

英语朗朗诵读系列

第 1 辑

English Melody for Recitation

司炳月 主编

英语 美文 诵读



大连理工大学出版社

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第①辑

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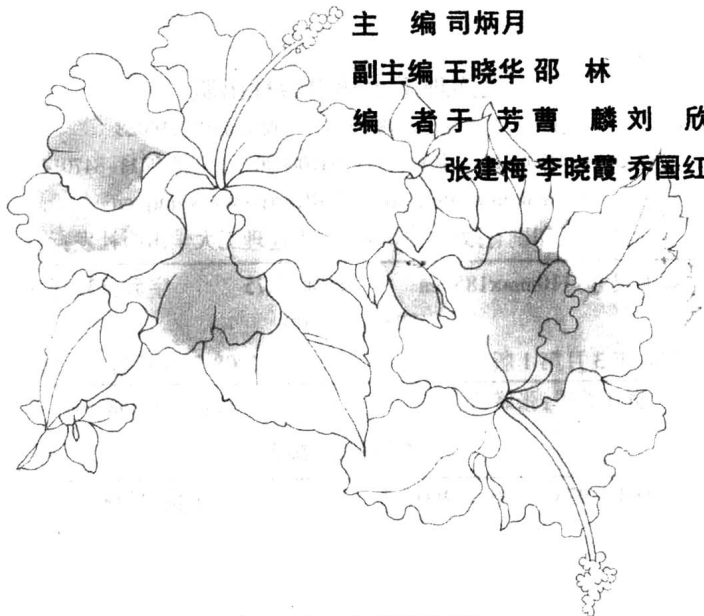
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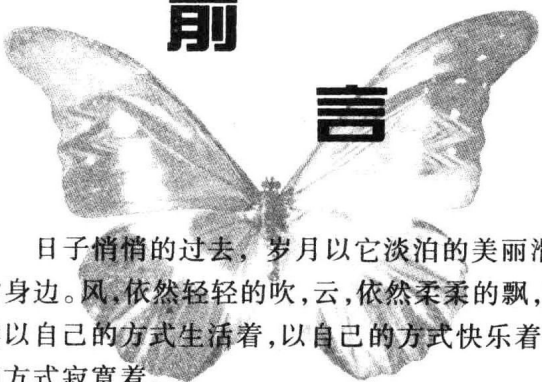
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前

言



日子悄悄的过去，岁月以它淡泊的美丽滑过我们的身边。风，依然轻轻的吹，云，依然柔柔的飘，我们，依然以自己的方式生活着，以自己的方式快乐着，以自己的方式寂寞着。

心平气和地手握一杯清茶，放一曲淡淡的音乐，一个人静静地将自己融化在袅袅的清馨和暖暖的音律中，喜欢这种淡定的感觉。心在不经意间构成了一幅幅静谧唯美的画面，喧嚣中独自品味着沉静。不管之前怎样的风风雨雨，不管曾经怎样的悲悲喜喜，潮涌潮落，人来人往，在经历中体会着人生，而生命也在经历中变得璀璨夺目。

淡是人生最浓的色彩吧，我想用淡定的声音传达着生命的心灵，我想用温馨的文字感动着心灵的生命。我想收集起世间所有的美丽，感悟着生命中的沧海桑田。

本书以这种淡定的语言感悟着生活的流光异彩，以这种淡然的心情感受着世界的万种风情。在淡淡的诵读中学习着、体味着、感怀着、收获着人生的灵动和智慧。

编者

2008年1月

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Passage

1

Don't even forget, for even a day, how very special you are.

永远不要忘记——你是那么的与众不同。

You have to believe in yourself. That's the secret of success. (Charles Chaplin)

人必须有自信，这就是成功的秘密。

(查理·卓别林)

Notes

1. presence ['prezns] *n.* 存在
2. blessing ['blesɪŋ] *n.* 祝福
3. peak [pi:k] *n.* 顶峰
4. serenity [sɪ'renɪti] *n.* 宁静
5. regret [ri'gret] *n.* 遗憾

24 要永远记住的二十四件事

24 Things to Always Remember

Your presence¹ is a present to the world.
You're unique and one of a kind.

Your life can be what you want it to be.

Take the days just one at a time.

Count your blessings², not your troubles.

You'll make it through whatever comes along.

Within you are so many answers.

Understand, have courage, be strong.

Don't put limits on yourself.

So many dreams are waiting to be realized.

Decisions are too important to leave to chance.

Reach for your peak³, your goal, and your prize.

Nothing wastes more energy than worrying.

The longer one carries a problem, the heavier it gets.

Don't take things too seriously.

Live a life of serenity⁴, not a life of regrets⁵.

