



出口成章才是真本事

静夜凝思

Evening Reading

主编 金莉



生活的感悟，心灵的震撼

中英对照

机械工业出版社
CHINA MACHINE PRESS





H319.4
1268

静夜凝思

Evening Reading

主 编 金 莉
参 编 何 静 刘 轶 贾玉梅



生活的感悟，心灵的震撼

中英对照

机械工业出版社
CHINA MACHINE PRESS

《静夜凝思》一书是“英语美文诵读菁华”系列丛书之一。本书内容涉及生活中可能遇到的小事或对人生、境遇的随想，令读者在享受阅读乐趣的同时，情操得到陶冶，心灵受到启迪。

该套丛书集提高英语赏析、阅读、口语、写作能力为一体，篇篇文章值得您去背诵和模仿。

图书在版编目 (CIP) 数据

静夜凝思/金莉主编. —北京: 机械工业出版社, 2006. 4

(英语美文诵读菁华)

ISBN 7-111-18855-1

I. 静... II. 金... III. 英语—汉语—对照读物

IV. H319.4

中国版本图书馆 CIP 数据核字 (2006) 第 030119 号

机械工业出版社 (北京市百万庄大街 22 号 邮政编码 100037)

责任编辑: 余红 版式设计: 张文贵

责任印制: 洪汉军

三河市宏达印刷有限公司印刷

2006 年 4 月第 1 版·第 1 次印刷

890mm×1240mm A5·6.25 印张·130 千字

0 001—5 000 册

定价: 16.80 元

凡购本书, 如有缺页、倒页、脱页, 由本社发行部调换

本社购书热线电话 (010) 68326294

编辑热线: (010) 88379001

封面无防伪标均为盗版

前 言

俗语云：“熟读唐诗三百首，不会作诗也会吟。”如果学英语我们也能达到“不会作诗也会吟”的境界，又何愁学不好呢？怎样才能达到“会吟”的境界呢？最有效的途径就是熟读与背诵！

众所周知，任何语言的学习都必须先有大量的语言输入。英语学习也不例外，想要出口成章，文思泉涌，如果没有丰富的知识储备，英语学习也就成了无源之水。而背诵则是集中强化知识储备的有效手段。

记忆是智慧之母。培根也曾说过：“一切知识不过是记忆。”记忆和背诵，既能提高自身的语感，又能弥补由于缺乏语言环境而导致的阅读量与听说量的不足。通过背诵，还能陶冶情操，提高文学素养，培养学习兴趣。

事实上，经过多年在英语世界的摸爬滚打，大多数英语学习者的脑海中已经潜移默化地记住了不少英语单词、句子和表达方式。但由于在日常生活中很难有机会运用，它们渐渐变得模糊了。记住，背诵正是激活它们的催化剂！只有坚持不懈地背诵，这些在大脑皮层中积累了多年但处于“沉睡”状态的“珍宝”才能在您需要的时候及时“苏醒”过来。

那么，从现在起，享受背诵的乐趣吧！

本套“英语美文诵读菁华”系列丛书分为《激情晨读》、《午后红茶》及《静夜凝思》三本，包括激情演讲、隽永散文、巨人语录、时尚看点等 16 类 200 余篇语言地道、内容新颖的英语短篇。其主要特点如下：

新——丛书按清晨、中午和夜晚三个时间段不同的读书风格分册，每本单册均有鲜明的主题。《激情晨

读》一书涉及追求梦想、珍惜时间生命、名家箴言、成功与失败等，激发读者对人生的激情，实现精神和英语水平的双重升华；《午后红茶》一书涉及健康、时尚、旅游、网络、求职等，让读者在英语环境中了解科技新知，与时尚接轨，用品味下午茶的闲适来赏读美文，成为最 in 的人士；《静夜凝思》一书涉及生活中可能遇到的小事或对人生、境遇的随想，令读者在享受阅读乐趣的同时，情操得到陶冶，心灵受到启迪。

精——丛书中的文章短小精悍，地道纯熟，诵读起来琅琅上口，无论是在写作还是日常交流中都可以信手拈来，非常实用。可以说，本套丛书集提高英语赏析、阅读、口语、写作能力为一体，让读者真正获得超值的享受。

博——本套丛书题材广泛，内容涉及大学生生活中的方方面面，不但包括自然科学，还包括人文社科、科技新知、流行时尚，或纵论梦想，或感悟人生。既贴近大学英语四、六级考试、考研阅读中常见题材，又丰富了读者的知识面，给读者以广阔的思考空间。熟练诵读定会受益良多。

