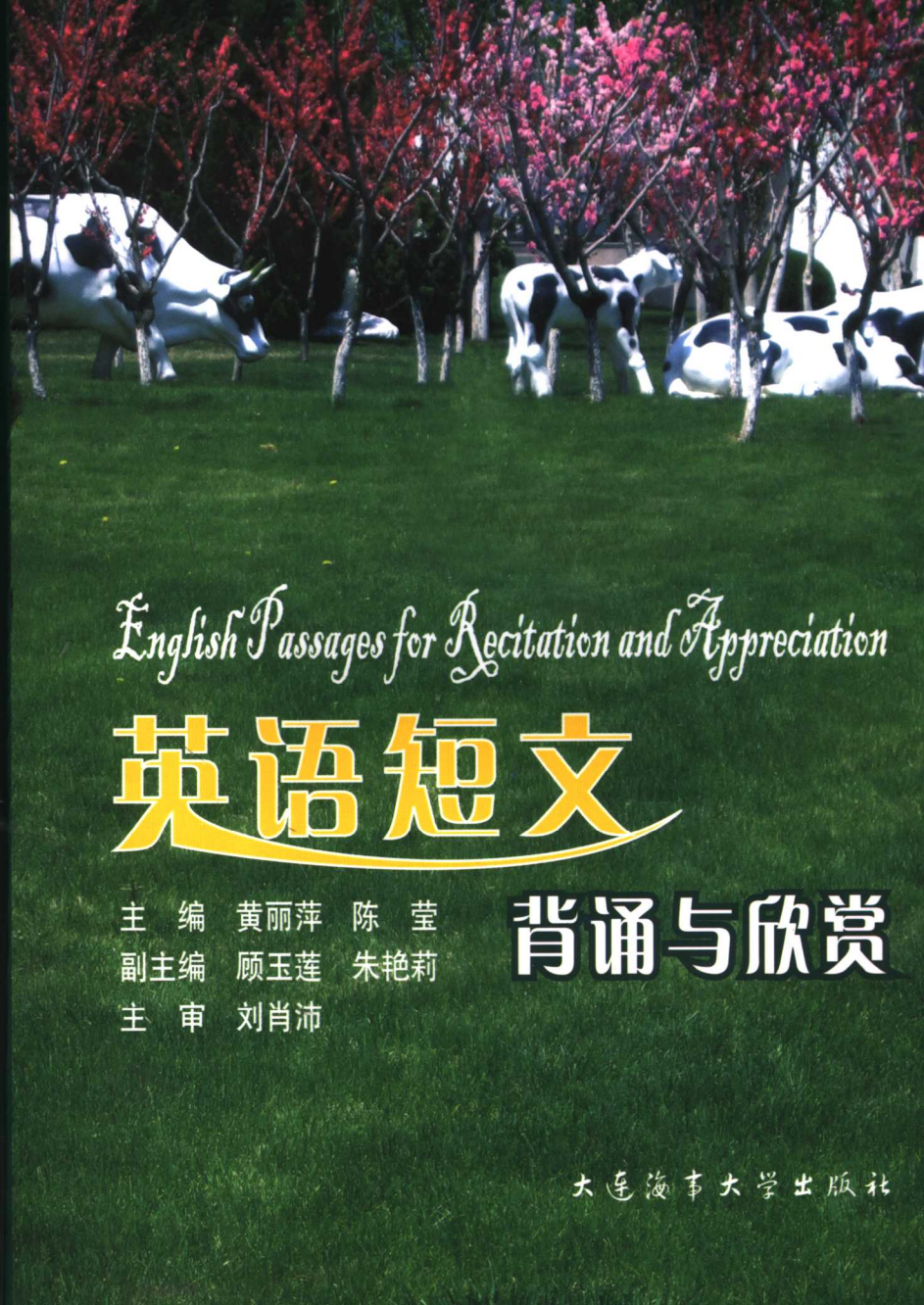




English Passages for Recitation and Appreciation

英语短文

主 编 黄丽萍 陈 莹
副主编 顾玉莲 朱艳莉
主 审 刘肖沛

背诵与欣赏

大连海事大学出版社

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内容提要

本书正文部分共设三个级别,每个级别各包含 20 篇背诵文章,供学生在不同学期背诵之用。这 60 篇文章长度适中,难度逐级递增,体裁丰富,涵盖了生活、学习、航海、经济、语言、文化、环保等诸多主题,力图以此为媒介,使学生在掌握语言的同时,增加人文知识,增强沟通技巧,树立乐观坚强的生活态度。

