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1

Happiness

Many people think that when they become rich and successful, happiness will naturally follow. Let me tell you that nothing is further from the truth. The world is full of very rich people who are as miserable as if they were living in hell. We have read stories about movie stars who committed suicide or died from drugs. Quite clearly, money is not the only answer to all problems.

Wealth obtained through dishonest means does not bring happiness. Lottery winnings do not bring happiness. Gamble winnings do not bring happiness. To my mind, the secret to happiness lies in your successful work, in your contribution towards others' happiness and in your wealth you have earned through your own honest effort. If you obtain wealth through luck or dishonest means, you will know that it is ill earned money. If you get your money by taking advantage of others or by hurting others, you will not be happy with it. You will think you are a base person.

Long-term happiness is based on honesty, productive work, contribution, and self-esteem. Happiness is not an end; it is a process. It is a continuous process of honest, productive work which makes a real contribution to others and makes you feel you are a useful, worthy person. As Dr. Wayne wrote, "There is no way to happiness. Happiness is the way." There is no use saying "Some day when I achieve these goals, when I get a car, build a house and own my own business, then I will be really happy." Life just does not work that way. You want certain things to happen and depend on external circumstances of life to make you happy, you will always feel unfulfilled. There will always be some life missions.

Vocabulary

miserable⁴ /'mɪzəəbəl/ *adj.* 糟糕的

commit¹ /kə'mɪt/ *v.* 犯(错误, 罪行)

lottery⁴ /'lɒtəri/ *n.* 彩票

gamble⁶ /'gæmbl/ *n.* 赌博

self-esteem /'selfɪs'ti:m/ *n.* 自尊, 自负

contribution⁴ /kən'trɪbjʊ:ʃən/ *n.* 贡献

obtain⁴ /əb'teɪn/ *v.* 获得, 获取

continuous⁴ /kən'tɪnjuəs/ *adj.* 持续不断的

external⁴ /ɪk'stɜ:nl/ *adj.* 外部的, 外在的
lie in 在于

unfulfilled /ʌnful'fɪld/ *adj.* 未实现的
take advantage of 利用

2

Comments on the American Dream

The phrase "American dream" generally refers to the hopes one has for his own

well-being in America. It is not necessarily a selfish notion, because achieving the dream is assumed to make America strong. Because the dream is held by individuals, there can be as many different dreams as there are people to have them. A new immigrant may dream of mastering the language, holding a steady job, and having his own apartment. A successful industrialist may dream of acquiring more companies.

In the past, the most typical components of the American dream for ordinary people are as follows. The first component is a piece of land where one can sustain himself and raise a family. Having the land has to go beyond mere subsistence. It must also provide for a profit and expansion. Most importantly, it must help to give your children better opportunities than you had. A final component is freedom of movement within your geographic area. In our agricultural age, freedom of movement came with horse and wagon.

We remain emotionally tied to our agricultural past. We replace the working farm of the American dream with a suburban house and an urban job. The horse that took our ancestors to town once a month for supplies is replaced by a couple of cars that take us several places everyday.

The essence of the American dream seems to me to be geographic space and physical freedom. One's efforts allow one to succeed independently while providing an improved future for one's children and making a contribution to the world that one can be proud of.

The dream has its constants, but is ever-changing with the people and with the times. For young students today, the dream might include a very high-paying technology job from which one could retire at an early age and devote oneself to helping others. For middle-aged people today, the dream may include voluntary simplicity—a planned reduction in consumption with a potentially more satisfying lifestyle.

Vocabulary

notion ¹ /'nəʊʃən/ <i>n.</i> 概念, 想法	assume ¹ /ə'sju:m/ <i>v.</i> 假设, 假定
immigrant ¹ /'imigrənt/ <i>n.</i> 移民	acquire ¹ /ə'kwaiə(r)/ <i>v.</i> 获得, 得到
component ¹ /kəm'pəʊnənt/ <i>n.</i> 组成部分	sustain ¹ /sə'steɪn/ <i>v.</i> 支撑, 维持
subsistence /sʌb'sɪstəns/ <i>n.</i> 勉强维持生活	essence ¹ /'esns/ <i>n.</i> 精华, 本质
ancestor ¹ /'ænsəstə(r)/ <i>n.</i> 祖先, 先辈	voluntary /'vɒləntri/ <i>adj.</i> 自愿的
constant /'kɒnstənt/ <i>n.</i> 恒量, 常量	

