



英语沙龙系列读物

英汉对照

英语文摘

ENGLISH DIGEST

第5集



- 悉尼奥运会主题歌
- 结识单身女人
- 商界成功之道
- 太阳永不落的时光

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悉尼奥运会主题曲

The Gods Will Lift You

Magnificent dream Say you will follow it Magnificent dream
Say you will honour it Magnificent dream
If you touch me with invisible fingers If you hold me
Then I'll go higher, faster I will be stronger
Then the Gods will lift you so far above the ground
Then the Gods will hold you up if you don't look down
If I go running up the hill if I want to then
I will if I go higher, faster if I am stronger
Down to the land and sea then the spirit will survive
And the heart is pure Then the city comes alive
Then the Gods will lift you high Then the Gods will lift you high

上天
鼓舞
着你



宏伟的梦想预示着你将美梦成真
预示着你将宝鼎誉而归的崇高梦想
如果你用无形的手指触摸我,如果你托起我
我将奔跃得更快、更高、更强
上天会一直鼓舞着你超越地平线
如果你不再回头 上天会一直激励你一飞冲天
如果我要跨越高山
如果我更强壮 我将奔跃得更快更高
降临陆地潜入海洋,精神将超越
心灵会纯净 城市也变得充满活力
那时上天将鼓舞着你高飞
上天将鼓舞着你向着更高冲刺

(夏群 摘译)

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Soul Time

By Christina Baker Kline

Several months ago, I had lunch with a friend I hadn't seen in a while. Over salad and coffee, she listened as I described life with two boys under age 2, and I got to hear about the kind of life I barely remember, where two adults living in the same house can have an extended conversation, and deciding what to wear isn't dictated by the related perils of letdown and spit-up.

As we waited for the check, Sarah asked, "So, when was the last time you took time for yourself?"

"I'm doing it right now," I said.

"No. This doesn't count," she said earnestly. "I mean, time alone.►

[参考译文]几个月前，我与一位久违的朋友共进午餐。我们一边吃着沙拉喝着咖啡，她一边听我描述带着两个不到2岁大男孩的生活，而我则听她讲她的两人世界，在那里两人可以倾心长谈，穿衣可随心所欲，不必考虑被泌出的乳汁或小孩的呕吐物所污，这种生活我也有过，可现在几乎已记不起来了。

在我们等着开账单时，萨拉问，“那么，你最近一次花时间在自己身上是什么时候？”

“我现在不就是这样吗？”我说。

“不，这不算数，”她认真►



Time to explore your own needs. Soul time.”

Over the succeeding weeks, I couldn't get Sarah's words out of my mind. Soul time. I began thinking about how many women writers, from Virginia Woolf to Tillie Olsen, have talked about the importance of privacy and contemplation in maintaining a sense of self. Scanning the shelves of a bookstore in search of a present for a friend, I stumbled upon *Simple Abundance: A Daybook of Comfort and Joy*, by Sarah Ban Breathnach, and my eyes fell on the words, "Finding a quiet center in which to create and sustain an authentic life has become as essential as breathing." ►

地说。“我指的是你独处的时间。仔细寻察自己需要的时间。自我时间。”

接连几个星期,我无法忘掉萨拉的话。自我时间。我想起许多女作家,从弗吉尼亚·沃尔夫到蒂莉·奥尔森,都谈到隐私和沉思对保持自我意识的重要性。我在一家书店的书架上找一本书作为送给一位朋友的礼物时,碰到了《简单的富有:舒畅与愉快每日手册》这本书,作者是萨拉·班恩·布雷思纳切。我的目光落到这行字上:“找到一个安静的中心来创造和维持真正的生活,已经成了与呼吸一样不可或缺的事。” ►

I started wondering what would be left of my identity when my children were grown. Like most new mothers, I try to keep up with the news, go to an occasional art exhibit, and read book reviews (if not always the books themselves). My relationship with the outside world is important to me, and I have worked hard to nurture it. But during these years when I've chosen to surround myself with needy, knee-high people--"doing" for my children, as well as my husband, community, and ageing parents--am I sustaining my relationship with my inner world?

Now, when the sitter comes, before I do anything else I sometimes spend a half hour at a coffee bar writing in a notebook. Sometimes I sit by the river. I have been conducting little mental exercises, uncovering aspects of my life that might bear exploration.

