



安 卓 陈立双 / 编著

MASTERPIECES FOR  
ADVANCED ENGLISH LEARNERS

# 高中生一定要背诵 的 经典美文

全新修订版

经典美文，妙语佳句。  
让您的英文写作思如泉涌，文采飞扬！



华东理工大学出版社  
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

· 上海 ·

给力英语

# 高中生一定要背诵的经典美文

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## 前言

英文写作在中考、高考、大学英语四六级考试、考研等国内考试，以及托福、GRE、雅思等出国考试中都占有很重要的分量。

目前市面上的各种英语写作辅导书以及各种英文辅导班能够教给学生的是英语写作中文章结构的安排、过渡词语的使用、书写的规范等一些“可以指导”的应试技巧。对于考生而言，在老师的指导下，写一篇几百字的英语作文，大多可以做到层次清楚、不偏离主题，而在词语的运用、句式的把握上学生之间存在很大的差异。很多同学可以做到写“正确”的句子，但是写不出“漂亮”的句子。

那么如何才能写出“漂亮”的作文？在经过一番思考和探索之后，我们认为英语写作乃至整个的英语学习过程有方法，没捷径，最重要的是基础和积累。作为“第二语言”的写作学习，最有效的途径归结到最传统的方法：背诵和模仿。中国人讲“熟读唐诗三百首，不会作诗也会吟”，英语中也有 Practice makes perfect 一说。对于国内的学生，在没有语言环境的情况下，既然不可能“习得”，只能“学得”，因此“模仿”在英语写作中起着不可忽视的作用。

引用张维教授的感受：学语言有一个从“死”到“活”的过程，“死”的东西多了，熟能生巧，慢慢就会“活”。死记硬背到一定程度，便会“死”去“活”来。所谓“死”就是原始的语言积累，创建个人的语料库，语料丰富了，一旦掌握了运用技巧，就能随意提取，运用自如，“死”的语言材料变“活”起来了。

这样说来，提高英语写作能力不是仅凭某一个阶段的努力就能取得明显效果的。因此我们建议读者在平时的学习中尽可能有较多的“输入”，到了考试的时候才能厚积薄发。在平时的教学中很多英语老师要求学生背诵课文或美文，也是出于这一目的。这本经典美文的编写初衷也是希望广大英语爱好者能接触地道的语言，在背诵、记忆和模仿练习的过程中潜移默化地培养语感，并逐渐形成用英语思维的能力。

本书在编写上具有以下三个特点：

♥（1）选取 120 篇经典美文，语言优美地道。选择文章时，既考虑了文体、内容、长度、难度、可模仿度，也注重趣味性和思想性。所选的文章或感人至深，或充满思辨性，读者在积累语言素材的同时，也能陶冶情操，升华对亲情、友情和爱情的理解。部分篇目更是被各地选用为近年高考阅读的出题材料。

♥（2）每篇文章配有词语解释，可帮助读者理解文章。而短语则主要是读者在写作中可以模仿使用的。参考译文可进一步帮助读者在自学时理解记忆。

♥（3）文章后设置了多种形式的练习，可帮助读者巩固记忆文章中出现的妙语佳句或是实用的短语句型，以便读者在用英语写作时写出正确而且“漂亮”的句子。

此次经过修订再版上市，希望能将本书带给更多读者，帮助广大读者在英语写作时文采飞扬，取得好的成绩。有不足之处，衷心地欢迎广大读者批评指正！

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## Part One



# Man Is Here for the Sake of Other Men

By Albert Einstein

Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to **speculate** a purpose.

From the standpoint of daily life, however, there is one thing we do know that man is here **for the sake of** other men above all for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day I realize how much my own outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must **exert** myself in order to give in return as much as I have received. My **peace of mind** is often troubled by the depressing sense that I have borrowed too heavily from the work of other men.

To **ponder** interminably **over** the reason for one's own existence or the meaning of life **in general** seems to me, **from an objective point of view**, to be sheer folly. And yet everyone holds certain ideals by which he guides his **aspiration** and his judgment. The ideals which have always shone before me and filled me with the joy of living are goodness, beauty, and truth. To make a goal of comfort and happiness has never **appealed to** me; a system of ethics built on this basis would be sufficient only for a herd of cattle.

## Words and Expressions

**speculate** v. 思索, 推测

**for the sake of** 为了

**exert** vt. 运用, 发挥

**peace of mind** 内心的平静

**ponder over** 沉思, 深思

**in general** 一般而言, 总的来说

**from one's point of view** 从某人的观点来看

**aspiration** n. 愿望, 志向

**appeal to** 对……有吸引力

## Read the following sentence:

The ideals which have always shone before me and filled me with the joy of living are goodness, beauty, and truth.