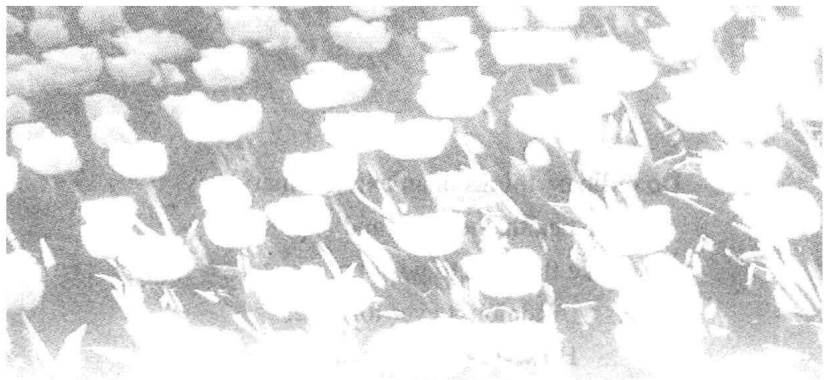
Remember that a little love goes a long way.

Remember that a lot ... goes forever.

Remember that friendship is a wise investment.

Life's treasures are people ... together.

Realize that it's never too late.



你的存在是给予这个世界的一份礼物。

你是那样的与众不同。

你可主宰，驾驭自己的命运。

生活要一天一天地度过。

记住你的祝福，忘却你的苦恼。

任何艰难险阻你会克服。

从生活中寻找答案。

理解、勇敢和坚强。

不要低估自己。

无数的梦想等着你去实现。

果断地抉择，不要听天由命。

冲向顶峰，目标终会实现。

世间万事，惟有忧虑最浪费精力。

包袱背得越久越沉。

不要太过于认真。

生活在安详和宁静中而不是懊恼中。

要记住点滴的爱会持续很久。

许许多多的爱将永久不息。

要记住友谊是明智的投资。

朋友的相聚是生命的财富。

Do ordinary things in an extraordinary way.

Have health and hope and happiness.

Take the time to wish upon a star.

And don't ever forget ...

How very special you are.

只要意识到就总是不晚。

即使是普通事也要做得不寻常。

保持健康乐观,充满希望。

等待幸运的降临。

永远不要忘记——

你是那么的与众不同。



Passage

2

When we were young, we loved to play with Mom and Dad. When we grow up, we leave them, and only come to them when we need something or when we are in trouble. Even so, parents will always be there and give everything they could do to make us happy. 我们小的时候,喜欢和爸爸妈妈玩。长大后,便离开他们,只有在我们需要父母亲,或是遇到了困难的时候,才会回去找他们。尽管如此,父母却总是有求必应,为了我们的幸福,无私地奉献自己的一切。

Be it even so humble, there is no place like home.
(John Howard Payne)

金窝,银窝,不如自家的草窝。

(约翰·霍华德·佩恩)

Notes

1. nap [næp] *n.* 小睡
2. shelter ['ʃeltə] *n.* 遮蔽, 避难
3. branch [bra:ntʃ] *n.* 树枝
4. sailing ['seilɪŋ] *n.* 航海
5. lean [li:n] *v.* 倚, 靠



A 男孩和他的树

Boy and His Tree

A long time ago, there was a huge apple tree. A little boy loved to come and play around it every day. He climbed to the tree top, ate the apples, and took a nap¹ under the shadow. He loved the tree and the tree loved to play with him.

Time went by. The little boy had grown up and he no longer played around the tree.

One day, the boy came back to the tree and looked sad. "Come and play with me," the tree asked the boy.

"I am no longer a kid. I don't play around trees anymore." The boy replied, "I want toys. I need money to buy them." "Sorry, I don't have money, but you can pick all my apples and sell them. So, you will have money." The boy was so excited. He picked all the apples on the tree and left happily. The boy didn't come back after he picked the apples. The tree was sad.

One day, the boy returned and the tree was so excited. "Come and play with me," the tree said. "I don't have time to play. I have to work for my family. We need a house for shelter². Can you help me?" "Sorry, but I don't have a house. But you can cut off my branches³ to

build your house.” So the boy cut all the branches of the tree and left happily.

The tree was glad to see him happy but the boy didn't appear since then. The tree was again lonely and sad.



很久以前有一棵巨大的苹果树。一个小男孩每天都喜欢来到树旁玩耍。他爬到树顶,吃苹果,在树荫里打盹。他爱这棵树,树也爱和他一起玩。

随着时间的流逝,小男孩长大了。他不再到树旁玩耍了。

一天,男孩回到树旁,看起来很悲伤。“来和我玩吧!”树对男孩说。

“我不再是小孩了,我不会再到树下玩耍了。”男孩答道,“我想要玩具,我需要钱来买。”“很遗憾,我没有钱,但是你可以采摘我所有的苹果拿去卖。这样你就有钱了。”男孩很兴奋。他摘掉树上所有的苹果,然后高兴地离开了。自从那以后男孩没有回来。树很伤心。

一天,男孩回来了,树非常兴奋。“来和我玩吧。”树说。“我没有时间玩。我得为我的家庭工作。我们需要一个房子来遮风挡雨,你能帮我吗?”“很遗憾,我没有房子。但是,你可以砍下我的树枝来建房。”因此,男孩砍下所有的树枝,高高兴兴地离开了。

看到他高兴,树也很高兴。但是,自从那时起男孩没再出现,树又孤独、伤心起来。

One hot summer day, the boy returned and the tree was delighted. "Come and play with me!" the tree said.

