

双语美文

思想结晶改变人生命运，经典美文提高生活品位

# 我的励志美文

## 梅花香自苦寒来

英汉对照 词汇解析 语法讲解 励志语录

马琼琼 编著

读书，让你慢慢成为  
一个有温度、懂情趣、会思考的人



中国纺织出版社

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# 前言

思想结晶改变人生命运，经典美文提高生活品位。曾几何时，一个字，触动你的心弦；一句话，让你泪流满面；一篇短文，让你重拾信心，勇敢面对生活给你的考验。这就是语言的魅力。通过阅读优美的英文短文，不仅能够扩大词汇量，掌握单词的用法，了解语法，学习地道的表达，更让你的心灵如沐春风，得到爱的呵护和情感的滋养。

岁月流转，经典永存。针对英语学习爱好者的需要，编者精心选取了难易适中的英语经典美文，为你提供一场丰富多彩的文学盛宴。本书采用中英文对照的形式，便于读者理解。每篇美文后都附有单词解析、语法知识点、经典名句三大版块，让你在欣赏完一篇美文后，还能扩充词汇量、巩固语法知识、斟酌文中好句，并感悟人生。在一篇篇不同题材风格的英语美文中，你总能找到引起你心灵共鸣的一篇。

读一本新书恰似坠入爱河，是场冒险。你得全身心地投入进去。翻开书页之时，从前言直至封底你或许都知之甚少。但谁又不是呢？字里行间的只言片语不总是正确的。

有时候你会发现，人们自我推销时是一种形象，等你在深入了解后，他们就完全变样了。有时故事的叙述流于表面，朴实的语言，平淡的情节，但阅读过半后，你却发觉这本书真是出乎意料的妙不可言，而这种感受只能靠自己去感悟！

阅读之乐，腹有诗书气自华；阅读之美，活水云影共天光。阅读可以放逐百年孤独，阅读可以触摸千年月光。阅读中有眼前的收获，阅读中也有诗和远方。

让我们静下心来感受英语美文的温度，在英语美文中仔细品味似曾相识的细腻情感，感悟生命和人性的力量。

编者

2018年6月

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# 01

## Adrift 逆境求生

In 1982, Steven Callahan was crossing the Atlantic alone in his sailboat when it struck something and sank. He was floating in a **life raft**, alone. When three fishermen found him seventy-six days later (the longest anyone has survived a **shipwreck** on a life raft alone), he was still alive.

His account of how he survived is fascinating. But the thing that caught my eye was how he managed to keep himself going when all hope seemed lost, when there seemed no point in continuing the struggle, when he was suffering greatly, when his life raft was **punctured** and after more than a week struggling with his weak body to fix it, it was still leaking air. Giving up would have seemed the only sane option.

When people survive these kinds of circumstances, they do something with their minds that gives them the courage to keep going. Many people in similarly desperate circumstances give in or go mad. Something the survivors do with their thoughts helps them find the **guts** to carry on in spite of overwhelming **odds**.

"I tell myself I can handle it," wrote

1982年，史蒂文·卡拉汉乘船独自穿越大西洋的时候，帆船因撞击沉了。他依靠救生筏在海面上漂浮着。七十六天之后，当三个渔夫发现他的时候，他还活着（这是在船只失事中个人依靠救生筏最后获救的最长时间纪录）。

关于自己是如何幸存下来的，他的说法很有意思。但是最引我注意的是，当所有的希望全部破灭，当没有理由再继续坚持，当他遭受那么大的痛苦，当他拖着虚弱的身体在一周多时间里还没能修好漏气的救生筏时，他是如何坚持下来的。看上去放弃才是唯一明智的选择。

从这种环境中幸存下来的人，他们的毅力和信念鼓励他们继续坚持。在这种令人绝望的环境中，很多人都屈服了或者发疯了。但是幸存者的毅力和信念让他们满怀勇气，即使面对无法抗拒的趋势也要坚持下去。

卡拉汉在他的叙述中写道：“我告诉自己我可以的。

Callahan in his **narrative**. “Compared to what others have been through, I’m fortunate. I tell myself these things over and over, building up **fortitude**...” I wrote that down after I read it. It struck me as something important. And I told myself the same thing when my own goals seemed far off or when my problems seemed too overwhelming. And every time I’ve said it, I have always come back to my senses.

