

晨读英语美文

主编 肖婵 李晓燕

100篇

一份精美的英语早餐
融时尚与经典于一体
一杯香醇的文化美酒
集生活与艺术于一身

CET-4



中国 社会 出版社

晨读英语美文

主编 肖婵 李晓燕

100篇

一份精美的英语早餐
融时尚与经典于一体
一杯香醇的文化美酒
集生活与艺术于一身

CET-4

中国社会出版社

图书在版编目(CIP)数据

晨读英语美文 100 篇. 四级 / 肖婵 李晓燕主编. — 北京: 中国社会出版社, 2005. 1
(晨读英语美文 100 篇)
ISBN 7-5087-0412-6

I. 晨... II. ①肖 ②李... III. 英语—阅读教学—高等学校—水平考试—自学参考资料 IV. H319.4

中国版本图书馆 CIP 数据核字(2005)第 003020 号

书 名: 晨读英语美文 100 篇 四级
主 编: 肖婵 李晓燕
责任编辑: 王秀梅

出版发行: 中国社会出版社 邮政编码: 100032
通联发行: 北京市西城区二龙路甲 33 号新龙大厦
电话: 66078622 传真: 66078622
欢迎读者拨打免费热线 8008108114 或登录 www.bj114.com.cn 查询相关信息
经 销: 各地新华书店

印刷装订 在川明天印务有限公司
开 本 787×1092 毫米
印 张 13 印张
字 数 300 千字
版 次 2005 年 1 月第 1 版
印 次 2005 年 1 月第 1 次

书 号 ISBN 7 5087-0412-6/H·87
定 价 全套二册 25.60 元; 本册 12.80 元

(凡中国社会版图书有缺漏页、残破等质量问题, 本社负责调换)

前 言

学英语需要朗读,这是很多成功的英语学习者学好英语的亲身体会。朗读可以培养语感,朗读可以训练思维,朗读可以体会音韵,朗读可以让您在一种优美的语言交融中不知不觉的体会到英语水平的提升和长进。朗读,是一个语言知识和语言材料逐步内化的过程,是一个必不可少的学习过程。

朗读,最好的时间在早晨,一天的开始,您的思维最活跃、您的心境最纯洁、您的语言理解和语言接受意识和能力最强。晨读,每天开口 15 分钟,让您的一天沉浸在美好的语言韵律中,让您刚刚读过的优美文章、精彩句子在一天中慢慢沉浸、消化、吸收,成为您自己的东西。

为了给您提供一份精美的英语早餐,让您的英语水平在每天开口的 15 分钟里潜移默化、逐步提高,我们博采众长、精挑细选,从浩如烟海的经典妙文和鲜活时文里给您筛选、组合了这本《四级晨读美文 100 篇》,带给您一份清新扑面的全新感受。

本书的特点:

- 一、经典时新、兼容并蓄。文章选取中,既注重经典名篇的精华选辑,又注重最新报刊杂志上时文美文的挑选。
- 二、题材广泛,内容新颖。记叙文、描写文、说明文、议论文这四类题材均有涉及,让您每天十五分钟朗读中全面提升。
- 三、语言规范、生动活泼。所选文章语言优美、文法地道,是锤炼、陶冶语言技巧、语言修养的最好资料。

四、知识性强、趣味性好。很多文章富于哲理,耐人寻味,在浓浓的人文氛围、文化氛围中获得人生的升华。

五、佳句赏析、妙语如珠。每篇文章后面有经典句子欣赏,指出文章的精妙之处,让您反复回味。

六、配有汉语译文,易于诵读者体会英汉双语语境表达同一美好主题时的不同感觉和语言的差异。

在编写此书的过程中,编者参考了许多国内外出版的有关书刊,谨此向这些书刊的编者和作者表示衷心的感谢。由于编者水平有限,书中谬误在所难免,诚请同行专家和广大读者不吝赐教。

编 者

目 录

1. Happiness	1
2. The English Character	5
3. Exercise	9
4. Olympic Games	13
5. The American Obsession: Fast Food	17
6. Come as You Are	21
7. An Irish Wedding	25
8. Challenges of School	29
9. Building Bridges	33
10. Struggling in America	37
11. Comments on the American Dream	41
12. Medicine for a Broken Heart	45
13. Hong Kong Ousts Tokyo as Most Expensive City	49
14. To Do or Not to Do? The Answer Is a Click Away	53
15. About Streaking	57
16. Loving and Learning — A Good Match	61
17. Leisure and Boredom	65
18. The Beatles	69
19. Australia: A Land of Exceptional Beauty	73
20. Every Living Person Has Problems	77
21. Cookies	81
22. English as a Crazy Language	85
23. Oh, babies!	89
24. Butterfly's Wings	93
25. Difference between Cultures	97
26. Friendship	101
27. Encouragement	105

