



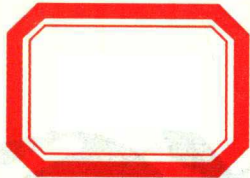
# 英语睡前5分钟

主编 成应翠 杨玉叶 胡春晓

## 经典微小说



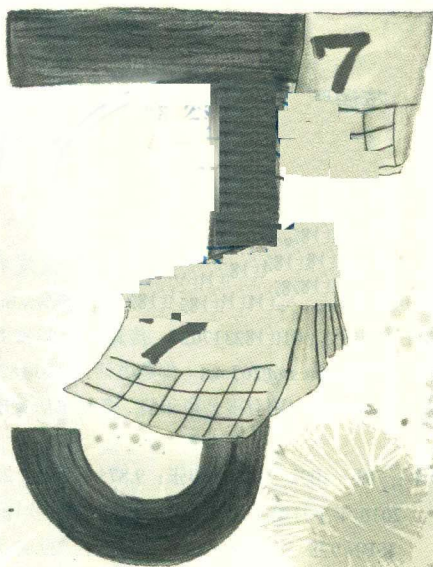
北京航空航天大学出版社  
BEIHANG UNIVERSITY PRESS



# 英语睡前5分钟

主编 成应翠 杨玉叶 胡春晓

## 经典微小说



北京航空航天大学出版社  
BEIHANG UNIVERSITY PRESS

## 图书在版编目 ( CIP ) 数据

英语睡前 5 分钟 . 经典微小说 / 成应翠, 杨玉叶, 胡春晓主编. -- 北京 : 北京航空航天大学出版社, 2016.1

ISBN 978-7-5124-2021-2

I. ①英… II. ①成… ②杨… ③胡… III. ①英语 - 语言读物 IV. ① H319.4

中国版本图书馆 CIP 数据核字 (2016) 第 005548 号

图片版权声明: 本书封面的图片由 IMAGEMORE Co., Ltd. 提供  
版权所有, 侵权必究。

### 英语睡前 5 分钟——经典微小说

主编 成应翠 杨玉叶 胡春晓

责任编辑 张 凌

\*

北京航空航天大学出版社出版发行

北京市海淀区学院路 37 号 (邮编 100191) <http://www.buaapress.com.cn>

发行部电话: (010) 82317024 传真: (010) 82328026

读者信箱: [bhpress@263.net](mailto:bhpress@263.net) 邮购电话: (010) 82316936

北京鹏润伟业印刷有限公司印装 各地书店经销

\*

开本: 787 × 1092 1/32 印张: 9.875 字数: 288 千字

2016 年 1 月第 1 版 2016 年 1 月第 1 次印刷

ISBN 978-7-5124-2021-2 定价: 29.80 元

若本书有倒页、脱页、缺页等印装质量问题, 请与本社发行部联系调换。联系电话: (010) 82317024

## 本书编委会

主 编：	成应翠	杨玉叶	胡春晓			
编 委：	刘 晓	刘婉儿	陈俐娜	马 梦	张颖慧	
	王 慧	石家宜	邢 妍	葛 俊	白 烨	
	祝万伟	陈丽霞	高爱琴	蒋学晨	杨金鑫	
	张艳萍	吴淑严	武少辉	成 琳	王 琴	
	何长领	林 静	于梦明			

# 前言

一花一世界，一语一芬芳。几行文字，就能展现一处风景；寥寥数语，就能道出人间冷暖。这便是微小说的独特魅力，它缓缓走进你的心底，开启一次灵魂的旅行，让真情在心中流淌，让心灵收获感动。

本书中的一篇篇微小说，用一段段温暖的文字诉说一个个动人的故事，描绘一幅幅有爱的画面，温柔而有力量，简单而又深邃。这些微小说里蕴含着大世界。透过灵动的文字，你将体验一种思想，捕捉一份智慧，提升一个境界……每一页动人瞬间，每一页浪漫柔情，每一页睿语哲思，都能带你远离忙碌生活的纷扰，直抵内心找寻的最初的美好。这就是微小说的力量，也是我们编写本书的初衷。

本书共分为八章，即“致我们流年不衰的童真与感动”、“总有一个瞬间让我长大”、“亲情，温柔却有力量”、“生活是一场心灵的修行”、“守护恰到好处的幸福”、“遇见你，遇见爱情”、“不抱怨的人生才优雅”、“请相信，你是最好的自己”。书中的每一个故事都值得细细体味，透过《庆祝一个“乌龙球”》可以感受到孩子间最纯真的友情，品读《奶奶的“心”食谱》能学到最质朴的生活哲理，翻看《一位让我关掉计价器的乘客》能体会到生命最深刻的感悟……原汁原味的英文，精准流畅的译文，搭配贴心细致的讲解，让你尽享英语阅读的美妙之旅，体验别样的心灵震撼。

