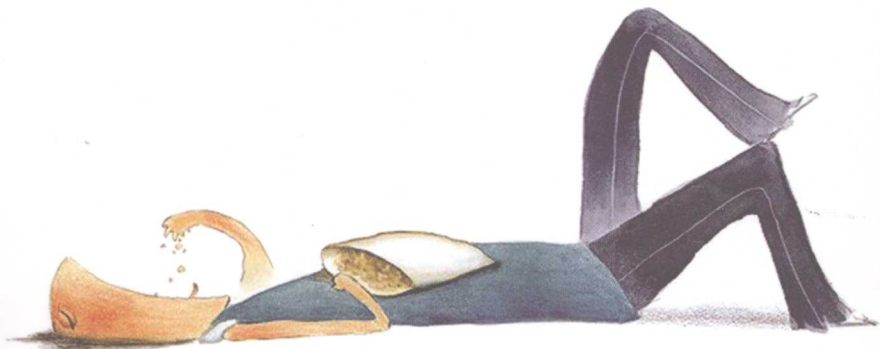


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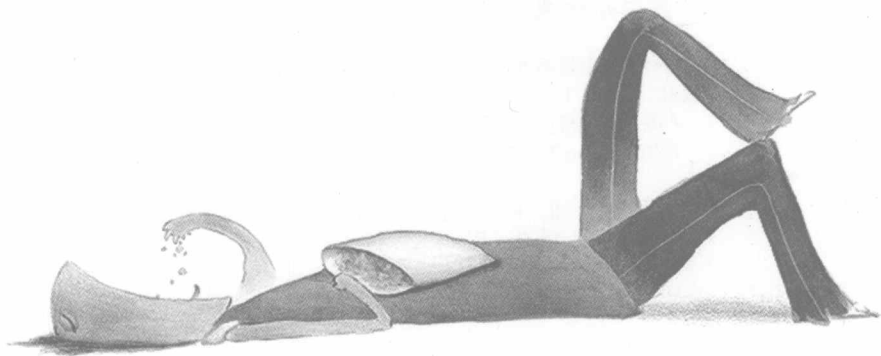
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## 出版前言

阅读与背诵是中国人学习英语的传统方法，也是最有效的学习方法。语言大师林语堂说过“学习英语的唯一正轨，不出仿效与熟诵”。学习英语、提高英语水平阅读背诵是基础、是不可或缺的。作为中国书籍出版社“彻悟英语系列”重要组成部分的“英语阅读背诵工程”就是从这个角度策划推出的。

我们邀请多所大学外语系教授讨论、编辑而成了这套适合初级水平到高级水平的“英语阅读背诵工程”丛书。本套丛书按照词汇量的多少分成了八个等级，采用中英对照的形式。每篇文章都是由北京大学、人民大学、中国社会科学院、北京外交学院等院校的外语系老师精心挑选和翻译的，其中有有趣的小故事、经典名著选段、优美的诗歌、科普短文，以及很多能启迪人生、激励人生的优秀篇章。我们对这些文章中的生词、难词做了注解，对重点的句子做了标记。每本书中的文章都是根据学习规律、背诵规律由易到难、由短到长来编排的，并配有用地道美语朗读的 MP3 光盘，可以边听边跟读、边听边学习。

反复阅读、反复跟听、反复背诵培养你的英语语感，提高你的英语听力，让你在不知不觉中突破英语学习的难关。这就是学习英语的不二法门，彻悟英语的畅通路径。

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## Self-reliance I

Ralph Waldo Emerson<sup>①</sup>

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse, as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till. The power which resides in him is new in nature, and none but he knows what is he can do, nor does he know until he has tried. Not for nothing one face, one character, one fact makes much impression on him, and another one. This sculpture in the memory is not without pre-established harmony. The eye was placed where one ray should fall,

① 拉尔夫·华尔多·爱默生(Ralph Waldo Emerson, 1803~1882)是美国文学史上公认的思想家、文学家、演说家和诗人。在英国浪漫主义思想、新柏拉图主义,以及印度教哲学等流派的影响下,他成为美国19世纪超验主义运动的灵魂人物。

that it might testify of that particular ray. We but half express ourselves, and are ashamed of that divine idea which each of us represents. It may be safely trusted as proportionate and of good issues, so it be faithfully imparted, but God will not have his work made manifest by cowards. **A man is relieved and gay when he has put his heart into his work and done his best; but what he has said or done otherwise shall give him no peace.** In the attempt his genius deserts him; no muse befriends; no invention, no hope.

