

常青藤语言教学中心
荣誉推荐

读故事

记单词

学语法

逆境卷

Everyday English Notes

每天读点好英文

感谢 折磨你的人

Thanks to Someone
Who Hurts You

吴文智 主编



海豚出版社
DOLPHIN BOOKS

中国国际出版集团

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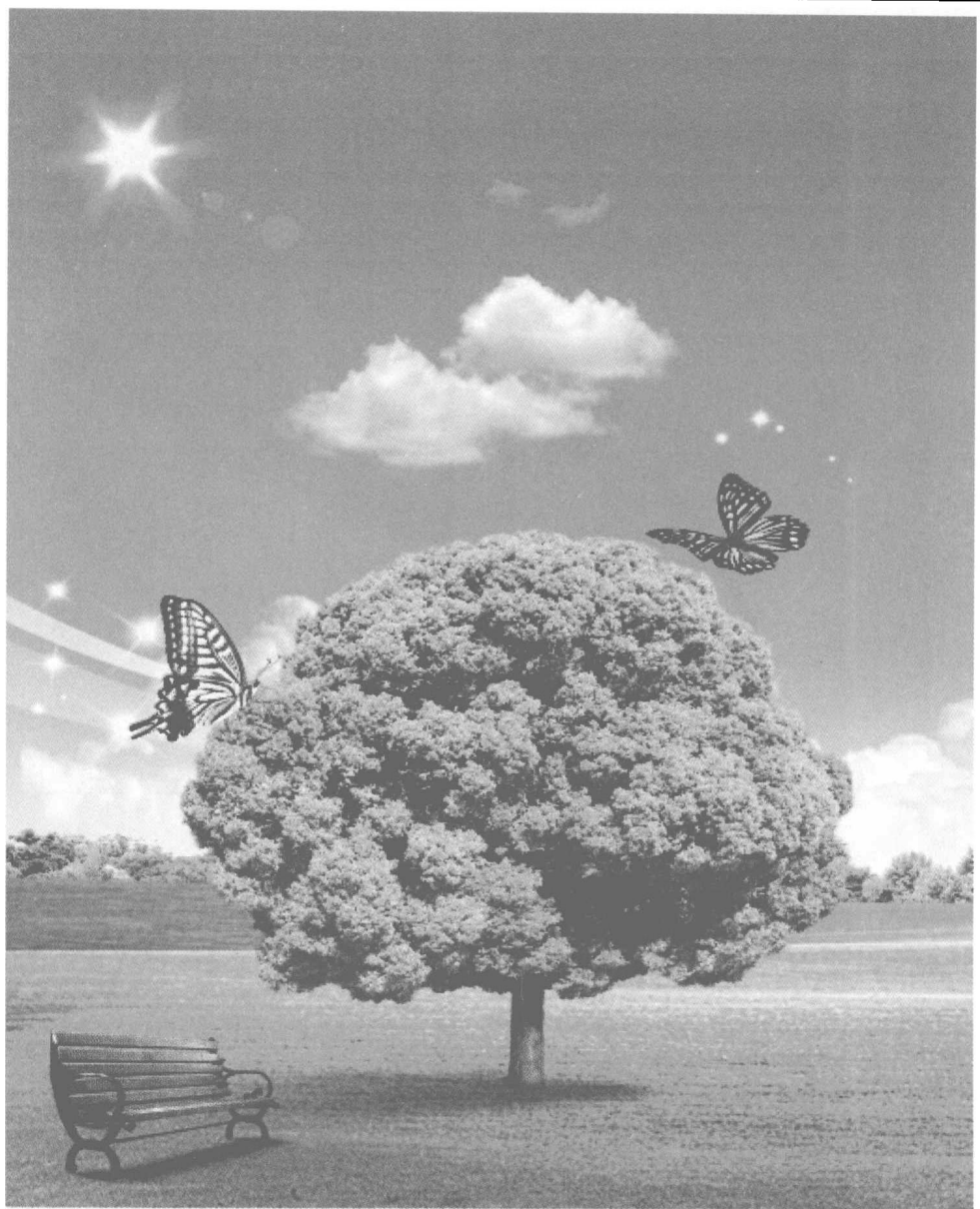
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所谓命运不过是自己选择的结果。尽管人们的追求不同、喜好各异，但无疑每个人都想在短暂的生命旅途中享受愉悦、收获幸福。

