



英语月诵 范文精华

MP3有声读物

主 编/谭卫国

副主编/金逸峰 王一清 杨立达



华东理工大学出版社

华东理工大学音像出版社





英语月诵 范文精华

MP3 有声读物

主 编 / 谭卫国

副主编 / 金逸峰 王一清 杨立达



华东理工大学出版社
华东理工大学电子音像出版社



英语背诵范文精华

MP3 有声读物

- 出品人: 朱广忠
监 制: 徐知今
主 编: 谭卫国
责任编辑: 陈勤
美术编辑: 戚亮轩
音频编辑: 李海燕
朗 读: John-Francis Grasso(美国)
Fiona Mack(澳大利亚)
地 址: 上海市梅陇路 130 号
邮 编: 200237
网 址: press.ecust.edu.cn
音 像 部: (021) 64252722
营 销 部: (021) 64250306
传 真: (021)64250069
出版发行: 华东理工大学出版社
华东理工大学电子音像出版社
版 次: 2005 年 2 月第 1 版
印 次: 2006 年 1 月第 4 次印刷
版 号: ISBN 7-900603-57-3
定 价: 28.00 元

前 言

背诵是公认有效的传统学习方法之一。著名文学家巴金曾经说过：“我是读了几百篇古文能够背诵，就开始写起文章来。”世界上的文坛巨擘之所以创作出许许多多脍炙人口、流芳百世的诗文佳作，主要是因为他们锲而不舍、坚持不懈地背诵了大量文质兼美的精品范文。

背诵范文对于外语学习尤其大有裨益。背诵可以帮助我们加深对文章的理解，提高阅读理解能力和作品赏析能力；还可以帮助我们了解文章中用词造句、布局谋篇的内在联系，培养和提高写作能力、听说能力和翻译能力。要想学好外语，背诵这种方法是必不可少的。背诵的文章多了，在大脑这座仓库里储存的语言材料就多了，在阅读时，就会自然而然地联想起已接触并背诵过的词语、句式、结构、篇章，从而有助于我们对新文章的理解和赏析。通过背诵，语言材料增多了，知识增加了，理解能力增强了，听说译的能力便随之提高了。在写作时，也会自然地联想起并且模仿运用那些已接触并背诵过的词语、句型和写法，从而有助于提高写作能力。这个道理是显而易见、毋庸置疑的，无数例子充分证明了这一点。

背诵和记忆语言规范、内容优美、饶有趣味、通俗易懂的英汉对照范文，不但能够帮助我们增长知识，优化知识结构，开阔知识视野，从而有助于我们大大提高听说读写译的能力，而且还能够帮助我们洗涤并净化心灵，纯洁和美化语言，进而有助于我们在潜移默化之中陶冶高尚情操。

背诵的真正意义还在于它能够锻炼并提高人的记忆力，而记忆力对于一个人的成长、成材、有所成就实在太重要了。俄国生

理学家谢切诺夫(1829—1905)说过:“一切智慧的根源就在于记忆。”记忆的品质表现为记忆的敏捷性、准确性、持久性和备用性。人的记忆力的好坏,与本身的遗传天赋固然有关,但主要靠后天的刻苦锻炼。训练记忆力的方法许许多多,而背诵范文就是其中最佳的方法之一。

本书作为独具特色的英语背诵范文精华,作为大学师生、英语专业工作者、广大英语应考者和爱好者的背诵本,必定会产生一举多得的效用,必定会成为广大英语学习者和英语使用者的良师益友。

本书的译文大部分为主编所译,其余的则由王一清、杨立达、陈怡均三位老师和研究生金逸峰、谭方方所译,还有少数译文选自国内出版的书刊。所有译文由主编审定。

在此书编写的过程中,编者参考了许多国内外出版的有关书刊,在此谨向这些书刊的编者和作者表示衷心感谢。华东理工大学出版社领导和徐惠娟老师对本书的修订工作给予了热情支持,笔者也向他们一并表示诚挚的谢意。由于笔者水平有限,书中不妥之处在所难免,诚请同行专家和广大读者不吝指教,以便今后进一步完善。

编者

2004年10月

Contents

目录

Unit One

Home and Family/家庭与家人

1. Ideas of Home Have Changed/家庭观念的变化 1
2. Family Life/家庭生活 4
3. My Mother/我的母亲 6
4. My Mother's Gift/母亲的礼物 8
5. My Forever Valentine/我永远的情人 15