The truth is our circumstances are only bad compared to something better. But others have been through much worse. I’ve read enough history to know you and I are lucky to be where we are, when we are, no matter how bad it seems to us compared to our **fantasies**. It’s a sane thought and worth thinking.

So whatever you’re going through, tell yourself you can handle it. Compared to what others have been through, you’re fortunate. Tell this to yourself over and over, and it will help you get through the rough spots with a little more fortitude.

与那些经历灾难的人相比，我是幸运的。我一遍遍地告诉自己，以此来建立信念。”我读完这些话后就写了下来。这些话深深地震撼了我。当我的目标看起来非常遥远的时候，或者当我面临的困难难以抗拒的时候，我也曾告诉自己这些。每一次我这样说的时候，我总会重新回到理智的状态中。

确实，我们身处的环境总是跟好的比起来才显得非常糟糕。但是总是有一些人经历着更加糟糕的事情。我读过很多历史资料，明白了无论现实跟幻想比起来有多残酷，其实我们都很幸运，处在这个时代、做自己本身这个人。这个观点非常明智，也很令人深思。

所以，无论你将要经历什么困境，告诉自己你可以的。与其他人经历的那些相比，你是幸运的。不断这样告诫自己，这会帮你增添毅力，克服困境。

## 单词解析 Word Analysis

life raft *n.* 救生筏

- 例 The life raft was buoyed up by two airtight oil drums.  
救生筏是用两只密封的油桶浮起来的。

**shipwreck** ['ʃɪprek] *n.* 遇难船; 海难; 船只失事

- 例 The whole family perished in a shipwreck.  
这一家人在一次海难中全部丧生。

**puncture** ['pʌŋktʃər] *v.* 刺穿; 削弱

- 例 Our tires do not puncture easily.  
我们的轮胎不易爆破。

**guts** [gʌts] *n.* 内脏; 勇气 (只用复数)

- 例 It takes a lot of guts to do so.  
你这样做很需要勇气。

**odds** [ɑːdz] *n.* 概率; 可能性; 差别; 投注赔率; 让步; 优势

- 例 His odds are very poor after he sprained his wrist.  
他扭伤了手腕, 获胜的可能性极小。

**narrative** ['nærətɪv] *n.* 故事; 叙述

- 例 His adventure made an interesting narrative.  
他的冒险是个有趣的故事。

**fortitude** ['fɔːrtətʊd] *n.* 刚毅; 坚毅; 不屈不挠

- 例 I know that my body lacks the fortitude and courage of a strapping young man, and that I cannot find my niche in life.  
我知道我身上缺少一个男子汉所应该有的刚毅和果敢, 顶不起一片天空。

**fantasy** ['fæntəsi] *n.* 幻想

- 例 He is unable to divorce fantasy from reality.  
他不能将幻想与现实分开。

## 语法知识 Gramma Points

- ① In 1982, Steven Callahan was crossing the Atlantic alone in his sailboat when it struck something and sank.

这个句子中有一结构“sb. be doing when...”, 表示“当……的时候发生了……”。

- 例 I was doing my homework when Mary called me.  
当我做作业的时候, 玛丽打电话给我。

- ② But the thing that caught my eye was how he managed to keep himself going when all hope seemed lost, when there seemed no point in continuing the struggle, when he was suffering greatly, when his life raft was punctured and after more than a week struggling with his weak body to fix it, it was still leaking air.

这个句子比较长，让我们逐步分析。第一个that引导的是定语从句，先行词是thing，that在从句中做主语。catch one's eye 是固定搭配，表示“吸引某人注意力”，注意eye 要用单数。was后面是how引导的表语从句。这里有两个固定搭配：1. manage to do sth. 设法成功做某事。2. keep sb. doing 让某人一直做某事。

- 例 Disguising himself as an old man, he managed to make his way through the enemy lines.

他化装成一个老头儿，设法通过了敌人的封锁线。

The police keep the traffic moving.

警察使交通畅通无阻。

后面是四个由when引导的时间状语从句。其中，第二个从句里有一个句型是“there be / seems / seemed no point in doing sth.”，表示“没有理由做某事，做某事没用”。最后一句中，注意单词leak的用法。leak的基本含义是“漏”，指由于包装破损或没有妥善包装而引起内部物质的外泄，通常是指液体或气体，引申可指新闻或秘密等。leak可做及物动词，也可做不及物动词。用做及物动词时，后接名词做宾语。

- ③ I've read enough history to know you and I are lucky to be where we are, when we are, no matter how bad it seems to us compared to our fantasies.

