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# 成长的烦恼

第3辑

Growing Pains V

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# 成长的烦恼

Growing Pains III

第③辑

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# I 前言

英语思想家培根说过：阅读使人深刻。阅读的真正目的是获取信息，开拓视野和陶冶情操。从语言学习的角度来说，学习语言若没有大量阅读就如隔靴搔痒，因为阅读中的语言是最丰富、最灵活、最具表现力、最符合生活情景的，同时读物中的情节、故事引人入胜，进而能充分调动读者的阅读兴趣，培养读者的文学修养，至此，语言的学习水到渠成。

“麦格希中英双语阅读文库”在世界范围内选材，涉及科普、社会文化、文学名著、传奇故事、成长励志等多个系列，充分满足英语学习者课外阅读之所需，在阅读中学习英语、提高能力。

## ◎难度适中

本套图书充分照顾读者的英语学习阶段和水平，从读者的阅读兴趣出发，以难易适中的英语语言为立足点，选材精心、编排合理。

### ◎精品荟萃

本套图书注重经典阅读与实用阅读并举。既包含国内外脍炙人口、耳熟能详的美文，又包含科普、人文、故事、励志类等多学科的精彩文章。

### ◎功能实用

本套图书充分体现了双语阅读的功能和优势，充分考虑到读者课外阅读的方便，超出核心词表的词汇均出现在使其意义明显的语境之中，并标注释义。

鉴于编者水平有限，凡不周之处，谬误之处，皆欢迎批评指正。

我们真心地希望本套图书承载的文化知识和英语阅读的策略对提高读者的英语著作欣赏水平和英语运用能力有所裨益。

**丛书编委会**

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## 1

# The Hunting Trip

José *scurried* up a makeshift ladder, which was nothing more than strips of scrap wood nailed to the trunk of the ancient oak. He pulled himself onto the *flimsy* sheet of *plywood* that served as the floor of the tree stand. He gently set his rifle down and took a seat in one of the two *aluminum* folding chairs while his father slowly followed him.

## 狩猎之旅

何塞急急匆匆地爬上一个临时凑合的梯子，这梯子只不过是把一些废旧的木条板钉在了老栎树上做成的。他把自己拖到了用薄薄的胶合板地板搭建成的树架上。他轻轻地放下来复枪，坐在了另外一把铝制折椅上，而他的父亲在后面慢慢地跟着。

*scurry* *v.* 碎步急跑  
*plywood* *n.* 胶合板

*flimsy* *adj.* 轻薄的  
*aluminum* *n.* 铝

José noticed that his father was slightly out of breath when he reached the top, stopping to pull a Thermos of *steaming* coffee from his deep jacket pocket and *grimacing* as he swallowed. José felt his own chest constricting and realized he had been holding his breath for some time. He recalled his father's advice about nerves—"deep breaths work better than you think"—and drew a big *lungful* of air. His father heard him *exhaling*.

"You nervous?" he asked.

"No... well, a little," José admitted.

"Just remember that we're the only ones out here for miles. I'd be the only one to see you if you did anything embarrassing, and I've

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何塞注意到当他的父亲爬上树架时有点喘不过气来，便从他的深夹克口袋里拽出装着热咖啡的保温瓶，略带痛苦的表情开始大口大口地喝起来。何塞感到胸部收缩，这才意识到他已经屏住呼吸有段时间了。他回想起他的父亲关于紧张的建议——深呼吸比你想象的还管用——于是深深地大吸了一口气。他的父亲听到了他的吐息声。

于是问道：“你紧张吗？”

“不……嗯，有那么一点儿。”何塞承认。

“只要记住这方圆几英里只有我们两个人。如果你做出什么尴尬的事情，我是唯一一个能看到的，而我已经看过你做了好多尴尬的事

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*steaming* *adj.* 非常热的

*lungful* *n.* 一大口（一次吸入的空气、烟等）

*grimace* *v.* （因痛苦、厌恶等）扮怪相

*exhale* *v.* 呼气



seen you do plenty of embarrassing things,” his father chuckled.

“I know,” José said. He took another deep breath, tasting the freshness of the woods around them, watching the *vapor* cloud *materialize* in front of his face. But he still *clutched* the barrel of his rifle so tightly that his fingers grew numb. He regretted being so anxious, unable to truly enjoy the beauty of the forest around them. The open *meadow* below the tree stand was dim and frosty on this early November morning.

“Now that we’re set in our place, we’ll need to wait quietly for about half an hour before the animals forget we’re here. Until then, we probably won’t see a thing,” José’s father explained.