3

To Do or Not to Do? The Answer Is a Click-away

Can't decide whether to dump your boyfriend, move house or sell your car? The answer may be just a click-away. Two British men and three women will let the Internet play God for 15 days by handing over their daily, sometimes life-changing deci-

sions, to a potential jury of 12.7 million people, Internet news portal MSN said in a statement. The five people were chosen as part of a project to give the Internet a chance to help ordinary people make important daily decisions. This latest venture comes three decades after the publication of Luke Rhinehart's best-selling book "The Dice Man", the story of a man who gives up his control of life to the dice, and follows the worldwide success of reality TV show "Big Brother". Each of the five will put a decision a day to the Internet community and will have to act on the outcome of the decision, although they will be given a "joker"—meaning they can back out of one decision—during the period, MSN said. Internet users around the world will be able to vote on the decisions each day by visiting www.liveyourlife.msn.co.uk. A dedicated site has been created around each participant, giving information about their backgrounds, their loves, hates, hopes and daily diary updates. At the end of the 15 days, web users will decide which of the five has let the Internet live their life to the maximum and he or she will win 10,000 pounds.

In the past people tended to rely on dice or some fortune books to decide their next action. Nowadays it seems a popular trend to express their problems on the Internet to seek help. But is it really beneficial to make decisions based on the Internet? Or we'd better depend on ourselves and be responsible for our own lives.

Vocabulary

click-away / klikəwei/ *n.* 一点就走
 potential¹ / pə'tenʃəl/ *adj.* 潜在的
 dice / daɪs/ *v. & n.* 掷骰子; 骰子
 dedicated⁶ / dedikeɪtɪd/ *adj.* 专用的
 participant⁴ / pɑ:'tɪsɪpənt/ *n.* 参加者

dump⁶ / dʌmp/ *v.* [口] 处理掉
 jury⁴ / 'dʒuəri/ *n.* 陪审团
 community⁴ / kə'mju:nɪti/ *n.* 社区
 site⁴ / saɪt/ *n.* 站点, 位置

4

Being a Whole

Once a circle missed a wedge. The circle wanted to be whole, so it went around looking for its missing piece. But because it was incomplete and therefore could roll only very slowly, it admired the flowers along the way. It chatted with worms. It enjoyed the sunshine. It found lots of different pieces, but none of them fit. So it left them all by the side of the road and kept on searching. Then one day the circle found a piece that fit perfectly. It was so happy. Now it could be whole, with nothing missing. It incorporated the missing piece into itself and began to roll. Now that it was a perfect circle, it could roll very fast, too fast to notice the flowers, to talk to the worms. When it realized how different the world seemed when it rolled so quickly, it stopped, left its found piece by the side of the road and rolled slowly away.

The lesson of the story, I suggested, was that in some strange sense we are more

whole when we are missing something. The man who has everything is in some ways a poor man. He will never know what it feels like to yearn, to hope, to nourish his soul with the dream of something better. He will never know the experience of having someone who loves him and gives him something he has always wanted or never had.

There is a wholeness about the person who has come to terms with his limitations, who has been brave enough to let go of his unrealistic dreams and not feel like a failure for doing so. There is a wholeness about the man or woman who has learned that he or she is strong enough to go through a tragedy and survive, she/he can lose someone and still feel like a complete person.

Life is not a trap set for us by God so that he can condemn us for failing. Life is not a spelling bee, where no matter how many words you've gotten right, you're disqualified if you make one mistake. Life is more like a baseball season, where even the best team loses one-third of its games and even the worst team has its days of brilliance. Our goal is to win more games than we lose.

When we accept that imperfection is part of being human, and when we can continue rolling through life and appreciate it, we will have achieved a wholeness that others can only aspire to. That, I believe, is what God asks of us—not “be perfect”, not “don't even make a mistake”, but “be whole.”

If we are brave enough to love, strong enough to forgive, generous enough to rejoice in another's happiness, and wise enough to know there is enough love to go around for us all, then we can achieve a fulfillment that no other living creature will ever know.