句中no matter how就相当于however，后面引导的是让步状语从句。

- 例 No matter how hard he may try, he will not succeed.

不管他怎么努力去干都不会成功的。

No matter how many prototypes we make, we just cannot get it right.

不管做多少次样品，我们都无法满意。

还要注意compare的用法。句中是“compare to”，意思是“同……相比”，一般用于两个不同性质的事物比较。而compare with 的意思是“把……跟……比较”，一般用于两个同类事物之间，着重区别。

**例** We may well compare the little girl to a kitten.

我们可能把这个小姑娘比作小猫来看待。

She compares me with my sister.

她把我和我妹妹进行比较。

## 经典名句 *Famous Classics*

1. Worrying does not empty tomorrow of its troubles, it empties today of its strength.  
忧虑不会消除明天的麻烦，只会消除今天的力气。
2. As selfishness and complaint cloud the mind, so love with its joy clears and sharpens the vision.  
自私和抱怨是心灵的阴暗，愉快的爱则使视野明朗开阔。
3. All things will come round to him who will but wait.  
只要耐心肯等待，一切都会按时来。
4. Patience is bitter, but its fruit is sweet.  
忍耐是痛苦的，但它的果实是甜蜜的。
5. Zeal without knowledge is fire without light.  
热情而无知，犹如无光之火。
6. The man who has made up his mind to win will never say "impossible".  
凡是决心取得胜利的人是从来不说“不可能的”。
7. It is not the fine coat that makes the gentleman.  
使人成为君子的并不是讲究的衣着。

A young man sees a sunset and, unable to understand or to express the emotion that it **rouses** in him, concludes that it must be the **gateway** to a world that lies beyond. It is difficult for any of us in moments of intense **aesthetic** experience to resist the suggestion that we are catching a glimpse of a light that shines down to us from a different **realm** of existence, different and, because the experience is intensely moving, in some way higher. And though the **gleams** blind the eyes and **dazzle**, yet they do convey a **hint** of beauty and **serenity** greater than we have known or imagined. Greater too than we can describe, for language, which was invented to convey the meanings of this world, cannot readily be fitted to the uses of another.

That all great art has this power of suggesting a world beyond is undeniable. In some moods, nature shares it. There is no sky in June so blue that it does not point forward to a bluer, no sunset so beautiful that it does not wake the vision of a greater beauty, a vision which passes before it is fully

年轻人看到日落，由于无法理解或表达心中激起的那种强烈感情，便断定日落处一定是通往遥远世界的大门。我们任何人在强烈感受到美的时刻都不禁联想到：我们似乎瞥见从一个不同世界射向我们的一线光芒，不仅不同，而且因为这种美具有强烈的感染力，所以在某种程度上更高级。还有，尽管这光芒使人眼花缭乱，但它确实传达了一种我们未曾经历的和无法想象的美和静谧的启示。这种美和静谧是我们所不能描述的，因为人们创造语言的目的是表达我们的世界的各种意义，无法轻易地运用于另一个世界。

不可否认，一切伟大的艺术都具有使人超尘脱俗的浮想的力量。在某种状态下，大自然就具有这种魅力。六月的天空不是蓝得不能再蓝，日落不是美得不能再唤起一个更美的景象，一个未被饱览就消失的而且在消失的时候留给人们一种莫名的渴望和遗憾的景象。但是，如果这个世界不只是一

glimpsed, and in passing leaves an indefinable longing and regret. But, if this world is not merely a bad joke, life a **vulgar** flare **amid** the cool **radiance** of the stars, and existence an empty laugh braying across the mysteries, if these intimations of a something behind and beyond are not evil humor born of indigestion, or **whimsies** sent by the devil to mock and **madden** us, if, in a word, beauty means something, yet we must not seek to **interpret** the meaning.

If we glimpse the unutterable things, it is not wise to try to utter it, nor should we seek to invest with significance which we cannot grasp. Beauty in the terms of human meanings is meaningless.