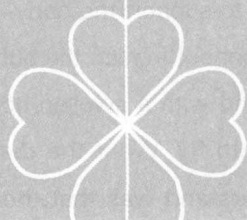


我不会因昨日的成功而骄傲自大，
因为这是失败的祸根。
不论昨日的一切是好是坏，
我都将忘记，
满怀自信地迎接新一轮太阳的升起，
我相信这将是更美好的一天。

第一卷

生命本身就是最美的希望

Life Is the Best Beautiful Hope





蝴蝶的翅膀

Butterfly's Wings

• 佚名 / Anonymous

One day a small opening appeared on a **cocoon**, a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no further. So the man decided to help the butterfly, he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then **emerged** easily.

But it had a **swollen** body and small, **shriveled** wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly. What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle

required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been.

I asked for strength
And God gave me difficulties to make me strong.
I asked for wisdom
And God gave me problems to solve.
I asked for courage
And God gave me danger to overcome.
I asked for love
And God gave me troubled people to help.
I received nothing I wanted.
I received everything I needed.



一天，有一个蚕茧上面出现了一道裂缝。一个人坐在那儿，好几个小时里，他看着蝴蝶挣扎着穿破小小的缝隙，试图挤出来。然而，它看起来毫无进展，似乎已竭尽全力，无法往前再迈一步。于是，这个人决定帮蝴蝶一把。他拿来一把剪刀，剪破蚕茧的其他部分后，蝴蝶轻易地破茧而出。

然而，蝴蝶的身体肿胀，翅膀小且皱巴巴的，没有展开。

这个人继续观察蝴蝶，他希望在某一刻，蝴蝶的翅膀能够展开张大，身体慢慢缩小，最终翅膀能够支撑身体飞起来。但他始终没有看到这一幕。事实上，这只蝴蝶只能拖着肿胀的身体和皱褶的翅膀，爬行着度过它的余生，再也飞不起来。这个急躁而好心的人并不知道，束缚蝴蝶的蚕茧，穿过狭小的缝隙所需的挣扎，都是上帝的安排。在那个过程中，蝴蝶将体内的水分挤到翅膀里，作好起飞的准备，一旦它突破蚕茧获得自由，就能飞翔。

有时候，我们需要的正是奋斗。若上帝让我们的生活一帆风顺，那么，我们的人生就会有缺陷。我们也就不能达到我们应有的强壮。

我渴求力量

上帝给予困难，让我变得强大。

我渴求智慧

上帝给予难题，让我去解决。

我渴求勇气

上帝给予危险，让我去征服。

我渴求爱

上帝给予危难中的人，让我去帮助。

我没有得到任何我想要的，

我却得到了所有我需要的。

“不经一番寒彻骨，哪来梅花扑鼻香！”在成长的路上没有捷径可走，即使有，也是一条布满荆棘、迂回曲折的坎坷之路。因为只有体验荆棘之痛，我们才会懂得坚强；只有经历坎坷之苦，我们才能变得坚韧；也只有具备这些品质，我们才能在未来的人生路上冲破各种困境，自由飞翔。

词汇笔记

cocoon [kə'ku:n] *n.* 茧; 蚕茧

- 例 The children tore the cocoon open to see if there was a pupa.
孩子们撕开蚕茧看看里面有没有蛹。

emerge [i'mə:dʒ] *v.* 露头; 显现; 显露

- 例 When patterns are broken, new worlds can emerge.
打破固定的模式, 新世界才能出现。

swollen ['swɒlən] *adj.* 膨胀的; 肿起的; 浮肿的

- 例 Her eyes were swollen with weeping.
她把眼睛都哭肿了。

shrivelled ['ʃrɪvlɪd] *adj.* 干瘪的; 皱缩的; 枯萎的

- 例 He had become a shrivelled old man.
他已变成一个干巴老头。

小试身手

一旦它突破蚕茧获得自由, 就能飞翔。

译

有时候, 我们需要的正是奋斗。

译

若上帝让我们的生活一帆风顺, 那么, 我们的人生就会有缺陷。我们也就不能达到我们应有的强壮。

译

短语家族

Then it seemed to stop **making any progress**.