**Translate it into Chinese.**

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**Recite it and try writing it down here:**

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**Which sentence(s) do you like most? Write it (or them) out here:**

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### 参考译文

#### 人是为了别人而活着

阿尔伯特·爱因斯坦

人类在这个世界上的处境真是奇怪。我们每个人都是来做一次短暂的访问，不知道自己为何而来，然而有时候却似乎能推测出一种目的。

但是从日常生活的观点来看，有一件事情我们是肯定知道的，那就是人在这个世界上是为了别人而活着——尤其为了那些我们自身幸福寄托在他们的微笑和安宁之上的人们，以及那些由于同情之感而使我们同他们的命运联系起来的人们。每天都有很多次，我觉察到自己的肉体生活和精神生活是如何建立在别人（包括生者和死者）的劳动之上，以及自己必须如何地奋发努力，从而使我从别人那里取得多少东西，我也可以把同等数量的东西给予别人，以此作为报答。我时常怀着一种忧郁的心情，觉得自己从别人的工作中承袭得太多，因而心里惴惴不安。

没完没了地沉思着自己生存的理由或人生的意义，从客观的观点来看，我觉得这是近乎愚蠢的行为。可是，每个人都有一些理想作为他的抱负和判断的指南针。经常在我的眼前闪耀发光，并使我充满了快乐的理想，就是真、善、美。我从来没有以追求舒适和幸福作为生活的目标，建立在这个基础上的一套伦理观念，只能满足一群牲畜的需要。



## 2 Gifts from the Heart

*The hardest arithmetic to master is that which enables us to count our blessings.*

—Eric Hoffer

According to legend, a young man while **roaming** the desert came across a spring of delicious **crystal**-clear water. The water was so sweet, he filled his leather **canteen** so he could bring some back to a **tribal** elder who had been his teacher.

After a four-day journey he **presented** the water to the old man who took a deep drink, smiled warmly and thanked his student **lavishly** for the sweet water. The young man returned to his village with a happy heart.

Later, the teacher let another student taste the water. He spat it out, saying it was awful. It apparently had become **stale** because of the old leather container.

The student challenged his teacher: “Master, the water was **foul**. Why did you pretend to like it?”

The teacher replied, “You only tasted the water. I tasted the gift. The water was simply the container for an act of loving-kindness and nothing could be sweeter.”

I think we understand this lesson best when we receive innocent gifts of love from young children. Whether it's a ceramic tray or a macaroni bracelet, the natural and proper response is appreciation and expressed thankfulness because we love the idea within the gift.

Gratitude doesn't always come naturally. Unfortunately, most children and many adults value only the thing given rather than the feeling embodied in it. We should remind ourselves and teach our children about the beauty and purity of feelings and expressions of gratitude. After all, gifts from the heart are really gifts of the heart.

### Words and Expressions

roam *v.* 漫游; 流浪

crystal *n.* 水晶

canteen *n.* 水壶; 食堂

tribal *adj.* 部落的; 种族的

present *v.* 呈现; 赠送

lavishly *adv.* 丰富地; 慷慨地

stale *adj.* 陈腐的; 不新鲜的

foul *adj.* 污秽的

**Read and recite the following sentences:**

The teacher replied, "You only tasted the water. I tasted the gift. The water was simply the container for an act of loving-kindness and nothing could be sweeter."

**Now try writing the sentences out here:**

The teacher replied, "You only \_\_\_\_\_. I \_\_\_\_\_. The water \_\_\_\_\_ an act of loving-kindness and \_\_\_\_\_."

**Which sentence(s) do you like most? Write it (or them) out here:**

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**参考译文**

**来自内心的礼物**

世界上最难的算术题是如何清点我们的祝福。

——埃里克·霍弗

据传说，一个年轻的男子在漫游沙漠途中看到一泉如水晶般清澈而可口的水。水的味道非常甜美，于是他灌满了他的皮水壶，这样就可以带一些回去，送给曾经是他老师的部落长老。

经过四天的旅程，他把水呈献给老人。老人深饮一口，和蔼地笑了笑，并深切感激学生赠予他甜美的水。年轻人怀着愉快的心情回到了村庄。

后来，老师让他的另一个学生品尝水。学生吐了出来，说水太难喝了。它显然已经因为陈旧的皮革容器而变得不再新鲜。

学生质疑他的老师：“师父，水是臭的，你为什么假装喜欢它？”