Vocabulary

wedge /wedʒ/ *n.* 楔子, 三角木; 楔形物

incorporate /in'kɔ:pəreit/ *vt.* 合并; 并入

nourish /'nʌrɪʃ/ *vt.* 滋养; 给...以营养

condemn /kən'dem/ *vt.* 判刑, 处刑, 声讨, 谴责

disqualify /dis'kwɒlifai/ *vt.* 使丧失资格; 使不合适

aspire /ə'spaɪə(r)/ *vi.* 热望 渴求, 渴望 (to, after)

rejoice /ri'dʒɔɪs/ *vi.* (与 in, at 连用) 为...而欢欣

spelling bee 拼字比赛

now that 既然, 由于

come to terms with 妥协, 和解, 让步

go through 经历, 经受

have one's day 走运, 得意之时

in a sense 在某一方面; 就某种意义来说

let go of 释放, 放开

go around 满足需求; 满足需要

5

Feather in the Wind

A certain good woman one day said something that hurt her best friend of many years. She regretted immediately and would have done anything to have taken the

words back. What she said hurt the friend so much that this good woman was herself hurt for the pain she caused. In an effort to undo what she had done, she went to an older, wiser woman in the village, explained her situation, and asked for advice.

Listening to her, the older woman sensed the younger woman's distress and knew she must help her. She also knew she could never alleviate her pain, but she could teach. She knew the outcome would depend solely on the character of the younger woman. She said, "Tonight, take your best feather pillows and put a single feather on the doorstep of each house in town before the sun rises."

The young woman hurried home to prepare for her chore, even though the feather pillows were very dear to her. All night long, she labored alone in the cold. Finally the sky was getting light, she placed the last feather on the steps of the last house. Just as the sun rose, she returned to the older woman.

"Now," said the wise woman, "Go back and refill your pillows with the feather you have put on the steps. Then everything will be as it was before."

"You know that's impossible! The wind blew away each feather as fast as I placed them on the doorsteps!" The young woman was surprised.

"That's true," said the older woman. "Never forget. Each of your words is like a feather in the wind. Once spoken, no amount of effort, regardless how heartfelt or sincere, can never return them to your mouth. Choose your words well and guard them most of all in the presence of those you love."

Vocabulary

undo /ˌʌnˈduː/ *v.* 解开, 消除, 取消

alleviate⁸ /əˈliːviət/ *v.* 减轻, 减少

regardless⁴ /riˈgɑːdlɪs/ *adj.* 不管, 不顾

guard⁴ /gɑːd/ *v.* 保卫, 守卫

in the presence of 在...面前

distress⁴ /diˈstres/ *n.* 悲伤

outcome⁴ /ˈaʊtkʌm/ *n.* 结果, 结局

sincere⁴ /sɪnˈsɪə(r)/ *adj.* 真诚的

take back 送回, 收回, 接回

6

Companionship of Books

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 it be 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.

Books possess an essence of immortality. They are by far the most lasting prod-

ucts of human effort. Temples and statues decay, but books survive. Time is of no account with great thoughts, which are as fresh today as when they first passed through their author's minds, ages ago. What was them said and thought still speaks to us as vividly as ever from the printed page. The only effect of time has been to sift out the bad products; for nothing in literature can long survive but what is really good.

Books introduce us into the best society; they bring us into the presence of the greatest minds that have ever lived. We hear what they said and did; we see them as if they were really alive; we sympathize with them, enjoy with them, grieve with them; their experience becomes ours, and we feel as if we were in a measure actors with them in the scenes which they describe.

The book is a living voice. It is an intellect to which one still listens. Hence we ever remain under the influence of the great men of old. The greatest intellects of the world are as much alive now as they were ages ago.

Vocabulary

companionship¹/kəm'pænjənʃɪp/ *n.* 友谊;交情;友情

companion¹/kəm'pænjən/ *n.* 伴侣;同伴

adversity¹/əd'vɜ:sɪti/ *n.* 不幸,灾祸,逆境

distress¹/di'stres/ *n.* 穷困;悲痛;忧伤

console¹/kən'səʊl/ *v.* 安慰,使减轻痛苦

immortality¹/ɪmɔ:tə'lɪti/ *n.* 不朽,不死

decay¹/di'keɪ/ *n.* & *v.* 腐朽,腐烂

sift/sɪft/ *v.* 筛出;滤除

turn one's back upon (on) 背弃,抛弃

essence¹/'esns/ *n.* 基本,本质

vividly¹/'vɪvɪdli/ *adv.* 生动地,鲜明地

grieve⁶/gri:v/ *v.* 伤心;悲痛

of no account 不重要的,无价值的

7

If I Were a Boy Again

If I were a boy again, I would practice perseverance oftener, and never give up a thing because it was hard or inconvenient. If we want light, we must conquer darkness.