One week I focused on overcoming feelings that gnaw at me: my worries about spending money when I'm not making much; about not reading enough child-development books; about popping one of the kids' videos into the VCR when my nerves are frayed. Another week I reflected on my childhood, looking at choices my parents ►

我开始想，当孩子们长大成人后，我的自我都保留下了什么？像许多刚做母亲的人一样，我努力跟上时代，不时去看画展，阅读书评（如果不看书本身的话）。我很重视与外界的联系并努力予以维持。但是这些年来，围绕我身边的是嗷嗷待哺、与我膝盖等高的孩子——每天为了孩子，也为了丈夫及社区和年老的父母做事——我与内心世界还保持着关系吗？

现在，保姆来后，有时我会先在咖啡馆里呆上半个小时作些笔记，然后再做其他的事，有时在河边坐一会儿。我一直在进行一些心智锻炼，发现自己生活中值得探索的问题。

有一个星期，我集中精力克服困扰我的种种感觉：在我挣不到多少钱时，对花钱的顾虑；对没有阅读足够的儿童教育智力开发之类的书的担忧；当我烦躁时，把孩子们的录像带塞进盒式磁带录像机后的悔意。还有一个星期，我认真地回忆思考童年时光，想想父母所做 ►

made and how I might learn from their example.

Mostly I think about the many hats I wear and how these different roles--wife, mother, daughter, friend--converge to create my identity. As I reframe and refine my understanding of who I am and who I want to become, I am learning to value what is important and let go of the rest.

Because I've been on call for others for so long, I sometimes have difficulty discerning what I need. It may take time, but I'm willing to spend it. I don't want to put my journey on hold while my children start theirs.

As it turns out, instead of being an indulgence, this time alone is making me a better mother. I come back more focused than before, and better able to take my children's demands in stride. I can run farther and faster in this marathon of motherhood, because I am learning to stop and breathe deeply now and then. 文

的选择及我从他们的榜样中应学到些什么。

更多的时候,我思考我所扮演的各种角色——妻子、母亲、女儿、朋友——怎样交织合——构成了现在的我。随着我重新认识自己及我想要成为怎样的人,并不断改善观念,我开始学会珍惜重要的东西,而对别的事情放得开些。

那样做可能需要时间,但我愿为之付出。因为我很久以来一直为别人活着,有时我都分辨不出自己需要什么。我不愿当我的孩子们在人生旅途中不断进步时,自己却停滞不前。

事实证明,独处不仅不是一种放纵,反而使我成了一位更合格的母亲。独处后我精力比以前更集中,更能毫不费力地满足孩子们的需求。在做母亲的马拉松式的漫长过程中,我能跑得更远更快了,因为我已学会适时停下来做做深呼吸。

(李亨 摘译)



How Motorola

Snapped Out Of Its Funk

By William Holstein

In the early 1990s, before the Internet redefined the game, Motorola was among America's most successful technology companies. With customers snapping up its cellular telephones, pagers, and other high-tech thingamabobs, Motorola's sales more than doubled from \$10 billion in 1989 to \$22 billion by 1994.

But then Motorola, case study in excellence, became Motorola, basket case. Smug and self-satisfied, the company clung to the analog technology it used in cell phones, altogether missing the shift to digital. Two companies from Finland and Sweden, of all places, routed the mighty Motorola in the wireless phone market. ►

[参考译文] 20 世纪 90 年代初,在因特网重定信息业局面之前,摩托罗拉曾是美国最成功的技术公司之一。随着客户抢购它生产的移动电话、寻呼机和其他高技术产品,摩托罗拉的销售额翻了一番多,从 1989 年的 100 亿美元上升到 1994 年的 220 亿美元。

然而不久,曾作为优秀典范的摩托罗拉却陷入了困境。这家沾沾自喜的公司墨守过去用于移动电话的模拟技术,而错过了向数字技术的转化。来自芬兰和瑞典的两家公司抢占了摩托罗拉巨大的无线电话市场。 ►



A leadership crisis compounded the problems, particularly after respected Chief Executive George Fisher left in late 1993 to head Eastman Kodak. The new boss, Chris Galvin, 49, the third generation of his family to run the company, was considered unseasoned—at best. At the time, a CEO at a rival company scoffed that Motorola seemed destined for “second tier” status.

Happily for Galvin, that hasn't happened. In fact, Motorola not only remains very much a first-tier company but is once again at the cutting edge of the technological changes sweeping the nation. ►

摩托罗拉如何走出低谷

领导班子的危机加快了问题的出现,尤其是在德高望重的首席执行官乔治·费希尔于1993年底离开摩托罗拉去掌管伊斯门科达公司以后。作为掌管摩托罗拉公司的高尔文家族的第三代,49岁的新老板克里斯·高尔文不过是个经验不足的新手。那时,一家与之竞争的公司总经理嘲讽说,看来摩托罗拉注定要沦为“二流”公司了。

令高尔文欣慰的是,事实并非如此。摩托罗拉不仅保持着“一流”公司的地位,而且再次站在了全国技术革新的前列。这►

Much of the credit for the turn around goes to veteran executive Merle Gilmore. Last summer, Galvin named Gilmore, an old confidant, to take over five communications subsidiaries that account for about 70 percent of Motorola's sales. Gilmore, 51, promptly set up an office as president of a new "Communications Enterprise" in an office building towering over the sprawling Motorola headquarters west of Chicago. The symbolism was obvious: Gilmore had broad freedom to remake Motorola.