Unit Two

Human Life/人生

1. Youth/青春 20
2. How to Grow Old/怎样活得老 22
3. Love of Life/热爱生命 25
4. Freedom in Dying/面对死亡的选择 30

Unit Three

Men and Women/男人和女人

1. Male and Female Roles/男女职责 35
2. Please Let Me Have a Little World/给我一个小小的世界 38
3. A Perfect Wife/完美的妻子 40
4. Why Women Live Longer Than Men/女人为何比男人
寿命长 44

Unit Four

Love and Marriage/爱情与婚姻

1. Love Is a Telephone/爱情是一部电话 52
2. How to Tell When She Flirts with You/如何识别女性示爱的信号 55

3. Diamonds Are a Girl's Best Friends/钻石饰物是女孩的挚友 59
4. Empty-shell Marriages/空壳婚姻种种 63
5. The Choice of a Wife/选妻 67

Unit Five

◀ Laws of Lasting Love/持久爱情的法则

1. Put Time Where Love Is/舍得为爱付出时间 69
2. In Crisis, Become As One/危急时刻,团结一致 71
3. Take a Loving Look/运用充满爱意的眼神 73
4. Try Another Perspective/换个角度看问题 75
5. Look Out for No. 2/照顾配偶的利益 76

Unit Six

◀ Beauty and Love of Beauty/美与爱美

1. Why Beauty Matters/美为何重要 78
2. Beauty Is in the Eye of the Beholder/男人眼中的完美女人 81
3. The Search for Beauty/美的追求 85
4. Queen of the Universe/宇宙皇后 89

Unit Seven

◀ Women and Women's Liberation/妇女与妇女的解放

1. Employment of Chinese Women/中国妇女的就业 93
2. Women Shouldn't Be Neglected/妇女不应被忽视 96
3. What About Women's Liberation/妇女解放实况怎样 98
4. Women are Free to Make a Choice/妇女自由做出选择 100

Unit Eight

◀ Friends and Relatives/朋友与亲戚

1. On Making Friends/交友之道 104
2. We Need Friends/我们需要朋友 106
3. Friends/朋友 108
4. My Friend, Albert Einstein/我的朋友——阿尔伯特·爱因斯坦 113

5. Departing Guests/送客 115

Unit Nine

Reading and Learning/读书与学习

1. Of Studies/谈读书 118
2. Owning Books/论藏书 121
3. Books and I/我之于书 124
4. How We Should Read a Book/如何读书 127
5. Throw Out the Calculator/扔掉计算器 131

Unit Ten

College Study/大学学习

1. The College Experience/上大学经验之谈 136
2. Study at University/大学学习 139
3. Hints to Improve Spoken English/提高英语口语须知 144
4. Preparing for Final Examination/为期末考试做准备 148

Unit Eleven

Interview and Employment/面试与就业

1. How to Prepare for an Interview/如何为面试做准备 151
2. What to Do on the Day of an Interview/面试之日做什么 154
3. How to Succeed in an Interview/面试成功的要点 157
4. 21 Tips: From Starting Out to Following Through/21条启示: 指导就业的全过程 160
5. Writing the Perfect CV/撰写完美的简历 163

Unit Twelve

Education and Educational Systems/教育与教育体制

1. The Value of Education/教育的价值 171
2. Survey of World Education Achievements/世界教育成就调查 173
3. Education in America/美国的教育 175

4. The Educational System in China/中国的教育体制 178
5. The British Educational System/英国的教育体制 180

Unit Thirteen

◀ Success and Failure/成功与失败

1. Rules Every Achiever Knows/成功者知道的规则 185
2. How to Learn with Success/如何学有成效 189
3. We Can Succeed/我们能成功 191
4. How to Be a Successful Inventor/如何成为成功的发明家 195
5. Don't Worry About Failing/不要担心失败 198

Unit Fourteen

● Work and Careers/工作与职业

1. Work and Careers/工作与职业 203
2. Hard Work Is Good for Health/努力工作有利于健康 205
3. Attitude Is What Counts/工作态度至关重要 207
4. Work Done for Humanity/为人类而工作 210
5. Towards the Teaching Profession/教书职业论 212