在附录部分,收集了 11 篇短文,有经典演说、诗歌、时事新闻等,供学生和英语爱好者阅读赏析,增强语感,同时补充一些航海专业基本知识。

为方便学生自学,帮助学生扩大知识面,巩固对文章的理解,每篇文章后面都附有生词表、练习以及趣味知识和参考译文等,并在书末备有参考答案。

读者对象是学生、船员和英语爱好者。

本书特色

古人云,熟读唐诗三百首,不会作诗也能吟。诵读一直是语言学习行之有效的方法,英语的习得也不例外,通过反复诵读,使学生达到强化记忆能力、增加语料输入、培养英语语感的目的。本书编者根据多年教学经验和对学生的了解,精心从内容、长度、难易度、巩固练习等方面分级设计编写此书。正文部分共设三个级别,每个级别包含 20 篇背诵文章,供学生不同学期背诵之用。为方便学生自学,帮助学生扩大知识面,巩固对文章的理解,每篇短文后都附有生词表、练习以及趣味知识和参考译文等,并在书末备有参考答案。

一级短文语言较简短,难度较小,内容以生动活泼的小故事、国内外文化风土人情介绍以及大学英语四级写作短文等为主,适合大学一年级上学期的学生使用。

二级短文比一级的语言难度稍大,内容方面也有所拓展,主要涉及自我修养、生命价值、生活态度、沟通技巧、异域文化、环境保护等主题,同时增加了与航海有关的短文,适合大学一年级下学期的学生使用。

三级短文在难度上进一步加大,侧重社交礼仪、中远集团简介、远洋船舶船型介绍等与航海类院校专业相关的内容,以帮助学生完成由基础英语到专业英语的过渡,同时更注重通过短文启发学生对成功与失败、自由与约束以及人生目标的辩证思考,适合大学二年级上学期的学生使用。

满足航海类院校学生学习英语和将来工作中跨国文化交

流的需要是本书编写宗旨,循序渐进地从日常英语到航海英语内容上的过渡,同时又按照学年学期分级,潜移默化地引导学生达到这一学习目标是本书最大的特色所在。

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Level One

1. Hard Work Is Good for Health

Why is work good for health? It is because work keeps people busy, away from loneliness and **solitude**. Researchers show that people feel unhappy, worried and **solitary** when they have nothing to do. Instead, the happiest are those who are busy. Many high **achievers** who love their careers feel that they are happy when they are working hard. Work **serves as** a bridge between man and reality. By work, people **come into contact with** each other. By collective activity, they find friendship and warmth. This is helpful to health. The loss of work means the loss of everything. It affects man **spiritually** and makes him **liable** to disease. (108 Words)

Section A: Words and Expressions

solitude	[ˈsɒlɪtjuːd]	<i>n.</i>	孤独
solitary	[ˈsɒlɪtəri]	<i>adj.</i>	孤独的
achiever	[əˈtʃiːvə]	<i>n.</i>	取得成就的人, 成功者
serve as			担当, 充当
come into contact with			与某人接触, 取得联系
spiritually	[ˈspɪrɪtʃuəli]	<i>adv.</i>	精神上

liable [ˈlaɪəbl] *adj.* 易于……的, 有……倾向的

Section B: Comprehension

1. The passage shows that _____.
 - A. we should work as hard as possible
 - B. hard work can make us rich
 - C. we are eager to work hard because it can bring us fortune
 - D. hard work can make us feel happy
2. All the following statements are true except _____.
 - A. work can link us with the reality
 - B. since work can make us feel happy, we should overwork
 - C. by working with other people, we can find friendship and warmth
 - D. sometimes being busy is not a bad thing

Section C: Quotations

1. Patience is bitter, but its fruit is sweet.

—Jean Jacques Rousseau, French thinker

忍耐是痛苦的,但它的果实是甜蜜的。

——法国思想家 卢梭

2. Only those who have the patience to do simple things perfectly ever acquire the skill to do difficult things easily.

—Friedrich Schiller, German Dramatist and poet

只有有耐心圆满完成简单工作的人,才能够轻而易举地完成困难的事。

——德国剧作家、诗人 席勒

译文

努力工作有利于健康

为何工作对健康有好处呢？因为工作使人忙碌，从而摆脱寂寞和孤独。研究表明：人无所事事时会感到不愉快、焦虑和孤独；相反，工作忙碌的人会觉得最愉快。许多热爱事业而富有成就感的人都觉得努力工作时最为幸福。工作架起了人与现实之间的桥梁。通过工作，人们相互接触。通过集体活动，他们找到了友谊和温暖。这有利于健康，而失去工作则意味着丧失一切。它会影响人的精神，使人容易得病。



2. What's Prettier than Freckles

An elderly woman and her little grandson, whose face was **sprinkled** with bright freckles, spent the day at the zoo. Lots of children were waiting in line to get their **cheeks** painted by a local artist.