我们坚信，语言是有生命的，只有在背诵了大量美文之后，我们学过的单词和句型才能鲜活起来，才能让我们真正拥有驾驭语言的能力。



Contents Contents

前 言

第一篇 态度做主

- ☞ Did the Earth Move for You? / 3

地球为你而转动

- ☞ The Happy Door / 6

快乐之门

- ☞ Forgiveness / 9

宽恕

- ☞ Don't Miss Out on Life / 12

生活的真谛

- ☞ How to Be Happier / 15

如何更快乐

- ☞ Weakness or Strength / 19

劣势与优势

- ☞ Hanging over the Abyss / 23

悬于深渊之上

- ☞ Attitude / 25

态度



☞ Home on the Way / 27

旅者之家

☞ Packing a Person / 30

包装自己

☞ To Be or Not to Be / 33

生存还是毁灭

第二篇 珍惜拥有

☞ Write Your Own Life / 39

书写你的人生

☞ You! / 42

独一无二的你

☞ Do It Today! / 45

从今天开始

☞ If I Had My Life to Live Over / 49

如果再活一次

☞ "There" Is No Better than "Here" / 53

知足常乐

☞ Everyday Is a Gift / 57

每天都是一份礼物

☞ Life / 61

生活

☞ Wild Flowers / 64

野花



☞ Cherish Opportunities / 67

珍惜机会

☞ Dreams / 70

梦想

☞ Love Your Life / 73

热爱生活

☞ Excuses / 76

借口

第三篇 真情物语

☞ A Miracle of Tears / 81

神奇的眼泪

☞ Angel of Child / 84

孩子的天使

☞ Love without Measure / 87

爱无止境

☞ My Father Was My Hero / 90

父亲是我的英雄

☞ Love Is Just a Thread / 93

爱如线

☞ You Can Do Anything / 97

你可以做任何事

☞ The Flowers of Friendship / 101

友谊之花

☞ An Unexpected Insight / 103

意外的感悟

☞ First Snow / 106

初雪

第四篇 风雨人生

☞ April Showers Bring May Flowers / 111

四月雨带来五月花

☞ A Story of the Angel / 114

天使的故事

☞ True Wealth / 117

真正的财富

☞ The 50-Percent Theory of Life / 120

生活理论半对半

☞ A Lesson in Life / 123

生活经验谈

☞ Autumn — the Harvest Season / 127

秋天——收获的季节

☞ Growing Roots / 130

成长之根

☞ Grandfather's Hope / 135

爷爷的希望

☞ Follow Your Dream / 140

追随梦想

☞ I Want to Know / 145

我想知道

☞ Science — A Way of Thinking / 149

科学——一种思维方式

第五篇 职场宝典

☞ A Business Creed / 155

职业信条

☞ Paying Your Dues / 158

不劳无获

☞ Be the Best / 161

做到最好

☞ Time Management / 164

时间管理

☞ Hunting for a New Career / 167

寻找新职业

☞ Working until Exhaustion / 169

我为工作狂

☞ The Job Blues / 172

工作抑郁症

☞ Title or Money / 175

名与利

☞ Be Careful of What You Say / 178

慎言

A sepia-toned illustration of a tropical beach. In the foreground, a sandy beach curves along a calm body of water. A dense line of palm trees and other tropical vegetation borders the beach. The background shows a hazy, distant shoreline under a bright sky.

☞ How to Work Better / 181

如何更好地工作

☞ The Five Sources of Your Power at Work / 184

工作中的五种权力资源

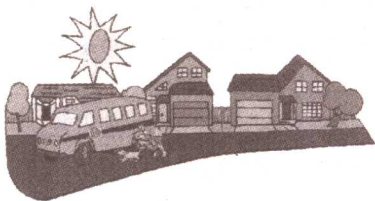
☞ Something Better than Money / 187

比金钱更重要

Did the Earth Move for You?

... it seemed as though a miracle happened.

Eleven-year-old Angela was stricken with a debilitating^① disease involving her nervous system. She was unable to walk and her movement was restricted in other ways as well. The doctors did not hold out much hope of her ever recovering from this



illness. They predicted she'd spend the rest of her life in a wheelchair. They said that few, if any, were able to come back to normal after contracting^② this disease. The little girl was undaunted^③. There, lying in her hospital bed, she would vow to anyone who'd listen that she was definitely going to be walking again someday.