Unit Fifteen

● Valuable Advice/宝贵的忠告

1. Where There Is a Will, There Is a Way/有志者事竟成 215
2. How to Avoid Foolish Opinions/如何避免愚蠢的见解 217
3. Five Traits of the Educated Man/有教养者的五大特点 220
4. What to Do When You Feel Lonely/孤独之时,做些什么 224

Unit Sixteen

● Literature and Art/文学艺术

1. Jane Austin's Novels/简·奥斯丁的小说 229
2. Tribute to the White Poplar/白杨礼赞 230
3. Artists' Aspiration/艺术家们的心愿 235
4. Music/音乐 237

5. The Reading of a Painting/读画 239
6. The Necessity of Operas and Other Forms of Culture/歌剧和其他娱乐必不可少 244

Unit Seventeen

Science and People/科学与人

1. Science/科学 247
2. Science — A Way of Thinking/科学 —— 一种思维方式 249
3. The Study of Science/科学研究 251
4. Science and People/科学与人 253
5. Spring for Science/科学的春天 255

Unit Eighteen

Great Men in the World/世界伟人

1. William Shakespeare — Popular Then and Now/威廉·莎士比亚 —— 当时和现在同样受人喜爱 258
2. Beethoven and Lennon/贝多芬与列侬 261
3. Alfred Nobel — A Man of Contrasts/阿尔弗雷德·诺贝尔 —— 一个对比鲜明的人 265
4. Benjamin Franklin/本杰明·富兰克林 268

Unit Nineteen

Sports & Games and Hobbies/体育运动与业余爱好

1. Sports and Games/体育运动 271
2. What We Want from Sports/我们从体育运动中获得什么益处 274
3. The Pleasure of Walking/步行的乐趣 276
4. Collecting — A Serious Hobby/收藏 —— 一种严肃的爱好 279

Unit Twenty

World Civilization and Its Fruits/世界文明及其成果

1. Civilization/文明 282

2. The Development of Civilization/文明的发展 284
3. Paper and Its Uses/纸及其用途 287
4. Material Science in the 21st Century/21 世纪的材料科学 291

Unit Twenty-one

World-famous Cities/世界名城

1. Beijing/北京 293
2. Shanghai: The Oriental Pearl/东方明珠 —— 上海 296
3. Three New Yorks/三个纽约 301
4. Tokyo/东京 303

Unit Twenty-two

Man and Nature/人与自然

1. Man and His Environment/人与环境 306
2. Population and Natural Resources/人口与自然资源 308
3. Significance of Wildlife Protection/保护野生生物意义重大 310
4. Becoming a Child of Nature: It's a Twofold Task of Parents and Children/做大自然的孩子:父母与孩子的双重任务 312

Unit Twenty-three

The Four Seasons in a Year/一年四季

1. The Four Seasons/四季 317
2. Spring/春天 319
3. Summer/夏天 321
4. Autumn/秋天 322
5. Winter/冬天 323
6. A Season for Hymning and Hawing/令人赞叹的季节 325

Unit Twenty-four

The Universe/宇宙

1. The changing World/不断变化的世界 333
2. Other Worlds/另外的世界 336

3. World of the Future/未来世界 339
4. Our Picture of the Universe/我们的宇宙图像 344

Unit Twenty-five

Tourism/旅游

1. Reasons for Traveling/旅行的种种理由 351
2. Taishan/泰山 353
3. Australia: A Land of Exceptional Beauty/澳大利亚 —— 一个格外美丽的国家 356
4. Indonesia: Plenty of Attractions 印度尼西亚: 引人入胜的仙境 360

Unit Twenty-six

Culture and Cultural Exchange/文化与文化交流

1. Folk Culture vs. Popular Culture/民间文化与大众文化 363
2. Outstanding Cultural Diversity Programs/杰出的多元文化计划 366
3. Some Basic Values of the Chinese People (1)/中国人民的基本价值观念(一) 370
4. Some Basic Values of the Chinese People (2)/中国人民的基本价值观念(二) 373
5. Cultural Exchange/文化交流 376

Unit Twenty-seven

Hot Topics/热门话题

1. The Importance of Time in Modern Life/现代生活中时间的重要性 379
2. Crime: An Ever-growing Problem/犯罪: 一个日益严重的问题 381
3. Buying Accommodation/购房 384
4. A Global Economy/全球化的经济 386
5. New Product Development/新产品的开发 390