"I am sad and getting old. I want to go sailing' to relax myself. Can you give me a boat?" "Use my trunk to build the boat. You can sail and be happy." So the boy cut the tree's trunk to make a boat. He went sailing and did not show up for a long time.

Finally, the boy returned after he had left for many years. "Sorry, my boy, but I don't have anything for you anymore. No more apples for you." the tree said. "I don't have teeth to bite." The boy replied. "No more trunk for you to climb on." "I am too old for that now." the boy said. "I really want to give you something...the only thing left is my dying roots." The tree said with tears. "I don't need much now, just a place to rest. I am tired after all these years." The boy replied. "Good! Old tree roots are the best place to lean' on and rest. Come here, please sit down with me and have a rest." The boy sat down and the tree was glad and smiled with tears.

This is a story of everyone. The tree is our parent. When we were young, we loved to play with Mom and Dad. When we grow up, we leave them, and only come to them when we need something or when we are in trouble. Even so, parents will always be there and give everything they could do to make us happy. You may think that the boy is cruel to the tree but that's how all of us are treating our parents.

突然，在一个夏日，男孩回到树旁，树很高兴。“来和我玩吧！”树说。

“我很伤心，我开始老了。我想去航海放松自己。你能不能给我一条船？”

“用我的树干去造一条船，你就能航海了，那样你就会高兴的。”于是，男孩砍倒树干去造船。他航海去了，很长一段时间未露面。

许多年后男孩终于回来了。“很遗憾，我的孩子，我再也没有任何东西可以给你了。我没有苹果给你。”树说。“我没有牙齿啃了。”男孩答到。“没有树干供你爬。”“现在我老了，爬不上去了。”男孩说。“我真的想给你点东西……我惟一剩下的东西是快要死去的树墩。”树含着眼泪说。“现在，我不需要什么东西，只需要一个地方来休息。经过了这些年我太累了。”男孩答到。“太好了！老树墩就是倚着休息的最好地方。过来，和我一起坐下休息吧。”男孩坐下了，树很高兴，含泪而笑。

这是一个发生在每个人身上的故事。那棵树就像我们的父母。我们小的时候，喜欢和爸爸妈妈玩。长大后，便离开他们，只有在我们需要父母亲，或是遇到了困难的时候，才会回去找他们。尽管如此，父母却总是有求必应，为了我们的幸福，无私地奉献自己的一切。你也许觉得那个男孩对树很残忍，但我们对待自己的父母，又何尝不是这样呢？



Passage

3

Perhaps you'll find friendships that spring from new interests as you challenge your status and learn there are so many options in life, and so many ways you can grow!

当你向自身现状挑战时，也许会在新的兴趣中发现由此触发的友谊，你会明白生活中存在着很多选择，你的成长道路也会如此多样化！

I like the dreams of the future better than the history of the past. (Thomas Jefferson)

我不缅怀过去的历史，而致力于未来的梦想。

(托马斯·杰弗逊)

Notes

1. soak [səuk] *v.* 浸, 泡, 浸透
2. parade [pə'reid] *n.* 漫游, 散步
3. pack up 将……结束, 收拾
4. stalwart ['stɔ:lwət] *adj.* 坚定的
5. spring [sprɪŋ] *v.* 触发
6. fabulous ['fæbjuləs] *adj.* 神话般的, 难以置信的



D 告别过去 Don't Look Back

As you travel through life there are always those times when decisions just have to be made when the choices are hard, and solutions seem scarce and the rain seems to soak¹ your parade²!

There are some situations where all you can do is to simply let go and move on, to gather courage together and choose a direction that carries you toward a new dawn.

So pack up³ your troubles and take a step forward... The process of change can be tough, but think about all the excitement ahead if you can be stalwart⁴ enough!

人生旅途中，你常常会面临在艰难中做出抉择的时刻，这时的解决方法看似少之又少，而你则像在行走中被雨水浇透！

有些情况下，你能做的只有放弃，然后鼓起勇气重新上路，并选定一个能给你新开始的方向。

那么就结束你所有的烦恼吧，向前迈步……改变的过程会充满艰辛，但你不妨这样想，如果足够坚定，前方就会有很多惊喜等着你。