If I were to live my life over again, I would pay more attention to the cultivation of the memory. I would strengthen that faculty by every possible means, and on every possible occasion. It takes a little hard work at first to remember things accurately; but memory soon helps itself, and gives very little trouble. It only needs early cultivation to become a power.

If I were a boy again, I would look on the cheerful side. Life is very much like a mirror if you smile upon it, it smiles back upon you; but if you frown and look doubtful on it, you will get a similar look in return.

Inner sunshine warms not only the heart of the owner, but of all that come in

contact with it. "Who shuts love out, in turn shall be shut from love."

If I were a boy again, I would school myself to say "No" oftener. I might write pages on the importance of learning very early in life to gain that point where a young boy can stand erect, and decline doing an unworthy act because it is unworthy.

If I were a boy again, I would demand of myself more courtesy towards my companions and friends, and indeed towards strangers as well. The smallest courtesies along the rough roads of life are like the little birds that sing to us all winter long, and make that season of ice and snow more endurable.

Finally, instead of trying hard to be happy, as if that were the sole purpose of life, I would, if I were a boy again, try still harder to make others happy.

Vocabulary

perseverance /ɪpə'si:vɪərəns/ *n.* 毅力, 不屈不挠

inconvenient /ɪnkən'vi:njənt/ *adj.* 不方便的

cultivation /ɪkʌltɪ'veɪʃən/ *n.* 培养, 耕作 school /sku:l/ *v.* 锻炼, 教育

erect⁴ /i'rekt/ *adj.* & *v.* 直立的, 竖立的; 使竖立, 使直立

courtesy⁶ /'kɜ:tisi/ *n.* 谦恭, 礼貌

endurable⁶ /ɪn'dʒʊərəbl/ *adj.* 可忍受的 in return 作为报答

8

The Lesson of the Bamboo Trees

One of my fondest memories as a child is going by the river and sitting idly on the bank. There I would enjoy the peace and quiet, watch the water rush downstream and listen to the chirps of birds and the rustling of leaves in the trees. I would also watch the bamboo trees bend under pressure from the wind and watch them return gracefully to their original position after the wind had died down.

When I think about the bamboo tree's ability to bounce back or return to its original position, the word "resilience" comes to mind. When used in reference to a person this word means the ability to readily recover from shock, depression or any other situation that stretches the limits of a person's emotions.

Have you ever felt like you are about to snap? Have you ever felt like you are at your breaking point? Thankfully, you have survived the experience to live to talk about it.

During the experience you probably felt a mix of emotions that threatened your health. You felt emotionally drained, mentally exhausted and you most likely endured unpleasant physical symptoms.

Life is a mixture of good times and bad times, happy moments and unhappy moments. The next time you are experiencing one of those bad times or unhappy moments that take you close to your breaking point, bend, but don't break. Try your

best not to let the situation get the best of you.

A measure of hope will take you through the unpleasant ordeal. With hope for a better tomorrow or a better situation, things may not be as bad as they seem to be. The unpleasant ordeal may be easier to deal with if the end result is worth having.

If the going gets tough and you are at your breaking point, show resilience. Like the bamboo tree, bend, but don't break!

Vocabulary

idly /'aidli/ *adv.* 懒惰地, 空闲地
rustling /'rʌsliŋ/ *n.* 瑟瑟声, 沙沙声
resilience /ri'ziliəns/ *n.* 弹回, 恢复力
snap¹ /snæp/ *vi.* 突然折断, 突然断裂
drain¹ /dreɪn/ *vt.* 耗尽
measure¹ /'meɪʒə(r)/ *n.* 适度
die down *v.* 变弱, 逐渐停止
be about to 即将, 将要

chirp /tʃɜ:p/ *n.* (鸟的) 啾啾声
bounce¹ /baʊns/ *vi.* 反跳, 反弹
stretch¹ /stretʃ/ *vt.* 伸展, 延伸
survive¹ /sə'vaɪv/ *vt.* 幸免于; 经受得住
symptom /'sɪmptəm/ *n.* 征兆, 症候
ordeal /ɔ:'di:l/ *n.* 严酷的考验
in reference to 关于
get the best of 战胜, 使屈服

9

No More Heroes?