28. Schooling and Education	109
29. Children's Numerical Skills	113
30. Modern American Universities	117
31. The Origin of the Refrigerators	121
32. Truancy in Universities — an Analysis	125
33. My Perfect Wife	129
34. Ode to Cigarettes	133
35. Types of University Students	137
36. The History of Thanksgiving Day	141
37. Christmas Carols	145
38. Taking Children to College	149
39. Pub-talk	153
40. Feather in the Wind	157
41. Problems and Opportunities	161
42. Everything Is to Be Paid for	165
43. Mom's Little Guide	169
44. What Happened to Sunday?	172
45. Old Couple at McDonald's	176
46. Paper Still Has Weight	180
47. Dating with My Mother	184
48. Cat with a Phone Number	188
49. Vancouver: A World-Famous Port City	192
50. How to Win Friends and Influence People ...	196
51. Stress	200
52. Companionship of Books	204
53. Disney World	208
54. Humor	212
55. Passing on Small Change	216
56. The Power of Beauty	220
57. Examinations — a Necessary Evil	224
58. Building Your Own House	228
59. The Success Personality	232

60. Encouragement Can Work Miracles	236
61. The Two Drives in Man	240
62. Education and Schooling	244
63. You Can Have Entertainment at No Cost	248
64. Versatile Man	252
65. If I Were a Boy Again	256
66. Information is Power	260
67. Did The Earth Move For You?	264
68. How to Grow Old	268
69. What I had Lived for	272
70. Funeral Sermon for Mammy Caroline Barr ...	276
71. Money	280
72. What is a Typical American Film?	284
73. The Child's Guardian Angel	288
74. Things Aren't Always What They Seem	292
75. Laziness	296
76. War	300
77. How Modern Art Came to America	304
78. Children's Hours at Home	308
79. No More Heroes?	312
80. How to Avoid Foolish Opinions	316
81. Is There a Backward Language?	320
82. Computer Addiction	324
83. Salaries	328
84. Volunteers	332
85. Tourism	336
86. Work and Play	340
87. The Story of Sissa	344
88. The Wind	348
89. A Conversation between Mr. and Mrs. Bennet	352
90. University Life under Strain	356

91. Chinese Americans	360
92. Paradox of Our Times	364
93. Future Cars	368
94. The Importance of Sound	372
95. Hotter or Colder?	376
96. People with Disabilities	380
97. Will Man Conquer Space?	384
98. Computers: Are They Easier to Use?	388
99. The Importance of Developing Attitude	392
100. Pop Stars	396

1 Happiness



Happiness lies not in the mere possession of money;
it lies in the joy of achievement,
in the thrill of creative effort.

幸福不在于拥有金钱，
而在于获得成就时的喜悦以及产生创造力的激情。

引言

真正的幸福一直是人类的追求。到底什么才是真正的幸福呢？幸运地中了大奖能让人幸福吗？真正的幸福只能是来自内心。诚实的品德，勤奋的工作，尽最大努力对社会做出自己的贡献；这些才能真正为你带来幸福。文章结构清楚，文笔流畅，多次使用对比，让人印象深刻。

Many people think that when they become rich and successful, happiness will naturally follow. Let me tell you that nothing is further from the truth. The world is full of very rich people who are as miserable as if they were living in hell. We have read stories about movie stars who committed suicide or died from drugs. Quite clearly, money is not the only answer to all problems.

Wealth obtained through dishonest means does not bring happiness. Lottery winnings do not bring happiness. Gamble winnings do not bring happiness. To my mind, the secret to happiness lies in your successful work, in your contribution towards others' happiness and in your wealth you have earned through your own honest effort. If you obtain wealth through luck or dishonest means, you will know that it is ill earned money. If you get your money by taking advantage of others or by hurting others, you will not be happy with it. You will think you are a base person.

Long-term happiness is based on honesty, productive work, contribution, and self-esteem. Happiness is not an end; it is a process. It is a continuous process of honest, productive work which makes a real contribution to others and makes you feel you are a useful, worthy person. As Dr. Wayne wrote, "There is no way to happiness. Happiness is the way." There is no use saying "Some day when I achieve these goals, when I get a car, build a house and own my own business, then I will be really happy." Life just does not work that way. If you wait for certain things to happen and depend on external circumstances of life to make you happy, you will always feel unfulfilled. There will always be something missing.