老师回答说，“你只品尝了水的味道，我是在品尝礼物的味道。水仅仅是装载善与爱之行为的容器，而没有什么东西比善与爱更甜美了。”

我认为当我们从天真的孩子们那里收到爱的礼物时，能够最透彻地明白这个道理。无论它是一个陶瓷托盘或通心粉手镯，我们自然而恰当的反应是欣赏，并表示感激，因为我们喜欢礼物所包含的心意。

感恩并不总是自然而来的。不幸的是，大多数儿童和成人只看重被赠予的东西本身，而不是它体现的情谊。我们应该提醒自己，并教导我们的孩子，感情和对感激之情的表达是美丽而纯洁的。毕竟，发自内心给予的礼物才是真正的礼物。



# 3 I Have a Dream

By Martin Luther King, Jr

I say to you today, my friends, that in spite of the difficulties and **frustrations** of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its **creed**: “We hold these truths to be **self-evident**: that all men are created equal.”

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slaveowners will be able to sit down together at a table of brotherhood.

I have a dream that one day even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be **transformed into** an **oasis** of freedom and justice.

I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day the state of Alabama, whose governor’s lips are presently dripping with the words of **interposition** and **nullification**, will be transformed into a situation where little black boys and black girls will be able to **join hands with** little white boys and white girls and walk together as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be **exalted**, every hill and mountain shall be made low, the rough places will be made plain, and the **crooked** places will be made straight, and the glory of the Lord shall be revealed, and **all flesh** shall see it together.

This is our hope. This is the faith with which I return

## Words and Expressions

**frustration** *n.* 挫折, 失败, 挫败

**creed** *n.* (尤指宗教) 信条, 教条

**self-evident** *adj.* 不证自明的, 不言而喻的

**transform...into...** 把……变成……

**oasis** *n.* (沙漠中的) 绿洲; 乐土, 乐事

**interposition** *n.* 干预, 干涉; 提出异议

**nullification** *n.* 无效, 废弃, 取消

**join hands with** 与……携手合作

**exalt** *vt.* 赞扬, 歌颂; 提升, 提拔

**crooked** *adj.* 弯曲的, 畸形的, 歪的

**all flesh** 人类, 众生



to the South. With this faith we will be able to **hew out of the mountain of despair a stone of hope**. With this faith we will be able to transform the **jangling discords** of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

hew...out of...（在……中）  
开辟出……

jangle v. 发出丁零当啷声  
discord n. 争吵，冲突，不  
和谐，纷争

***A person, great or humble, must have dreams. Make a list of your dreams either in English or in Chinese.***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***Now try to describe your dreams in the following sentences.***

I have a dream that \_\_\_\_\_

\_\_\_\_\_.

I have a dream that \_\_\_\_\_

\_\_\_\_\_.

I have a dream that \_\_\_\_\_

\_\_\_\_\_.

I have a dream that \_\_\_\_\_

\_\_\_\_\_.

I have a dream that \_\_\_\_\_

\_\_\_\_\_.

***Which sentence(s) do you like most? Write it (or them) out here:***

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 参考译文

#### 我有一个梦想

马丁·路德·金

朋友们，今天我要对你们说，尽管眼下困难重重，但我依然怀有一个梦。这个梦深深植根于美国梦之中。



我梦想有一天，这个国家将会奋起，实现其立国信条的真谛：“我们认为这些真理不言而喻：人人生而平等。”

我梦想有一天，在佐治亚州的红色山冈上，昔日奴隶的儿子能够同昔日奴隶主的儿子同席而坐，亲如手足。

我梦想有一天，甚至连密西西比州——一个非正义和压迫的热浪逼人的荒漠之州，也会改造成为自由和公正的青青绿洲。

我梦想有一天，我的四个子女将生活在一个不是以皮肤的颜色，而是以品格的优劣作为评判标准的国家里。

我今天怀有一个梦。

我梦想有一天，亚拉巴马州会有所改变——尽管该州州长现在仍滔滔不绝地说什么要对联邦法令提出异议和拒绝执行——在那里，黑人儿童能够和白人儿童兄弟姐妹般地携手并行。

我今天怀有一个梦。

我梦想有一天，深谷弥合，高山夷平，歧路化坦途，曲径成通衢，上帝的光华再现，普天下生灵共谒。

这是我们的希望。这是我将带回南方去的信念。有了这个信念，我们就能在绝望之山中开采出希望之石。有了这个信念，我们就能把这个国家的嘈杂刺耳的争吵声，变为充满手足之情的悦耳交响曲。有了这个信念，我们就能一同工作，一同祈祷，一同斗争，一同入狱，一同维护自由，因为我们知道，我们终有一天会获得自由。



# 4 Three Days to See

By Helen Keller

All of us have read thrilling stories in which the hero had only a limited and specified time to live. Sometimes it was as long as a year; sometimes as short as twenty-four hours, but always we were interested in discovering just how the **doomed** man chose to spend his last days or his last hours. I speak, of course, of free men who have a choice, not **condemned** criminals whose sphere of activities is strictly **delimited**.