Many articles have appeared in recent years, claiming that there are no more heroes in the Western world. The authors say that, particularly in Europe and North America, the young now refuse to admire anyone; that we are living in a world too well informed, too curious and critical for hero worship. The press, books, and television keep showing us the faults of the public figures who could become today's stars, until we lose faith and start looking for defects in any person who seems worthy of respect. In a neighbor or a statesman, we try to discover the weaknesses, failures, or ugly motives that are surely hiding behind his noblest actions.

Is it true that we know too much? Were our ancestors lucky to be only partly informed? Those who read the first biographies of Charlemagne, George Washington, Joan of Arc, or other great men and women of the past were not told that their hero had bad breath or disliked his mother; they only found a description of his great accomplishments and their admiration was strengthened. In fact, early biographers didn't hesitate to make up an admirable story or two about their hero. The man who wrote the first biography of Washington, for instance, invented the cherry tree; he admitted later that there was no truth in it, but he said that it was in character and that it would give young men a good example to follow. His readers didn't seem to object; the book was reprinted eighty times—a tremendous success in those days.

Modern biographers do not invent such stories, they respect the facts, as indeed they should. But we pay a price for their truthfulness, for in their efforts to show “the

whole person,” they tell us more than we really need to know about private lives, family secrets, and human weaknesses. The true greatness of a fine man is often forgotten in the display; and people lose not only their admiration for him, but their willingness to trust any other “star” completely.

Vocabulary

critical⁴ /'kɪtɪkl/ *adj.* 批评性的, 评论性的

worship⁴ /'wɔ:ʃɪp/ *n.* 崇拜, 敬仰 defect⁴ /'di:fekt/ *n.* 缺陷, 缺点, 过失, 瑕疵

noble⁴ /'nəʊbl/ *adj.* 高尚的; 崇高的

ancestor⁴ /'ænsɛstə(r)/ *n.* 祖先, 祖宗

Charlemagne /'ʃælə'mein/ *n.* 查理曼大帝

accomplishment /ə'kʌmplɪʃmənt/ *n.* 成就

hesitate⁴ /'hezɪteɪt/ *v.* 踌躇; 迟疑. 犹豫

reprint /'ri:'prɪnt/ *v.* 再版; 重印; 翻印; 转载

tremendous⁴ /tri'mendəs/ *adj.* 巨大的; 非常的

10

The Importance of Sound

Hearing can soothe and comfort. The snapping of logs in the fireplace, the gossip whisper of a broom, the inquisitive wheeze of a drawer opening—all are savored sounds that make us feel at home. In a well-loved home, every chair produced a different, recognizable creak, every window a different click, groan or squeak. The kitchen by itself is a source of many pleasing sounds. Every place, every event has a sound dimension.

The sense of hearing can perhaps be restored to modern man if he better understands its worth and how it works. Most people would be surprised to discover how far the sense can be pushed by cultivation. At a friend's house recently, my wife opened her purse and some coins spilled out, one after another, onto the floor. “Three quarters, two dimes, a nickel and three pennies,” said our host as he came in from the next room. And as an afterthought: “One of the quarters is silver.” He was right, down to the last penny.

“How did you do it?” we asked. “Try it yourself.” he said. We did, and with a little practice we found it easy.

Curiously, evidence indicates that people need sound. When we are lost in thought, we involuntarily drum with our fingers or tap with a pencil—a reminder that we are still surrounded by a world outside ourselves. Just cutting down reflected sound can produce some odd results. The nearest thing on earth to the silence of outer space, for example, is the “anechoic chamber” at the Bell Telephone Laboratories in Burray Hills, N. J., which is lined with material that absorbs 99.98% of all reflected

sound. Men who have remained in the room for more than an hour report that they feel nervous and out of touch with reality.

Vocabulary

- snap⁴ /snæp/ *v. & n.* 突然折断, 突然断裂; 发出突然折断的声响
 gossipy⁶ /'gɒsɪpi/ *adj.* 喜饶舌的, 漫谈式的
 inquisitive /in'kwɪzətɪv/ *adj.* 好奇的; 好问的
 savor /'seɪvə(r)/ *v.* 品尝, 欣赏 squeak /skwi:k/ *v.* 发出短而尖的声音
 dimension⁴ /di'menʃən/ *n.* 尺寸(长, 宽, 高); 维(数)
 cultivation⁴ /ɪkʌltɪ'veɪʃən/ *n.* 耕种, 栽培; 培养; 教养
 spill⁴ /spɪl/ *v.* 使溢出 afterthought /'ɑ:ftəθɔ:t/ *n.* 回想; 事后补记
 reflect⁴ /rɪ'flekt/ *v.* 表达; 反映; 仔细考虑
 anechoic /æni'kəuɪk/ *adj.* 无回声的; 消声的
 chamber⁴ /'tʃeɪmbə(r)/ *n.* 室, 房间
 feel at home 感觉自在

11

Hotter or Colder?