Going outside Motorola's ranks, Gilmore has brought in executives from Ericsson, Ameritech, and Apple Computer. He has also launched a flurry of acquisitions as well as joint ventures and alliances with Alcatel and Cisco Systems.

Gilmore has also cut several thousand jobs mostly out of the overlapping bureaucracies and moved, 3,000 engineers from areas that didn't have bright futures to products like digital phones. About 70,000 employees now report to Gilmore, an empire larger than those of the vast majority of American captains of industry.

Gilmore can talk the talk, predicting "tornadic" technological change to come. In the future, he says, mobile ►

一转折的出现,大多归功于老执行官默尔·吉尔摩。去年夏天,高尔文任命知己吉尔摩接管占摩托罗拉销售额约70%的5家所属通信公司。51岁的吉尔摩立即在一幢矗立在芝加哥西部摩托罗拉总部的写字楼里设立了一间办公室,并出任新“通信公司”总裁,其象征意义不言而喻:吉尔摩有广泛的自由以重塑摩托罗拉。

在摩托罗拉高级管理层之外,吉尔摩还从爱立信、亚美达科通信公司以及苹果计算机公司引进管理人才。他还着手与阿尔卡特和思科公司建立合资和联营关系,并进行了一系列的并购活动。

吉尔摩还削减了数千个岗位,大多出自职能重复的部门,并从前景不看好的领域抽调3000名工程师来从事开发类似数字电话之类的产品。现在,约70000名雇员归吉尔摩领导,形成了一股比美国绝大多数工业巨头还强大的势力。

吉尔摩有资格预测即将到来的“旋风式”技术 ►

telephones, two-way pagers, personal organizers, and other handheld devices will combine voice and Internet services. Consumers will be able to use them anywhere, anytime. "This is not about technology," Gilmore says. "It's really about changing the way people live their lives."

As the company rolls out a series of new products, Motorola is also poised to regain market share from Nokia and Ericsson. Hoffman, a senior analyst, says Motorola already is challenging Sweden's Ericsson as the U.S. market leader for the "global system for mobile communication" technology. It is also gaining ground on the Finnish Nokia, Motorola's single toughest competitor. Nokia makes dual-and tri-band phones that work on combinations of analog and digital networks, giving it a broader portfolio than Ericsson's. Motorola currently accounts for about 30 percent of all cell phones sold in the United States, according to Dataquest. That's still the No. 1 spot, but it's a far cry from the 50 percent market share Motorola enjoyed in 1995. 文编

变革。他说,将来移动电话、双向寻呼机、个人记事本和其他手持电话将综合语音和网络服务,消费者能随时随地使用。他说:“这不是技术问题,实际上将关系到改变人们的生活方式。”

随着一系列新产品的大量生产,摩托罗拉还准备从诺基亚和爱立信手中夺回市场份额。一位名叫霍夫曼的资深分析家说,摩托罗拉已经在挑战瑞典爱立信占据的美国“全球移动通信技术”市场的领导地位。它还抢夺其最有力的竞争者——芬兰诺基亚的地盘。诺基亚综合模拟和数字网络技术生产双频和三频电话,因而比爱立信有更多的业务量。据统计资料表明,摩托罗拉目前在美国移动电话销售量中约占30%,仍居榜首,但离它1995年达到的50%市场份额还相差甚远。(李玲 摘译)



What's Behind The Escalating Trend Of Black-White Marriage?

By Lynn Norment

白人黑人通婚增多说明了什么?

As we head into the new millennium, marrying and dating across cultural lines seem to be increasing at record rates.

Almost anywhere you go these days, you will encounter mixed-race couples: at the grocery store, the theater, at a company function, at a con- ▶

[参考译文]当我们跨入新千年的时候,打破文化界线的婚姻和约会似乎在以创记录的速度增加。

如今你无论走到哪里都会遇到不同种族结合的爱侣,不管在杂货店、剧场还是在公司的宴会与音乐 ▶



cert, even at church.

In movies, on television and even on Broadway, the theme of interracial love has become en vogue. A new Broadway musical, Marie Christine, revolves around a relationship in the 1800s between a Black woman (Audra McDonald) and White sea captain.

According to the U. S. Census Bureau, in 1997 there were 311, 000 interracial (Black-White) married couples, more than six times as many as in 1960. Of those, 201, 000 were comprised of a Black husband and White wife, while there were 110,000 couples in which the husband was White and the wife Black. Some estimate that today 10 percent of married Black men have mates of another race.