She was transferred to a specialized rehabilitation^④ hospital in the San Francisco Bay area. Whatever therapies could be applied to her case were used. The therapists^⑤ were charmed by her undefeatable spirit. They taught her about imaging — about seeing herself walking. If it would do nothing else, it would at least give her hope and something positive to do in the long waking hours in her bed. Angela would work as hard as possible in physical therapy, and in exercise sessions. But she worked just as hard lying there faithfully doing her imaging, visualizing^⑥ herself moving, moving, moving!

One day, as she was gathering all her might to imagine her





legs moving again, it seemed as though a miracle happened: the bed moved! It began to move around the room! She screamed out, "Look what I'm doing! Look! Look! I can do it! I moved! I moved!"

Of course, at this very moment everyone else in the hospital was screaming, too, and running for cover. People were screaming, equipment was falling and glass was breaking. You see, it was the recent San Francisco earthquake. But don't tell that to Angela. She's convinced^⑦ that she did it. And now only a few years later, she's back in school. You see, anyone who can shake the earth between San Francisco and Oakland can conquer^⑧ a piddling^⑨ little disease, can't they?

词汇引擎

- ① debilitate /di'biliteit/ *vt.* 使衰弱, 使虚弱
- ② contract /kən'trækt/ *vt.* 感染
- ③ undaunted /ʌn'dəʊntɪd/ *adj.* 勇敢的
- ④ rehabilitation /'ri:həbili'teɪʃən/ *n.* 康复
- ⑤ therapist /'θerəpɪst/ *n.* 临床医学家
- ⑥ visualize /'vɪzjuəlaɪz/ *vt.* 形象化, 想像
- ⑦ convinced /kən'vɪnst/ *adj.* 确信的, 深信的
- ⑧ conquer /'kɒŋkə/ *vt.* 征服, 战胜
- ⑨ piddling /'pɪdlɪŋ/ *adj.* 微不足道的

参考译文

地球为你而转动

的身体变得非常虚弱。她无法行走，其他行动也受到限制。医生对她的康复不抱什么希望，他们预言她得在轮椅上度过余生。医生说，极少有人能在患上这种病后恢复到正常的状态。小女孩毫不气馁，她躺在病床上，会向每一个愿意听她讲话的人发誓，她有一天一定会重新站起来走路。

她转院到了旧金山海湾地区的一家专业康复医院，治疗专家们使用了所有能用于她的病症的治疗方法，他们都为她永不言败的精神所折服。他们教她想像——想



像看到自己走路的样子。如果这对治疗不起作用，也至少会给她希望，让她在漫长的白天里在病床上能做点积极的事情。安吉拉在做物理治疗时和在进行锻炼时都尽了自己最大的努力，她也同样努力地躺在那想像，想像自己在走路，走路，走路！

一天，当她又在使出浑身解数想像自己的腿在移动时，奇迹似乎发生了：床动了！床开始在房间里来回移动！她尖叫起来：“看我在做什么！看呀！看呀！我做到了！我动了！我动了！”

当然，此时医院里的每个人都在尖叫，并来回跑动以寻找遮身之处。设备掉了下来，玻璃碎了。你知道，这是最近旧金山的一场地震。但是不要告诉安吉拉。她相信是自己成功了。现在，仅仅几年之后，她回到了学校。能够让旧金山和奥克兰之间的陆地震动的人当然能够战胜微不足道的疾病，不是吗？

静

夜





The Happy Door

Mildred Cram

Being happy is a duty.

Happiness is like a pebble^① dropped into a pool to set in motion an ever-widening circle of ripples^②. As Stevenson has said, being happy is a duty.

There is no exact definition of the word happiness. Happy people are happy for all sorts of reasons. The key is not wealth or physical well-being, since we find beggars, invalids^③ and so-called failures that are extremely happy.

Being happy is a sort of unexpected dividend. But staying happy is an accomplishment^④, a triumph^⑤ of soul and character. It is not selfish to strive for^⑥ it. It is, indeed, a duty to us and others.

Being unhappy is like an infectious^⑦ disease; it causes people to shrink away from^⑧ the sufferer. He soon finds himself alone, miserable and embittered. There is, however, a cure so simple as to seem, at first glance, ridiculous: if you don't feel happy, pretend to be!

It works. Before long you will find that instead of repelling^⑨ people, you attract them. You discover how deeply rewarding it is to be the center of wide circles of good will.

Then the make-believe^⑩ becomes a reality. You possess the secret of peace of mind, and can forget yourself in being of service to others.