial arts. I like to branch out even more and ambitious. I like to completely study the three-measure internal martial arts, those being Ba Gua, Xing Yi, Tai Chi. I've studied two of them and I'd like to get to the third of Xing Yi, and continue to study the other ones, because I've only just begun studying really. There are so much to learn. It will take my lifetime, actually to learn all the things that are out there. It's really so diverse and varied Chinese martial arts world. That's something else I find really fascinating.

**W:** Thank you very much for coming and talking about your speciality. I hope you'll achieve your goal and become a real martial arts master.

**E:** Thank you. Thank you very much.

### Notes

1. ancestry *n.* 祖先; 列祖列宗
2. self-defence (主美) = self-defense 自卫
3. discipline *n.* 行为标准; 训练; 磨练
4. contort *v.* 扭曲; 歪曲
5. subtitle *n.* 副标题; 小标题; (影片的)字幕 (尤指翻译片字幕)
6. internal *adj.* 内在的; 本质的; 固有的
7. rigid *adj.* 坚硬的; 苛严的; 僵直的
8. static *adj.* 静止的; 静态的
9. tae kwon do [亦作 T-K-D] (体)跆拳道 [kor; kick fist art]
10. gymnastics *n.* (用作单或复)体操; 体操训练



## 我喜欢中国武术

——王丽君采访胡安·埃弗林顿

王:埃弗林顿先生,我知道你在练习好几种不同风格的武术,我还在电视上看过你表演武术,甚至你的中文名字华武杰都和武术有关,你是怎么迷上武术的呢?

埃:首先我想说的是我很小的时候就迷上了中国武术,最初是看功夫片,我非常爱看这些武术影视片,一连看了好几年,我就是这样认识武术的。如今武术在美国很普及、很流行,所以我也就开始投入武术训练了。不过最初我学的是日本和朝鲜等其它国家的武术。后来我发现自己有部分中国血统,于是我就开始专门练起了中国武术,因为我想更多地了解我的中国祖先,更多地了解中国的文化。

王:原来如此,看来你专注于中国武术是有缘由的。不过,就武术本身而言,你为什么这么喜欢它呢?

埃:我喜欢武术主要有四方面的原因,那就是学习武术可以自卫防身、强身健体,另外武术的艺术感很强,还可以培养人的自制力。中国武术有很强的实用性,还有很多有效的自卫招数。会武术的人有许多办法利用自己的身体进行自卫、摆脱困境。这样做时并不需要使劲,需要用不寻常的,也许是你从来没有想过的方式扭转身体,实际结果却非常有效,因为人体有很多微妙之处。就强身健体而言,中国



武术,特别是太极、八卦、形意,它们的独特之处就在于用气。气是在人体内流动的一种内力。在西方体育中是没有气这一说的。气的意义在于,如果你会用气,使它在体内流动起来,掌握促进气这种至关重要的活力的各种流动方式,就一定会促进你的健康。许多人认为这样用气甚至还能使人延年益寿。许多太极、八卦和形意拳大师都长寿,有的甚至活到了100岁,这种现象挺普遍的。从艺术的角度来说,我觉得武术的动作优雅、美观、流畅、平稳,和其它动作僵硬、猛烈的武术形式相比有很大差别,所以我特别欣赏中国武术的静态之美。我确实认为武术是一种艺术,一种古老的艺术,它有悠久的传统,有几百年甚至上千年的历史。至于培养人的自制力,总的来说,中国武术对人是非常有益的,它使人生活有规律、精力集中,因为在练习武术时你得思想高度集中。你可以把这些用在处理生活中别的事情。我觉得这会增强人的自尊心,使人们进一步认识自我价值,有更明确的生活目标。

王:你练武术有多长时间了?

埃:我开始真正投入训练是在16岁的时候。最初我练的是跆拳道,练了3年。后来,我迷上了中国武术,我开始练一种北方风格的叫天山派的中国武术,练了差不多一年,然后开始学少林拳,练了两年半的时间。大学快毕业时,我又开始学习太极拳,后来我来到北京。我在北京已经有两年了,这段时间我学习了许多不同风格的中国武术。但主要练的是太极拳,最近我又迷上了八卦和推手。推手,实际上也属于太极拳,是一种运用太极拳技巧的方法。

王:学习了这么多种风格的武术,你觉得是否从中受益了呢?

埃:当然啦。练武术能使人动作协调,对从事其它体育活动也