情了。”他的父亲轻声笑道。

“我知道。”何塞说。他又深吸了一口气，品味着周围树林散发的清新气味，注视着充满水气的薄雾在自己面前渐渐质化。但他仍然牢牢地握住来复枪管，以至于他的手指渐渐变得麻木。他很后悔自己如此焦虑，却没能真正地去欣赏周围森林的美景。在这个十一月初的早晨，树架下面的旷野草地是如此地阴冷昏暗。

何塞的父亲讲解道：“现在我们已经就位了。我们需要安安静静地等上半个小时，好让动物们忘记我们的存在。在那之前，我们可能看不到任何动物。

*vapor* *n.* 蒸气；雾气  
*clutch* *v.* 紧握

*materialize* *v.* 突然出现  
*meadow* *n.* 草地

Remaining still for half an hour dragged on forever, and as his father had promised, they saw nothing. But just as the minute hand of José's watch seemed about to give up and freeze altogether, he heard a *rustle*—a squirrel. Soon he heard other creatures; crows and *ravens* flapped overhead, cawing and *croaking*, leaving José wondering whether the birds' breath also left little clouds in the air. Three or four rabbits browsed among the leaf litter underneath the tree stand. Suddenly José and his father heard the sharp footfalls of their approaching *quarry*—the white-tailed deer.

All the hunting advice José's father had ever given him began to rush through José's head: "Don't ever shoot unless you're absolutely

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经过了度日如年般的半个小时，保持着一动不动，而就像他的父亲保证的那样，他们什么猎物也没看到。但正当何塞手表的分针似乎正要放弃运转完全冻结的时候，他听到了沙沙的声音——是一只小松鼠。一会儿，他又听到了其他动物的声响，乌鸦和渡鸦嘎嘎地尖叫着拍打着翅膀从他们头顶上飞过，只留下何塞在那里疑惑着，是不是鸟儿的呼吸也能在空气中留下些许哈气呢？树架下面的落叶中，三四只兔子在吃草。突然，何塞和他的父亲听到了正在不断接近中猎物的明显脚步声——一头白尾鹿。

何塞父亲曾经给他的所有关于狩猎的建议开始在何塞的脑海里闪过：“除非你确定看到了鹿角，否则一定不要开枪——我们不想射杀雌

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*rustle* *n.* 沙沙声  
*croak* *v.* 呱呱叫

*raven* *n.* 渡鸦  
*quarry* *n.* 猎物

sure you see **antlers**—we don't want to kill a doe, and we certainly don't want to kill another hunter.” “If you can't see more than half the deer's body at one time, you're too far away and there are too many trees and bushes between you and it.” “Aim just ahead of where you want to hit, because deer move when you least expect them.”

As if fulfilling a checklist in José's brain, a **buck** stepped smoothly into view. It definitely had antlers, it was in plain view, and José aimed his rifle just ahead of its chest. The buck was big and **sleek**, with soft brown eyes and a white **rump** under its flicking tail. José marked it in his crosshairs, feeling the trigger underneath his finger.

“José,” his father said, not even whispering as he pointed his

鹿，当然我们也不想射杀其他的猎人。” “如果你不能看到大半个鹿身，那表示你和鹿之间的距离太远，而且有太多树和灌木丛挡在你们之间。” “瞄准你所要打的部位再往前一点的地方，因为鹿会在你最不经意的时候移动。”

仿佛是在何塞的脑海中核对清单一样。一只雄鹿缓缓地进入了视线。它肯定长着鹿角，视线良好，而何塞也用来复枪瞄准了猎物胸口前面一点的部位。这头雄鹿很壮而且皮毛亮泽，有着一双柔和褐色的眼睛，在它快速拂动的尾巴下面露出白色的尾臀。何塞通过瞄准镜的十字准线瞄准了它，触摸着他手指下的板机。

“何塞！”他的父亲用他的下巴指着雄鹿的方向，用并不小的声音说

**antler** *n.* 鹿角

**sleek** *adj.* 光滑的；光亮的

**buck** *n.* 雄鹿

**rump** *n.* 臀部



*chin* toward the buck, “go ahead.”

“No,” José said out loud, lowering his *rifle*. The deer surely heard him, for it *swiveled* its ears around until all of its senses focused on the tree stand, *alert* and confused, before it jogged away.

“Are you angry with me?” José asked his father.

“No, José, I’m not. In fact, I did the very same thing the first time I went out hunting with my father.”

José felt relieved. “Really?” he said.

“I have a lot of time to think when I’m out here alone in the tree stand, and I’ve decided something about hunting. When we buy meat at the supermarket, we never see the animal it comes from.