场恶作剧的话，如果生命不只是惨淡星光里的平凡的一闪的话，如果存在不只是神秘宗教发出的一阵空虚的笑声的话，如果对某种玄妙事物的暗示不是由于消化不良而引起的不好情绪，或者不是一种魔鬼送来嘲笑我们并使我们发狂的怪念头的话，一句话，如果美有某种意义的话，我们千万不要设法去阐明它的意义。

如果我们瞥见难以言传的东西，企图用语言把它表达出来是不明智的。我们也不应该设法给我们所不理解的事物赋予意义。从人生各种意义来看，美是难以言传的。

## 单词解析 Word Analysis

**rouse** [raʊz] **v.** 唤醒；激起

**例** He's very hard to rouse in the morning.  
他早晨很难被唤醒。

**gateway** ['gertweɪ] **n.** 门；通路

**例** We stood by the gateway watching the sunset.  
我们站在门口看日落。

**aesthetic** [es'θetɪk] **adj.** 美学的；审美的；有美感的

**例** From an aesthetic point of view it's thetic.  
从美学观点来说，这是个武断的看法。

**realm** [relm] *n.* 领域；王国

**例** The material realm is one area that everyone relates to.  
物质领域是与每个人有联系的一个地方。

**gleam** [gli:m] *n.* 微光；闪光；闪现

**例** I could see the faint gleam of light in the distance.  
我能看见远处微弱的灯光。

**dazzle** ['dæzl] *v.* 使眼花；使赞许

**例** His eyes dazzled before the strong light.  
他面对强光头晕目眩。

**hint** [hint] *n.* 暗示

**例** There were subtle hints in his letter.  
他的信中有些微妙的暗示。

**serenity** [sə'renəti] *n.* 宁静；沉着

**例** I enjoyed the serenity and the peacefulness when I was in the church.  
当我身处大教堂时感到平和与宁静。

**vulgar** ['vʌlgə] *adj.* 通俗的；粗俗的；乡土的

**例** Her taste in clothing is rather vulgar.  
她的穿着相当俗气。

**amid** [ə'mid] *prep.* 在其间；在其中

**例** He sat down amid deafening applause.  
他在震耳欲聋的掌声中就座。

**radiance** ['reɪdiəns] *n.* 光辉；辐射

**例** The radiance of electric lights radiates from the ceiling.  
电灯的光芒从天花板上辐射下来。

**whimsy** ['wimzi] *n.* 怪念头；异想天开；心情浮动；反复无常

**例** Some show cars are pure whimsy, dreamed up by young designers at play.  
展出的车型中有些纯属异想天开，只是年轻设计师们闲来无事的凭空想象。



**madden** ['mædn]  使发狂；激怒

**例** I cannot reconcile myself to this idea—it would madden me.  
我不能接受这种想法，它会使我发疯的。

**interpret** [ɪn'tɜ:prɪt]  口译；解释；翻译；诠释

**例** Not everybody agreed with the way she interpreted the violin concerts, but it was still a technically perfect performance.  
并非每个人都同意她对那首小提琴协奏曲的诠释，但是她的演奏在技巧上仍是无懈可击。

## 语法知识 *Grammar Points*

**① A young man sees a sunset and, unable to understand or to express the emotion that it rouses in him, concludes that it must be the gateway to a world that lies beyond.**

这是一个较为复杂的句子。句子的主干“A young man sees a sunset and concludes that it must be the gateway to a world that lies beyond.”中有两个that，其中第一个that引导的是宾语从句，that在从句中不充当成分；第二个that引导的是定语从句，先行词是world，that在从句中充当主语。另外，两个逗号中间的部分“unable to understand or to express the emotion that it rouses in him”做主语补语，是补充解释说明主语“A young man”的。

**例** He arrived at home at ten p.m., tired and hungry.  
他晚上十点才到家，又累又饿。

**② It is difficult for any of us in moments of intense aesthetic experience to resist the suggestion that we are catching a glimpse of a light that shines down to us from a different realm of existence, different and, because the experience is intensely moving, in some way higher.**

这个句子用了“It is+adj.+ for sb. to do sth.”这一句型。其中，it做形式主语，真正的主语是后面的to do不定式。因为主语较长，为了避免头重脚轻，所以用了it来做形式主语。

**例** It is very necessary for students to study hard.  
对学生来说，用功读书是很必要的。