阅读微小说，品味微经典，收获大感动！本书有着让你非读不可的几大特色：



✓ 时尚“微”阅读，点亮智慧人生

微小说是灵魂的瑜伽。一段段至真至美的文字，有着别样的美丽与芬芳，拨动你的心弦。如果你能够静下心来，让自己徜徉其中，一定可以收获心灵的滋养和人生的启迪！

✓ 5分钟精阅读，化整为零学英语

本书所选英语文章短小精悍，每天利用5分钟闲暇时间就能够品读一篇，因此可以随时随地想读就读，使学习效率和时间利用率同步提升！

✓ 原汁原味英文，纯正阅读体验

书中收录了近50篇经典微小说，语言地道，可读性强，打造原汁原味的英文阅读氛围，让好英文“刻进”大脑，轻松练就英语语感！

✓ 栏目设置合理，学习功能强大

本书设置了“心灵晓悟”、“经典原文”、“热点词汇”、“点睛佳句”、“文化剪影”、“精美译文”等栏目，可帮助读者快速扫清阅读障碍，进一步增强英语学习的信心，一举突破单词关、阅读关和文化关，是你**最贴心的私房笔记**！

本书适合广大在校学生、英语爱好者、上班族及所有想提高英语综合水平的社会人士阅读。

双语微小说是你提高英语水平的绝佳伙伴，让你在原汁原味的英文故事中感受英语语言之美，开启英语学习的兴趣之旅。愿书中动人的文字带给你微微的暖意，传递给你触手可及的真情，帮助你收获源源不断的人生启迪。

编者

2015年11月于北京



# 目 录

## Chapter 1 致我们流年不表的童真与感动

1. A Special Kick 庆祝一个“乌龙球” ..... 2
2. Running with You on My Back 我“背”你一起奔跑! ..... 6
3. Jeremy's Empty Egg 杰里米的空蛋壳 ..... 11
4. Dad, I Want to Buy You an Hour...  
爸爸,我要买你1小时..... 19
5. A 4-Year-Old Girl Opened a Door for Me  
四岁小女孩为我打开了一扇门 ..... 24
6. A Pair of Glasses with Hearts 有“桃心”的眼镜 ..... 30
7. If You Get Hurt in Love...  
如果在爱情中摔断胳膊..... 37

## Chapter 2 总有一个瞬间让我长大

1. A Housewife's Dream to Be a Writer  
一位主妇笔尖上的梦想 ..... 44
2. One Day I Grow Taller Than You...  
有一天,我长高了..... 51
3. A Lifelong Influence from Dr. Offutt  
欧法特博士对我一生的影响 ..... 57

4. Butterflies in the Orphanage 孤儿院里的蝴蝶 .....	64
5. One Day Something Good Will Happen	
总有一天好事会发生.....	69

## Chapter 3 亲情，温柔却有力量

1. Lessons from My Dad 那些年爸爸教会我的.....	74
2. Grandma's Recipe 奶奶的“心”食谱 .....	80
3. Flowers from My Father 爸爸送我的那些花儿 .....	88
4. The Spare Key in My Bag 我包里的备用钥匙 .....	95
5. Mark's Hunting for His Father 马克的寻父之旅 .....	102
6. "I Love You, Goodnight!" “我爱你，晚安！” .....	108

## Chapter 4 生活是一场心灵的修行

1. Saying Love to the Ivy 对常春藤说出你的爱 .....	114
2. A Brick Attacking a Car 砸在车上的砖头 .....	120
3. Words That Changed Lillian's Life	
改变莉莉安一生的那句话 .....	125
4. Miss Betty and the Naughty Kids	
好老师遇上“坏”学生 .....	132
5. An Honest Violin 守护诚信的小提琴手 .....	140
6. Carl's Beautiful Garden 卡尔的美丽花园 .....	146
7. My Father's Cowboy Hat 父亲的牛仔帽 .....	153
8. The Dignity of a Thief 一个“贼”的尊严 .....	161



## Chapter 5 守护恰到好处的幸福

1. Greta Walking in Sunshine 走在阳光里的葛丽塔 ..... 168
2. Love Notes of My Daughter 女儿的“爱”的纸条 ..... 174
3. A Gold Necklace as a Christmas Gift 圣诞节的金色项链 ..... 180
4. Playing Basketball like a Kid 像孩子一样玩篮球 ..... 187
5. A Pig Called Arnold 一只叫阿诺德的宠物猪 ..... 193