Vocabulary

● lottery ⁴ /'lɒtəri/	n.	彩票
● commit ⁴ /kə'mɪt/	v.	做
● contribution ⁴ /ˌkɒntri'bjuːʃən/	n.	作贡献
● miserable ⁴ /'mɪzərəbl/	adj.	糟糕的
● obtain ⁴ /əb'teɪn/	v.	获得, 获取
● continuous ⁴ /kən'tɪnjuəs/	adj.	持续不断的
● external ⁴ /ɪk'stɜːnl/	adj.	外部的, 外在的

经典句

To my mind, the secret to happiness lies in your successful work, in your contribution towards others' happiness and in your wealth you have earned through your own honest effort.

此句中使用了平行结构, 连续三个 lies in your successful work, in your contribution, in your wealth 形成了排比, 非常有气势的表达了作者对于幸福的观点。

中文意境

幸福

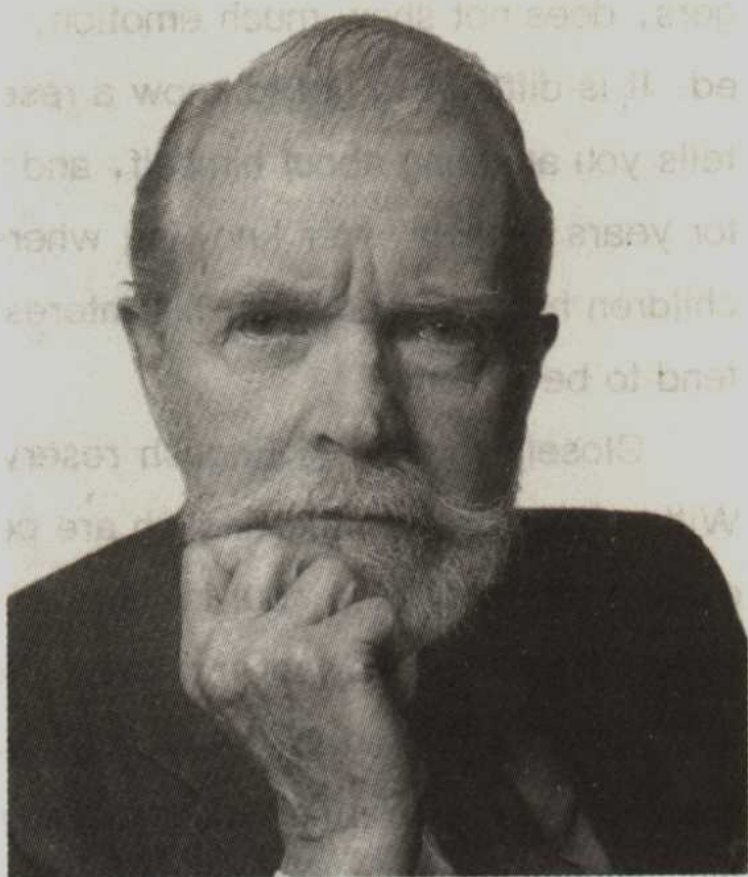
许多人都认为当他们变得富有并成就斐然时, 幸福自然会随之而来。我要告诉你们事情远非如此。世界上有许多富人就像生活在地狱般痛苦。我们读过关于电影明星自杀或因吸毒而身亡的报道。显然, 金钱并非是解决所有问题的唯一办法。

不义之财不能带来幸福。买彩票赢得的钱财不能带来幸福。赌博赢得的钱财不能带来幸福。依我之见, 幸福的秘诀在于工作富有成就, 在于为别人的幸福做出贡献

(contribution), 在于自己的财富是通过自己老老实实的劳动得来的。如果你靠运气或欺骗的方式获得了财富, 你会知道你的财富是不义之财。如果你的财富是靠利用或伤害别人得来的, 你就不会感到幸福。你会认为自己是个卑鄙小人。

长久的幸福是建立在诚实、富有成效的工作、贡献和自尊的基础上的。幸福不是结果, 而是过程。持久的幸福是一个持续不断的老老实实、卓有成效的工作、为他人做贡献的过程。它使你觉得自己是个有价值的人。正如戴尔博士所说: “没有通向幸福的路。幸福本身就是路。” 光一味地说 “有朝一日, 我实现了自己的目标, 有车有房, 独立自主做生意, 那时我就幸福了”, 这是毫无意义的。生活绝不是这样的。如果你等待外界发生变化, 依靠生活的外界条件使你感到幸福, 那你永远不会有成就感。你的生活总会有欠缺。