It was once thought that air pollution affected only the area immediately around large cities with factories and/or heavy automobile traffic. Today, we know that although these are the areas with the worst air pollution, the problem is literally worldwide. On several occasions over the past decade, a heavy cloud of air pollution has covered the entire eastern half of the United States and led to health warnings even in rural areas away from any major concentration of manufacturing and automobile traffic. In fact, the climate of the entire earth may be affected by air pollution. Some scientists feel that the increasing concentration of carbon dioxide in the air resulting from the burning of fossil fuels (coal and oil) is creating a "greenhouse effect"—holding in heat reflected from the earth and raising the world's average temperature. If this view is correct and the world's temperature is raised only a few degrees, much of the polar ice cap will melt and cities such as New York, Boston, Miami, and New Orleans will be under water.

Another view, less widely held, is that increasing particulate matter in the atmosphere is blocking sunlight and lowering the earth's temperature—a result that would be equally disastrous. A drop of just a few degrees could create something close to new ice age and would make agriculture difficult or impossible in many of our top farming areas.

At present we do not know for sure that either of these conditions will happen (though one recent government report prepared by experts in the field concluded that the greenhouse effect is very likely). Perhaps, if we are very lucky, the two tenden-

cies will offset each other and the world's temperature will stay about the same as it is now.

Vocabulary

literally ⁶ /'litərəli/ <i>adv.</i> 精确地; 逐字地	carbon dioxide 二氧化碳
fossil fuel 矿物燃料	block ⁴ /blɒk/ <i>v.</i> 阻塞; 堵住; 妨碍; 阻止; 阻挡
particulate /pɑ:'tikjulit, -eit/ <i>adj.</i> 微粒的	
disastrous ⁶ /di'zɔ:stɹəs/ <i>adj.</i> 灾难性的; 招致不幸的; 造成重大伤亡的	
greenhouse effect 温室效应	tendency ⁴ /'tendənsi/ <i>n.</i> 倾向; 趋势
offset ⁶ /'ɒfset/ <i>v.</i> 抵消; 补偿	for sure 确切, 肯定, 毫无疑问

12

The Importance of Developing Attitudes

Of all the areas of learning the most important is the development of attitudes. Emotional reactions as well as logical thought processes affect the behavior of most people.

"The burnt child fears the fire" is one instance; another is the rise of figures like Hitler. Both these examples also point up the fact that attitudes come from experience. In the one case the experience is direct and impressive, in the other it is indirect and gradual.

The class room teacher in the elementary school is in strategic position to influence attitudes. This is true partly because children acquire attitudes from those adults whose words they respect.

Another reason why it is true is that pupils often search somewhat deeply into a subject in school that has only been touched upon at home or has possibly never occurred to them before. To a child who had previously acquired little knowledge of Mexico, his teacher's method of handling such a unit would greatly affect his attitude toward Mexicans.

The teacher can develop proper attitudes through social studies, science matters, the very atmosphere of the classroom, etc. However, when children come to school with undesirable attitudes, it is unwise to attempt to change their feelings by criticizing them. The teacher can achieve the proper effect by helping them obtain constructive experience.

To illustrate, first-grade pupils, afraid of policemen will probably change their attitudes after a classroom talk with the neighborhood officer in which he explains how he protects them. In the same way, a class of older children can develop attitudes through discussion, research and all-day trips.

Finally, a teacher must constantly evaluate his own attitudes, because his influence can be harmful if he has personal prejudices. This is especially true in respect to

controversial issues and questions of which children should be encouraged to reach their own conclusion as result of objective analysis of all the facts.