Such stories set up thinking, wondering what we should do under similar circumstances. What associations should we crowd into those last hours as mortal beings? What happiness should we find in reviewing the past, what regrets?

Sometimes I have thought it would be an excellent rule to live each day as if we should die tomorrow. Such an attitude would emphasize sharply the values of life. We should live each day with a gentleness, a vigor, and a keenness of appreciation which are often lost when time stretches before us in the constant **panorama** of more days and months and years to come. There are those, of course, who would adopt the **epicurean** motto of "Eat, drink, and be merry", most people would be **chastened** by the certainty of **impending death**.

Most of us take life for granted. We know that one day we must die, but usually we picture that day as far in the future, when we are in **buoyant** health, death is all but unimaginable. We seldom think of it. The days stretch out in an endless **vista**. So we go about our petty task, hardly aware of our listless attitude towards life.

The same **lethargy**, I am afraid, characterizes the use of our faculties and senses. Only the deaf appreciate

## Words and Expressions

**doomed** *adj.* 命中注定的，  
难逃一死的

**condemned** *adj.* 被宣告有  
罪的

**delimit** *vt.* 限定

**panorama** *n.* 全景

**epicurean** *n.* 享乐者

**chasten** *vt.* 惩戒，磨炼

**impending death** 垂死，濒  
死

**buoyant** *adj.* 轻松愉快的，  
开朗的

**vista** *n.* 远景

**lethargy** *n.* 昏睡，没精打采



hearing, only the blind realize the **manifold** blessings that lie in sight. Particularly does this observation apply to those who have lost sight and hearing in adult life. But those who have never suffered **impairment** of sight or hearing seldom make the fullest use of these blessed faculties. Their eyes and ears take in all sights and sound **hazily**, without concentration, and with little appreciation. It is the same old story of not being grateful for what we have until we lose it, of not being conscious of health until we are ill.

I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life. Darkness would make him more appreciative of sight; silence would teach him the joys of sound.

Now and then I have tested my seeing friends to discover what they see. Recently I was visited by a very good friend who had just returned from a long walk in the woods, and I asked her what she had observed. “Nothing **in particular**,” she replied. I might have been **incredulous** had I not been accustomed to such responses, for long ago I became convinced that the seeing see little.

How was it possible, I asked myself, to walk for an hour through the woods and see nothing worthy of note? I who cannot see find hundreds of things to interest me through mere touch. I feel the delicate **symmetry** of a leaf. I pass my hands lovingly about the smooth skin of a **silver birch**, or the rough **shaggy** bark of a pine. In spring I touch the branches of trees hopefully in search of a bud, the first sign of awakening Nature after her winter’s sleep I feel the delightful, **velvety** texture of a flower, and discover its remarkable **convolutions**; and something of the miracle of Nature is revealed to me. Occasionally, if I am very fortunate, I place my hand gently in a small tree and feel the happy **quiver** of a bird in full song. I am delighted to have cool water of a brook rush through my open fingers. To me a **lush** carpet of pine needles or **spongy** grass is more welcome than the most luxurious Persian rug. To me the pageant of seasons is a thrilling and unending drama, the action of which streams through my finger tips. At times my heart cries out with longing to see all these things.

**manifold** *adj.* 多种多样的，多方面的

**impairment** *n.* 损伤，损害

**hazily** *adv.* 模糊地，朦胧地

**in particular** 尤其，特别

**incredulous** *adj.* 表示怀疑的，不相信的

**symmetry** *n.* 对称，整齐

**silver birch** 白桦树

**shaggy** *adj.* 又长又粗的

**velvety** *adj.* 天鹅绒般柔软  
的

**convolution** *n.* 回旋，盘绕

**quiver** *n.* 微颤，抖动

**lush** *adj.* 茂盛的，葱翠的

**spongy** *adj.* 海绵似的，柔软吸水的