2 The English Character



Choose a life of action,
not one of ostentation.
要选择行动的一生，
而不是炫耀的一生。

引言

学习英语,当然要了解英国人。英国人一直给人冷漠的印象。其实,在这冷漠之后,也隐藏了英国人谦虚、谨慎的一面。让我们在这篇文章中来看看英国人内向、谦虚的性格。文章举例生动,描写英国人的神情惟妙惟肖。

The other Europeans, the best known quality of the British, and in particular of the English, is "reserved". A reserved person is one who does not talk very much to strangers, does not show much emotion, and seldom gets excited. It is difficult to get to know a reserved person: he never tells you anything about himself, and you may work with him for years without ever knowing where he lives, how many children he has, and what his interests are. English people tend to be like that.

Closely related to English reserve is English modesty. Within their hearts, the English are perhaps no less conceited than anybody else, but in their relations with others they value at least a show of modesty. Self-praise is felt to be impolite. If a person is, let us say, very good at tennis and someone asks him if he is a good player, he will seldom reply "Yes," because people will think him conceited. He will probably give an answer like, "I'm not bad," or "I think I'm very good," or "Well, I'm very keen on tennis." Even if he had managed to reach the finals in last year's local championships, he would say it in such a way as to suggest that it was only due to a piece of good luck.

Since reserve and modesty are part of his own nature, the typical English tends to expect them in others. He secretly looks down on more excitable nations, and likes to think of himself as more reliable than they. He doesn't trust big promises and open shows of feelings, especially if they are expressed in flowery language. He doesn't trust self-praise of any kind. This applies not only to what other people may tell him about themselves orally, but to the letters they may write to him. To those who are fond of flowery expressions, the Englishman may appear uncomfortably cold.

Vocabulary

● reserved ⁴ /rɪ'zɜ:vɪd/	adj.	沉默的, 缄默的
● conceited ⁴ /kən'si:tɪd/	adj.	骄傲的, 自负的
● championship ⁴ /'tʃæmpɪənʃɪp/	n.	冠军
● reliable ⁴ /rɪ'laɪəbl/	adj.	可靠的
● apply ⁴ /ə'plaɪ/	v.	应用

经典句

He doesn't trust big promises and open shows of feelings, especially if they are expressed in flowery language.

这句话中的用词非常生动。Big promises, open shows of feelings 中的 big, open 非常口语化, 非常形象, 表现了英国人的内心所讨厌的那种外在的情绪表现, flowery language 也是如此, 用了 flowery 来形容语言, 可以想象这样的语言有多么华丽, 多么夸张。

中文意境

英国人的性格

在其他欧洲人看来, 英国人, 尤其是英格兰人, 最著称的特点是“缄默”(reserved)。一个缄默的人不大与陌生人交谈, 感情不大外露, 也很少情绪激昂。要了解一个缄默的人很难。他从不告诉你关于他自己的任何情况。你有可能和这样一个人在一起工作多年, 也不知道他住在哪里, 有几个孩子, 对什么感兴趣。英国人往往就是这样。

与英国人的缄默紧密相连的是英国人的谦逊。在内心深处英国人的骄傲自负一点也不比别的民族少, 但在与他人交往中, 他们注重谦逊, 起码要表现出谦虚的姿态。

自夸被认为是没有礼貌的表现。比如说,有一个人网球打得很好,要是有人问他是不是个好手,他不大会回答说“是的,我很棒”,因为这样一来,别人就会认为他很自傲(conceited)。他可能会回答说“马马虎虎”,或“我自己觉得还行”,或“哦,我挺喜欢打网球的”。即使他去年在当地的网球锦标赛中打入了决赛,他也会说的似乎只是碰上了好运气。

由于缄默、谦虚是其天性,典型的英国人往往期望别人也具有这些品质。他心底里看不起那些很容易激动的民族,并认为自己比那些人可靠。他不相信言过其实的允诺,过于外露的感情,对于用华丽的词藻做出的承诺和表达出来的感情尤其不会相信。他对任何形式的自诩之词均持怀疑态度,对当面向他自夸的人是如此,对在信中向他自夸的人也是如此。在那些喜欢华丽词藻的人看来,英国人显得过分冷漠,使人感到别扭。