"You've got so many **freckles**, there's no place to paint!" a girl in the line said to the little fellow.

Embarrassed, the little boy dropped his head. His grandmother knelt down next to him. "I love your freckles. When I was a little girl I always wanted freckles," she said, while **tracing** her finger across the child's cheek. "Freckles are beautiful."

The boy looked up, "Really?"

"Of course," said the grandmother. "Why not just name me one thing that's prettier than freckles?"

The little boy thought for a moment, **peered intensely** into his grandma's face, and softly whispered, "**Wrinkles**." (134 Words)

Section A: Words and Expressions

sprinkle	[ˈsprɪŋkl]	v.	撒(某物)于(某物之表面), 洒, 喷撒
freckle	[ˈfrekl]	n.	雀斑, 斑点
cheek	[tʃi:k]	n.	脸颊
embarrass	[imˈbærəs]	vt.	使困窘, 使局促不安

trace	[treis]	vi. 上溯, 沿路走
peer	[piə]	vi. 凝视, 窥视
intensely	[in'tensli]	adv. 热情地、强烈地
wrinkle	[ˈrɪŋkl]	n. 皱纹

Section B: Exercises

1. Practice Your Words

Choose the one from Column B that best matches each word or phrase in Column A.

Column A

1. elderly
2. local
3. decorate
4. embarrass
5. drop one's head
6. name
7. peer intensively into
8. whisper

Column B

- a. make *sth.* beautiful by adding ornaments to it
- b. old
- c. list, give as an example
- d. look with passion at
- e. of the region
- f. speak in a low voice
- g. feel upset or disappointed
- h. cause *sb.* to feel self-conscious, awkward or ashamed

2. Questions

1. Are you good at comforting others when they are upset?
2. What can you infer from the boy's reply?
3. Is the grandma telling a white lie (善意的谎言)? Do you think a white lie is a necessity on certain occasions?

Section C: Humor

The Sun and the Moon

Two boys are talking about the sun and the moon.
“Which one of them is more useful?” asked one of them.

“Of course the moon is. The moon is in the sky when it's dark, but the sun is in the sky in the daytime when nobody needs it.”

译文

有什么比雀斑更可爱?

一位老太太和她长满雀斑的小孙子一起在动物园里游玩。很多小孩都在排队等候一位当地的艺术家在他们的脸上着色。

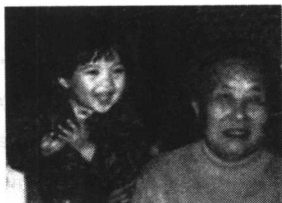
“你脸上这么多雀斑，都没地方画了！”队列中有个小女孩对小男孩说。

小男孩感到很难堪，就低下头。奶奶蹲下来对他说：“我喜欢你的雀斑。我小时候总想长些雀斑呢，”她抚摸着男孩的脸颊，“雀斑很漂亮！”

男孩抬起头，“真的吗？”

“当然是真的，”奶奶说，“你看我脸上有什么比雀斑还漂亮？”

小男孩想了一下，又认真地注视着奶奶的面孔，小声地说：“皱纹。”



3. The Trouble Tree

The **carpenter** I hired to help me **restore** an old farmhouse had just finished a **rough** first day on the job. A **flat tire** made him lose an hour of work, his **electric saw** quit and now his **ancient** pickup truck refused to start. While I drove him home, he sat in **stony** silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he **underwent** an amazing **transformation**. His **tanned** face was **wreathed** in smiles and he hugged his two small children and gave his wife a kiss.

Afterward, he walked me to the car. We passed the tree and my **curiosity got the better of** me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing for sure, troubles don't belong in the house with my wife and children. So I just hang them up on the tree every night when I come home. Then in the morning I pick them up again." "Funny thing is," he smiled, "when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before". (232 Words)

Section A: Words and Expressions

carpenter [ˈkɑ:pintə] n. 木匠