Trust yourself; every heart vibrates to that iron string. Accept the place the divine providence has found for you, the society of your contemporaries, the connection of events. Great men have always done so, and confided themselves childlike to the genius of their age, betraying their perception that the absolutely trustworthy was seated at their heart, working through their hands, predominating in all their being. And we are now men, and must accept in the highest mind the same transcendent destiny; and not minors and invalids in a protected corner, not cowards fleeing before a revolution, but guides, redeemers, and benefactors, obeying the Almighty effort, and advancing on Chaos and the Dark.

## ► Vocabulary [词汇表]

portion /'pɔ:ʃən / *n.* 命运

till / tɪl / *v.* 耕种

proportionate / prə'pɔ:ʃənɪt / *adj.* 适当的

impart / ɪm' pɑ:t / *v.* 传授,告知

providence / 'prɒvɪdəns / *n.* 天意,天命,上帝

confide / kən'faɪd / *v.* 吐露,信托,信赖

transcendent / træn'sendənt / *adj.* 超然的(指超越宇宙、人世而存在的)

almighty / ɔ:l'maɪti / *adj.* 万能的,全能的

chaos / 'keɪɔs / *n.* 混乱

参考译文 ● ● ● ●

## 论自立（一）

每个人在求知的过程中，都会经历这样一个时期，坚信这样一个道理：嫉妒是无知的表现，模仿无异于自杀；人必须能屈能伸，这才是命运；尽管广阔的宇宙不乏善举，但不通过辛勤劳作，不去在自己的土地上耕耘，香喷喷的玉米粒不会自动送上门来。自然界中，蕴藏在一个人身上的力量是全新的，除了本人，谁也不知道自己能做些什么，而且，不经过尝试，甚至他本人也弄不清自己有什么本事。一张面孔、一个人物、一件事情会在他脑海里留下深刻印象，而在别人那里却什么也不会留下。雕刻在记忆中的东西定是蕴含着预先设定的和谐。置于光亮下的眼睛才有可能察觉那缕光线。我们只是不能充分地表达自己的思想，而且经常对自己提出的圣理哲言羞于开口。其实，我们自己的观点完全合理，完全切实中肯，我们应当一字不差地直抒胸臆，不过，上帝可不愿意让懦夫来表达自己的意旨。一个人若能竭尽所能，全心投入，就能获得宽慰和愉悦，否则，他将永无宁日，无法获得拯救。最终，他的天才会弃他而去，他会失去灵感的眷顾，失去创造力，失去希望。

相信自我：因为每一颗心灵都能与真理产生共鸣。

那就接受神圣的造物主为你安排的位置，接受这个时代下的社会，接受世事的因果相连吧。伟大的人物向来如此，他们一反根植于心中的绝对盲从，开诚布公地向同时代的天才吐露自己孩童般的天真，依靠自己的双手全力去充当领头者。我们同属凡人，应当以高尚的思想境界来接受这同样玄奥的命运；而不应是躲在安全角落里的小孩或病夫，不应是革命到来之际望风而逃的懦夫。我们要做领袖，要做救世主，要做仁爱之士，遵循上帝的意旨，在混沌与黑暗中勇往直前。

#### 重点背诵句子

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse, as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till.

A man is relieved and gay when he has put his heart into his work and done his best; but what he has said or done otherwise shall give him no peace.



默写一遍

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你可以过关了!

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse as his portion; that though the wide universe is full of good, no hand of man's may come to him but through his toil bestowed on that plot of ground which is given to him to till. A man's religion should give him light but not heat into his work, and hope his feet but not his hands; he should be a workman of God, if he has and he shall give man no peace.



## Self-reliance II

Ralph Waldo Emerson

**Traveling is a fool's paradise.** Our first journeys discover to us the indifference of places. At home I dream that at Naples, at Rome, I can be intoxicated with beauty, and lose my sadness. I pack my trunk, embrace my friends, embark on the sea, and at last wake up in Naples, and there beside me is the stern fact, the sad self, unrelenting, identical, that I fled from. I seek the Vatican, and the palaces. I affect to be intoxicated with sights and suggestions, but I am not intoxicated. My giant goes with me wherever I go.

But the rage of traveling is a symptom of a deeper unsoundness affecting the whole intellectual action. **The intellect is vagabond, and our system of education fosters restlessness.** Our minds travel when our bodies are forced to stay at home. We imitate; and what is imitation but the traveling of the mind? Our houses are built with foreign taste; our shelves are garnished with foreign