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道，“开枪！”

“不！”何塞大声说道，并放下了来复枪。那只鹿一定是听到了他的声音，于是它转动它的耳朵，直到它所有的感官都聚焦于树架这里，充满了警觉和困惑，然后它慢慢地跑开了。

何塞问他的父亲：“你生我的气了吗？”

“不，何塞，我没有。事实上，当我第一次和我的父亲出来打猎时我也做了同样的事。”

何塞感到些许宽慰。“真的吗？”他说。

“当我独自一人外出打猎来到这树架时，我有很多时间进行思考，而且我确定了一些关于打猎的事情。当我们在超市买肉的时候，我们不会看

*chin* *n.* 下巴

*swivel* *v.* 旋转

*rifle* *n.* 来复枪

*alert* *adj.* 警觉的

But when we hunt, we see the animal, and we shoot the animal, and we take it home and eat its meat. It's more than just eating—it's an interaction between one person and one animal. And sometimes the animal looks at you, and you know you shouldn't shoot it. Sometimes I feel proud to get a buck, like I've won a race or I'm a *cougar* that caught its *prey*. But sometimes I feel like you just felt, and I'm glad you have that sense, too. If you shoot even when your heart tells you not to, that means you're killing without caring, without paying attention to the interaction between you and the animal. Some people never shoot, and some people don't think hunting is right at all, and that's okay too."

---

到肉是从动物身上来的。但我们打猎的时候，我们能看到动物，然后我们射杀动物，接着带回家吃它的肉。这可不仅仅是在吃肉——这是一种人与动物之间的互动。而有的时候，动物看着你，你知道你不应该射杀它。有时我为我能猎到一头雄鹿而自豪，就像我赢得了一场比赛，或者感觉我是一头美洲狮，捕获到了它的猎物一样。但有时我的感受就像你刚才的感受一样，而我很高兴你也能有那种意识。如果你开枪了，虽然你的内心告诉你不要，那就意味着你只是在杀戮，没有同情心，没有注意到你与动物之间的互动。有些人从来没有开过枪，而有些人认为打猎根本就是不对的，那也没有关系。”

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*cougar* n. 美洲狮

*prey* n. 猎物

José *inhaled* deeply and relaxed for the first time all morning. His father took out the Thermos again, popped the cup off the top, filled it, and handed it to José.

“You want me to drink coffee?” José asked.

“It’s hot cocoa,” his father answered. “I brought it for you.”

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何塞深深地吸了口气，整个早上第一次放松下来。他的父亲又拿出了保温瓶，“砰”的一声把杯子从瓶口上拿了下来，并倒满递给了何塞。

“你想让我喝咖啡吗？”何塞问道。

“这是热可可。”他的父亲回答道。“我特意为你准备的。”

# Ricardo's Dilemma

## Chapter 1

“**N**ow listen up, class. Don't forget to bring a **sack** lunch tomorrow for our field trip! We'll have such a wonderful time!” Mrs. Periwinkle called out.

Luckily, the end of the school day had finally arrived. The bell rang, and Ricardo was almost safely out the door when Mrs.

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## 里卡多的窘境

### 第一章

“**现**在全班都听好了。”不要忘记为明天的校外考察旅行带一袋午餐！我们将会度过一段非常美好的时光！”派瑞温克女士大声说道。

很幸运，上课日的结束时间终于到了。铃声响起，里卡多几乎安全地出了教室的门，但这时派瑞温克女士挡住了他的去路。“你是不是很期

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**sack** *n.* 大口袋



Periwinkle stopped him in his tracks. “Aren’t you looking forward to our field trip for tomorrow? I am very excited for you to see the ballet and tour the Opera House. I know you’ll just love it.”

“Oh yeah, of course I’m excited. Thanks, Mrs. Periwinkle. I’ll see you tomorrow.” Ricardo forced a smile for his teacher as he walked quickly past her and into the hallway. The truth was, he was much more excited about the **playoff** soccer match against the Tigers, and the match was going to start in less than two hours. Ricardo was the leading **scorer** on his team, and the playoff game was all that his mind had been occupied with for several days. He reached the front door and headed outside. His fast-paced walk turned into an enthusiastic **sprint** as he pulled his cap tightly down over his head. “Look out, Tigers, here we come!” he shouted.

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待明天的校外考察旅行呢？你能看到芭蕾舞剧和参观歌剧院，我感到很兴奋。我知道你会喜欢的。”

“哦，是的，我当然很兴奋。谢谢派瑞温克女士。明天见。”里卡多勉强为老师挤出笑容。然后经过她身边快速地走到走廊去了。事实上，相比而言，老虎队的足球季后赛让他觉得更兴奋，而在不到两个小时之后比赛就要开始了。里卡多是他们队的第一射手，这些天他满脑子想的都是这场季后赛。他到达前门，朝外面出发。他由快步伐的走变成了激情的冲刺，为了不让帽子被吹飞，他不得不紧紧地把帽子在头顶上压低。“留点神，老虎队，我来了！”他叫嚷着。

**playoff** *n.* 季后赛

**sprint** *n.* 全速疾跑；冲刺

**scorer** *n.* 得分手