## Chapter 6 遇见你，遇见爱情

1. Grow Old Along with You 爱就是和你一起慢慢变老 ..... 202
2. Love Code Engraved in the Tree 刻在树上的爱情密码 ..... 210
3. Two Cards with Love 两张爱的卡片 ..... 218
4. Love Is a Thread 爱是穿在被子里的一根线 ..... 222
5. Romantic Love in a Long-Term Care Facility  
养老院里的浪漫爱情 ..... 227
6. Confession of Love in the Hospital 病房里的爱情告白 ..... 233

## Chapter 7 不抱怨的人生才优雅

1. Happiness of a Little Girl with Leukemia  
白血病女孩的简单快乐 ..... 240
2. We Can not Stop 我们不能停下脚步 ..... 248
3. Cancer Taught Me to Cherish...  
癌症教会我珍惜 ..... 255
4. When a Girl and a Boy Both Lost Their Arms...  
失去双臂的男孩和女孩 ..... 262
5. Michael's Choice 迈克尔的选择 ..... 267

## Chapter 8 请相信，你是最好的自己

1. I Want to Be Unique 做与众不同的自己 ..... 274
2. A Bouquet of Daisies Brought Great Rewards  
一捧牛眼菊带来的好运 ..... 280
3. A Passenger Who Let Me Shut off the Meter  
一位让我关掉计价器的乘客 ..... 287
4. My Angel Wings 我的“天使”徽章 ..... 294
5. A Special Christmas Emergency 圣诞夜里的特殊急诊 ..... 300

# Chapter 1

## 致我们流年不衰的 童真与感动



1

A Special Kick

庆祝一个“乌龙球”

心灵晓悟

人生如戏，对对错错，错错对对，最终不过如此罢了。可是在孩子的世界里，有些事情无关对错，它是友谊，是理解，是关心，是快乐的分享。一个乌龙球就能映射出最简单的童真和最纯粹的友情。

经典原文

1 Last night was the last game for my eight-year-old son's soccer team. It was the final **quarter**. The score was two to one; my son's team in the **lead**. Parents **encircled** the field, offering encouragement.

2 With less than ten seconds remaining, the ball rolled in front of my son's teammate, one Mickey Donnelly. With shouts of "Kick it!" **echoing** across the field, Mickey **reared** back and gave it everything he had. All round me the crowd erupted. Donnelly had scored!

3 Then there was silence. Mickey had scored all right, but in the wrong goal, ending the game in a **tie**.

热点词汇

**quarter** ['kwɔ:tə] *n.* (体育运动) 一节; 四分之一

**lead** [li:d] *n.* 领导, 领先; 导线, 铅, 石墨, 铅笔芯

**encircle** [in'sə:kl] *vt.* 环绕, 围绕

**echo** ['ekəu] *vi.* (声音) 回荡; *n.* (*pl.* echoes) 回声, 反响, 共鸣

**rear** [riə] *vt.* 直立起, 抬高; 抚养; 栽培

**tie** [tai] *n.* 平分, 平局; *vt.* 打结; 与……打平局



**hush** [hʌʃ] *n.* 静寂

**celebrate** ['selibreit]

*vt.* 庆祝, 祝贺

**grab** [græb] *vt.* 抓住

(习惯用语: up for grabs  
可得的, 易得的)

**win** [win] *vi.* (获) 胜,

赢得, 取得胜利

For a moment there was total **hush**. You see, Mickey has Down's syndrome and for him there was no such thing as a wrong goal. All goals were **celebrated** by a joyous hug from Mickey. He had even been known to hug the opposing players when they scored.

4 The silence was finally broken when Mickey, his face filled with joy, **grabbed** my son, hugged him and yelled, "I scored! I scored! Everybody won! Everybody won!" For a moment I held my breath, not sure how my son would react. I need not have worried. I watched, through tears, as my son threw up his hand in the classic high-five salute and started chanting, "Way to go Mickey! Way to go Mickey!" Within moments both teams surrounded Mickey, joining in the chant and congratulating him on his goal.