Vocabulary

previously⁴ /'pri:vjəsli/ *adj.* 先前, 以前 Mexico /'meksikəu/ *n.* 墨西哥
 constructive /kən'strʌktiv/ *adj.* 建设性的, 积极的, 肯定的
 illustrate⁴ /'iləstreit/ *v.* 举例说明; 加插图
 evaluate⁴ /'væljueit/ *v.* 对...估价, 对...作评价
 controversial⁴ /,kɒntrə'vɜ:ʃəl/ *adj.* 争论的; 引起争论的; 被议论的
 issue⁴ /'ij(j)u:/ *n.* 问题; 争端; 发行(物); 流出
 point up 强调 in respect to 关于, 就...来说

13

A Summer Day

One day thirty years ago Marseilles lay in the burning sun. A blazing sun upon a fierce August day was no greater rarity in southern France than at any other time before or since. Everything in Marseilles and about Marseilles had stared at the fervid sun, and had been stared at in return, until a staring habit had become universal there. Strangers were stared out of countenance by staring white houses, staring white streets, staring tracts of arid road, staring hills from which verdure was burnt away. The only things to be seen not fixedly staring and glaring were the vines drooping under their loads of grapes. These did occasionally wind a little, as the hot air barely moved their faint leaves.

The universal stare made the eyes ache. Towards the distant blue of the Italian coast, indeed, it was a little relieved by light clouds of mist slowly rising from the evaporation of the sea, but it softened nowhere else. Far away the dusty vines overhanging wayside cottages, and the monotonous wayside avenues of parched trees without shade, dropped beneath the stare of earth and sky. So did the horses with drowsy bells, in long files of carts, creeping slowly towards the interior; so did their recumbent drivers, when they were awake, which rarely happened; so did the exhausted laborers in the fields. Everything that lived or grew was oppressed by the glare; except the lizard, passing swiftly over rough stone walls, and cicada, chirping its dry hot chirp, like a rattle. The very dust was scorched brown, and something quivered in the atmosphere as if the air itself were panting.

Blinds, shutters, curtains, awnings, were all closed and drawn to deep out the stare. Grant it but a chink or a keyhole, and it shot in like a white-hot arrow.

Vocabulary

- blazing⁶ /'bleiziŋ/ *adj.* 炽烧的, 强烈的
 fervid /'fə:vɪd/ *adj.* 炽热的; 似火的
 relieve⁴ /rɪ'li:v/ *vt.* 减少; 减轻
 evaporation⁶ /i,væpə'reɪʃən/ *n.* 蒸发, 蒸发作用
 monotonous⁶ /mə'nɒtənəs/ *adj.* 单调的
 drowsy /'drauzi/ *adj.* 昏昏欲睡的
 recumbent /rɪ'kʌmbənt/ *adj.* 斜躺着的
 scorch /skɔ:tʃ/ *vt.* 烧焦, 烤焦
 pant⁶ /pænt/ *vi.* 喘气; 喘息
 chink /tʃɪŋk/ *n.* 隙缝; 裂口
 rarity⁶ /'ræərɪti/ *n.* 奇事; 稀少
 verdure /'vɜ:dʒə(r)/ *n.* 青绿
 parch /pɑ:tʃ/ *vt.* 使焦干; 使干透
 creep⁴ /kri:p/ *vi.* 徐行, 缓行
 chirp /tʃɜ:p/ *vt.* (虫)唧唧叫
 quiver⁴ /'kwɪvə(r)/ *vi.* 颤抖; 震动
 awning /'ɔ:nɪŋ/ *n.* 遮阳篷, 雨篷
 be out of countenance⁴ 局促不安

14

Night

Night has fallen over the country. Through the trees rises the red moon and the stars are scarcely seen. In the vast shadow of night, the coolness and the dews descend. I sit at the open window to enjoy them; and hear only the voice of the summer wind. Like black hulks, the shadows of the great trees ride at anchor on the billowy sea of grass. I cannot see the red and blue flowers, but I know that they are there. Far away in the meadow gleams the silver Charles. The tramp of horses' hoofs sounds from the wooden bridge. Then all is still save the continuous wind or the sound of the neighboring sea. The village clock strikes; and I feel that I am not alone.

How different it is in the city! It is late, and the crowd is gone. You step out upon the balcony, and lie in the very bosom of the cool, dewy night as if you folded her garments about you. Beneath lies the public walk with trees, like a fathomless, black gulf. The lamps are still burning up and down the long street. People go by with grotesque shadows, now foreshortened, and now lengthening away into the darkness and vanishing, while a new one springs up behind the walker, and seems to pass him revolving like the sail of a windmill. The iron gates of the park shut with a jangling clang. There are footsteps and loud voices;—a tumult;—a drunken brawl;—an alarm of fire;—then silence again. And now at length the city is asleep, and we can see the night. The belated moon looks over the roofs, and finds no one to welcome her. The moonlight is broken. It lies here and there in the squares and the opening of the streets—angular like blocks of white marble.