make progress: 取得进步; 进展; 前进

造

He took a pair of scissors and **snipped off** the remaining bit of the cocoon.

snip off: 剪掉; 铰掉

造



为了哨子你付出昂贵的代价

You Give too Much for Your Whistle

• 佚名 / Anonymous

When I was a child of seven years old, my friends, on a holiday, filled my pocket with coppers. I went directly to a shop where they sold toys for children; and being charmed with the sound of a whistle, that I met by the way in the hands of another boy, I **voluntarily** offered and gave all my money for one. I then came home, and went whistling all over the house, much pleased with my whistle, but **disturbing** all the family. My brothers, and sisters, and cousins, understanding the **bargain** I had made, told me I had given four times as much for it as it was worth; put me in mind what good things I might have bought with the rest of the money; and laughed at me so much for my folly, that I cried with **vexation**; and the reflection gave me more chagrin than the whistle gave me pleasure.

This, however, was afterwards of use to me, the impression continuing on my mind; so that often, when I was

tempted to buy some unnecessary thing, I said to myself: Don't give too much for the whistle; and I saved my money.

As I grew up, came into the world, and observed the actions of men, I thought I met with many, very many, who gave too much for the whistle.

When I saw one too ambitious of court favor, sacrificing his time in attendance on levees, his repose, his liberty, his virtue, and perhaps his friends, to attain it, I have said to myself, this man gives too much for his whistle.

When I saw another fond of popularity, constantly employing himself in political bustles, neglecting his own affairs, and ruining them by that neglect, He pays, indeed, said, too much for his whistle.

If I knew a miser, who gave up every kind of comfortable living, all the pleasure of doing good to others, all the esteem of his fellow-citizens, and the joys of benevolent friendship, for the sake of accumulating wealth, Poor man, said I, you pay too much for your whistle.

When I met with a man of pleasure, sacrificing every laudable improvement of the mind, or of his fortune, to mere corporeal sensations, and ruining his health in their pursuit, Mistaken man, said I, you are providing pain for yourself, instead of pleasure; you give too much for your whistle.

If I see one fond of appearance, or fine clothes, fine houses, fine furniture, fine equipages, all above his fortune, for which he contracts debts, and ends his career in a prison, Alas! Say I, he has paid dear, very dear, for his whistle.

When I see a beautiful sweet-tempered girl married to an ill-natured brute of a husband. What a pity, say I, that she

should pay so much for a whistle!

In short, I conceive that great part of the miseries of mankind are brought upon them by the false estimates they have made of the value of things, and by their giving too much for their whistles.



七岁时，有一次放假，朋友们给了我很多铜币，塞了满满一口袋。于是，我便直奔一家儿童玩具专卖店。路上，我被一个男孩手中哨子的哨音吸引住了，于是，我主动提出用我所有的铜币换他的哨子。我很得意，一回到家里，就吹着哨子满世界跑，但这哨音打扰了家人。哥哥、姐姐和表亲们得知我做的这笔交易后，就告诉我，我付了四倍于哨子价值的钱。他们说得多付的钱可以买好多好东西，还笑话我竟然做出这等蠢事。我懊恼得哭了起来，这件事带给我的苦恼多于快乐。

不过，这件事一直留在我的记忆中，对我今后的人生益处良多。从那以后，每当我想去买一些不必要的东西时，总对自己说：不要为哨子付出太多。于是，我便省下了钱。

长大后，进入社会，遇到了很多人。我观察着人们的行为，最后发现，他们都为自己的哨子付出了过高的代价。

当我看见一个人过分热衷于攀附权贵，把时间都花在谋求接见之中，而不惜牺牲自己的睡眠、自由、德行甚至朋友时，我便对自己说，这个人为了他的哨子付出了昂贵的代价。

当我看见另一个人醉心于名望，一次次地投身于政界的纷扰繁杂之中，忽视了自己的分内之事，最后因这种忽视而毁了自己时，我说，他确实为他的哨子付出了昂贵的代价。

当我得知一个守财奴为了积累财富，宁愿放弃舒适的生活、