5 Later that night, when my daughter asked who had won, I smiled as I replied, "It was a tie, everybody **won**."

### 点睛佳句

1. Parents encircled the field, offering encouragement.

父母们包围了球场, 不停地为孩子们加油助威。

2. Everybody won.

大家都赢了。



## 文化剪影

文中讲到足球(soccer)比赛。熟知足球比赛的人,应该都听说过米兰。米兰足球俱乐部(Associazione Calcio Milan),位于意大利米兰的足球会。为了和同在米兰的另一家足球俱乐部国际米兰相区别,一般被称为“AC米兰”,或直接简称“米兰”。AC米兰的传统队服是红黑相间的条纹衫,所以AC米兰常被昵称为“Rossoneri”(意大利语,意为“红黑军团”)。AC米兰是意大利最受欢迎的足球俱乐部之一。

## 精美译文

1 昨晚是最后一场比赛,我八岁儿子所在的足球队参加的比赛。比赛进行到了最后一小节,比分是2:1。暂时领先的是儿子的球队。父母们包围了球场,不停地为孩子们加油助威。

2 距离比赛结束就剩十秒的时候,球踢到了米奇·唐纳利面前,他是我儿子的队友。此时全场所有人都在高呼着“射门”。米奇弓身抽脚,用尽全部力气把球踢了出去。包括我在内的所有人都欢呼起来:唐纳利射中了!

3 可是之后全场又突然陷入了沉静。米奇确实射中了,但却射错了球门,比赛以平分结束。有一瞬间,全场寂静得出奇。你知道吗?米奇患有唐氏综合征(先天愚型痴呆),对他而言,根本不存在射错球门这回事,所有进球他都会用欢快的拥抱来庆祝。从前在对手进球时,他甚至拥抱过对方队员。

4 终于,是米奇打破了沉默,他满脸欢喜,一把抓住我儿子,抱着他并高声叫着:“我进球了!我进球了!大家赢了!大家赢了!”在那一瞬间,我屏住了呼吸,完全不知道儿子会怎么反应。事实上我的担心有点多余了,甚至根本没有必要。透过朦胧的泪眼,我看到儿子把他的手甩出去,用经典的方式与米奇击掌表示庆贺,然后开始有节奏地叫着:“米奇真棒!米奇真棒!”转眼间,双方队员都过去围着米奇,高呼着、欢唱着,祝贺他的进球。

5 那天晚上回去的时候，女儿问我谁赢了，我笑着说：“平局，大家都赢了。”

## 小贴士

1. A good beginning is half done.

良好的开端是成功的一半。

2. A good beginning makes a good ending.

善始者善终。



2

# Running with You on My Back

我“背”你一起奔跑！

## 心灵晓悟

人的一生中，能够实现自己的梦想叫成功，能够帮助别人实现梦想叫成就。有这么两个孩子，他们怀有梦想，却都难以实现。但就是这样两个同病相怜的孩子，却因为彼此，收获了最动人的幸福。

## 经典原文

1 Once upon a time there was a little boy who was raised in an orphanage.

2 The little boy had always wished that he could fly like a bird. It was very difficult for him to understand why he could not fly. There were birds at the zoo that were much bigger than him, and they could fly.

3 “Why can't I?” he thought. “Is there anything wrong with me?” he wondered.

4 There was another little boy who was crippled. He had always wished that he could walk and run like other little boys and girls.

## 热点词汇

once upon a time 从前，曾几何时

raise [reiz] vt. 抚养，养育；饲养；栽培，种植（常见搭配：raise oneself 长高，发迹；站起来）

cripple ['kripl] vt. 使致残，使跛（例句：A strike crippled the factory. 罢工使工厂陷入瘫痪。）

5 “Why can't I be like them?” he thought.

6 One day the little orphan boy who had wanted to fly like a bird ran away from the orphanage. He **came upon** a park where he saw the little boy who could not walk or run playing in the **sandbox**.

7 He ran over to the little boy and asked him if he had ever wanted to fly like a bird.

8 “No,” said the little boy who could not walk or run, “But I have wondered what it would be like to walk and run like other boys and girls.”

9 “That is very sad.” said the little boy who wanted to fly, “Do you think we could be friends?” he said to the little boy in the sandbox.

10 “Sure.” said the little boy.

11 The two little boys played for hours. They made sand castles and made really funny sounds with their mouths. Sounds which made them laugh really hard. Then the little boy's father came with a wheelchair to **pick up** his son. The little boy who had always wanted to fly ran over to the boy's father and **whispered** something into his ear.

12 “That would be OK.” said the man.

13 The little boy who had always wanted to fly like a bird ran

**come upon** 偶遇，突然产生

**sandbox** ['sandrɒks] *n.*  
沙箱，沙盒

**pick up** 接；学会；挑选（例句：We're going to drive to the airport to pick up Susan. 我们打算开车去机场接苏珊。）

**whisper** ['(h)wɪspə] *vt.* 低声说