Vocabulary

hulk /hʌlk/ <i>n.</i> 笨重的大船	billowy ⁴ /'biləʊi/ <i>adj.</i> 巨浪似的, 汹涌的
meadow ⁶ /'medəʊ/ <i>n.</i> 草地, 牧场	gleam ⁶ /gli:m/ <i>vt.</i> 使发微光, 使闪烁
tramp ⁴ /træmp/ <i>n.</i> 沉重的步伐声	save ⁴ /seiv/ <i>prep.</i> 除...以外, 除了
bosom ⁴ /'buzəm/ <i>n.</i> 内部, 中间	garment ⁶ /'gɑ:mənt/ <i>n.</i> 衣服, 外衣, 外表
fathomless /'fæðəmlis/ <i>adj.</i> 深不可测的	
grotesque ⁶ /grəʊ'tesk/ <i>adj.</i> 奇形怪状的	
foreshorten /fə:'ʃɔ:tən/ <i>vt.</i> 按远近比例缩小	
vanish ⁴ /'væniʃ/ <i>vi.</i> 消失; 消灭; 消散	
tumult /'tju:məlt/ <i>n.</i> 吵闹, 骚动	brawl ⁶ /brɔ:l/ <i>n.</i> 吵闹, 口角; 怒骂
belated /bi'leɪtɪd/ <i>adj.</i> 已经迟了的	
angular ⁴ /'æŋgjʊlə(r)/ <i>adj.</i> 有角的; 成角的	
at length ⁴ 最后; 终于	ride at anchor 抛锚停泊

15

How to Be True to Yourself

My grandparents believed you were either honest or you weren't. There was no in between.

They had a simple motto hanging on heir living-room wall: "Life is like a field of newly fallen snow; where I choose to walk every step will show." They didn't have to talk about it—they demonstrated the motto by the way they lived.

They understood instinctively that integrity means having a personal standard of morality and ethics that does not sell out to selfishness and that is not relative to the situation at hand. Integrity is an inner standard for judging your behavior. Unfortunately, integrity is in short supply today—and getting scarcer. But it is the real bottom line in every area of society. And it is something we must demand of ourselves.

A good test for this value is to look at what I call the Integrity Trial, which consists of three key principles:

Stand firmly for your convictions in the face of personal pressure.

When you know you're right, you can't back down.

Always give others credit that is rightfully theirs. Don't be afraid of those who might have a better idea or who might even be smarter than you are.

Be honest and open about who you really are. People who lack genuine core values rely on external factors—their looks or status—in order to feel good about themselves. Inevitably they will do everything they can to preserve this appearance, but they will do very little, to develop their inner value and personal growth.

So be yourself. Don't engage in a personal cover-up of areas that are displeasing in

your life. When it's tough, do it tough. In other words, face reality and be adult in your responses to life's challenges.

Self-respect and a clear conscience are powerful components of integrity and are the basis for enriching your relationships with others.

Integrity means you do what you do because it's right and not just fashionable or politically correct. A life of principle, of not giving in to the seductive sirens of easy morality, will always win the day. It will take you forward into the 21st century without having to check your tacks in a rearview mirror. My grandparents taught me that.

Vocabulary

motto⁶/'mɒtəʊ/ *n.* 座右铭, 格言

instinctively⁴/'ɪn'stɪŋktɪvli/ *adv.* 本能地

integrity⁶/'ɪn'teɡrɪti/ *n.* 正直, 诚实

conviction⁴/'kɒn'vɪkʃən/ *n.* 深信, 确信, 定罪

conscience⁴/'kɒnʃəns/ *n.* 良心, 道德心

seductive⁶/'si'dʌktɪv/ *adj.* 引诱的

siren⁶/'saɪərɪn/ *n.* 迷人的妇女, 妖妇

track⁶/træk/ *n.* 轨迹

rearview /'riəvju:/ *n.* 后视镜

sell out 背叛

16

Five Balls of Life

Imagine life as a game in which you are juggling some five balls in the air. You name them work, family, health, friends and spirit and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back.

But the other four balls family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life. How?

Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your heart. Cling to them as they would be your life, for without them, life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other.