会上,甚至于教堂里,都能够遇到。

不同种族间的恋情已成为许多电影、电视甚至百老汇演艺节目的主题,十分流行。百老汇的一个新音乐喜剧《玛丽·克里斯汀》演的就是19世纪一位黑人妇女和白人船长的恋情。

Some social observers say that the increase in cross-cultural relationships is tied directly to the breakdown of school and residential segregation and the 1967 overthrow of the last antimiscegenation laws. That year the U. S. Supreme Court declared unconstitutional laws barring racial intermarriage in Virginia and 15 other states. A mixed couple in Virginia had challenged the state's 1924 antimiscegenation statute in response to their being forced by local law officials to live apart, go to jail or leave the state. ►

根据美国人口统计局1997年的数字,黑人与白人通婚的有31.1万对,相当于1960年6倍。其中20.1万对是黑人丈夫白人妻子,11万对是白人丈夫黑人妻子。有人估计,如今已婚黑人中有10%的人娶了白人妻子。

有些社会观察家说,跨越文化界线的结合之所以增加,主要是打破了学校和住房的种族隔离,以及1967年取消了禁止种族通婚的法律。就在那一年美国最高法院宣布:弗吉尼亚州及其他15个州禁止种族间通婚的法律违反宪法。最高法院是根据弗吉尼亚州的一个案例作此裁定的。该州法庭根据其1924年禁止种族间通婚条例,判决一对►

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In addition, most grade schools and colleges are integrated, and so are workplaces and neighborhoods. Many middle-class Black kids grow up in affluent White areas and socialize with White kids from kindergarten on. When they reach the adolescent and teen years, they naturally are attracted to those within the same social circles in



混合伴侣要么分居、要么坐牢、要么离开该州。

此外,多数小学和预科学校都把不同种族的学生合在一起上课,工作场所和居住地区也都取消了隔离。许多中产阶

which they grew up and in which they are comfortable.

Alvin Poussaint, MD, a professor of psychiatry at Harvard Medical School, says there is an increase in interracial marriages at this time because Black people are moving more and more into what he refers to as the “mainstream of American society,” and social barriers are dissolving.

“Some of the negative attitudes toward interracial marriage have been lifted considerably,” says Dr. Poussaint. “Today you see young people watching MTV (where they see Whites and Blacks interacting in the music videos). You see more mixed dating and mixed couples. This has become less taboo. You also see an easing ▶

级黑人子女在富裕的白人区长大的,从幼儿园起就和白人子女有交往,他们同在一个社会圈子里长大自然彼此吸引,并觉得在这个圈子里很舒服。

哈佛大学医学院精神病学教授阿尔文·普桑特医学博士说,种族间婚姻此时增加是因为黑人愈来愈进入他所谓的“美国主流社会”,社会壁垒正在消除。

普桑特博士说:“对种族通婚的某些反对态度大大减弱了。现在你可以见到年轻人在一起看音乐电视,这些音乐片中白人与黑人同台对唱。你还可以见到更多的 ▶

of a kind of pressure on Blacks who are thinking about dating or marrying interracially. Since there is no social sanction in the Black community, people feel free to say, 'I like this person and this is what I want to do, so I'll do it.'"

The specific reasons behind the escalating trend of dating and mating across color and racial lines vary from individual to individual. Some Black women say they were attracted to their White spouses because they had found it difficult to meet Black men on their social and income levels. Others say their mates treat them well and share common interests.

混合约会和混合伴侣。禁忌少了,不同种族间约会或通婚对黑人思想上的压力减轻了。既然黑人社会中此种社会制裁不存在了,人们就可以自在地说,‘我喜欢这个人,我就喜欢这样做,我就做了。’”

不同肤色和种族的人约

Some people seem to simply prefer to date people of another race. For instance, Robert DeNiro has had two Black wives and has dated a number of Black women, including models Naomi Campbell and Tookie Smith. O. J. Simpson continues to demonstrate a preference for White women, and Whoopi Goldberg consistently dates White guys.

While interracial mating is more accepted in today's society, there nevertheless are stereotypes and other negative aspects to be considered. Society in general has a history of frowning on Black-White marriages, and despite integration elsewhere, many people in the White as well as the 会配对的趋势日益增强,理由很多且因人而异。有些黑人妇女说,她们被白人吸引是因为黑人中找不到与她们的社会地位及收入水平都相当的男人。还有些黑人妇女说她们的白人男友待她们很好,并兴趣相投。

有的人就是喜欢和别的种族异性约会。例如罗伯特·迪尼罗有两个黑人妻子,还和好些黑人妇女约会过,包括女模特诺米·堪贝尔、图基·史密斯。再就是 O. J. 辛普森,他一直喜欢白人妇女;乌比·戈德贝格老是和白人男性约会。

尽管现在的社会容许不同种族的男女约会,也仍然还有守旧派,还有不容忽视▶