6. Peace and Development: The Themes of Our Times/和平与发展: 我们时代的主题 394
7. Olympic Economy: A Huge Temptation/奥运经济: 巨大的诱惑 397
8. Shanghai Won the Bid for the 2010 World Exposition/上海赢得 2010 年世界博览会承办权 400

Unit Twenty-eight

Famous Speeches/演说名篇

1. An Epoch-making Toast/划时代的祝酒词 403
2. Our Family Creed/家庭的信条 407
3. The Green Revolution: Peace and Humanity/绿色革命: 和平与人类 410
4. Address to the Millennium Summit/在千年首脑峰会上的演讲 415

Unit Twenty-nine

In the Information Age/信息时代

1. Computers Concern You/电脑与你相关 419
2. Wide Uses of Computers/计算机的广泛应用 421
3. The Effects the Internet Age Has on Our Work-and-Rest Timetable/网络时代对人们作息时间的影响 425
4. New Rules for Building Wealth in the Information Age/信息时代创造财富的新规则 428

Unit Thirty

Prospects of the New Century/新世纪的展望

1. Looking to the 21st Century/展望 21 世纪 434
2. Trends for the 21st Century/21 世纪的趋势 439
3. Life-styles of the 21st Century/21 世纪的生活方式 444
4. Prospects of the New Century/新世纪的展望 448

参考书目 451



1 Ideas of Home Have Changed

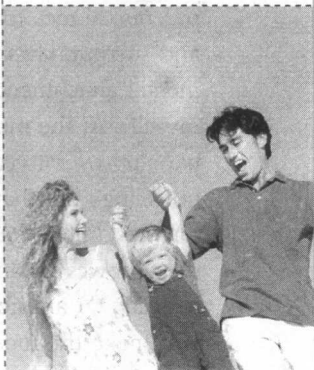
A great many people, when they speak of home, tend to associate it with a certain atmosphere, certain physical surroundings, and certain emotional attitudes within themselves. This sentimentality toward home is something that has come down to us from the past. Many modern people do not have it, and I think it is a good thing that they do not.

In the old days life was difficult. Enemies could attack you and kill or rob you, and you had little protection against them. People did not live in well-built houses where doors could be locked. They did not have the protection of an organized police force or telephones which could summon the police instantly. How did this influence the way people felt about home? Small family groups clung tightly together for protection against beasts and against other men. Only the bravest went beyond the small family area. Even in the Middle Ages only the most daring went to lands beyond the sea. The human pursuit of security conditioned men to love their homes. I am sure that this feeling must have been very strong among the early settlers of the United States who were obliged, by famine and oppression, to take the plunge and go to the new land where they knew no one and where they were subject to Indian attack. We can see this even today in the attitudes of minority groups who, because of a feeling of inse-

Unit One

Home and Family

家庭与家人





6. sentiment [ˈsentɪmənt] *n.* 感情, 情绪, 情操; 伤感; 意见; 观点
7. dwelling [ˈdwelɪŋ] *n.* 住处, 住宅
8. agency [ˈeɪdʒənsɪ] *n.* 经销; 代理; 经销处; 代理处; 工具; 媒介; 作用; 力量
9. emerge [ɪˈmɜːdʒ] *vi.* 出现, 暴露; (从困境中) 摆脱; 发生
10. attachment [əˈtætʃmənt] *n.* 附着, 附属, 附带; 附属物, 附件; 情感, 深情友爱
11. to take the plunge: 采取断然行动; 冒险尝试, 毅然从事
12. where they were subject to Indian attack: (在那儿) 他们受到印第安人的攻击

▶ 【参考译文】

家庭观念的变化

许多人在谈到家的时候往往将它和某种气氛、某种环境及内心的某些情感态度联系在一起。这种对家的依恋情感古已有之, 代代相传。许多现代人不再有了, 我认为这是件好事。

在遥远的过去, 人们生活十分艰难。敌人可能会攻击你, 杀害你或抢劫你的财富, 而你却毫无还手之力。人们并不住在可以锁门闭户的构造坚固的房子里。他们没有一支有组织的警察队伍的保护, 也不能随时打电话报警。这些怎样影响人们对于家的感情呢? 小家族的成员紧密团结, 聚在一起, 共同抵御野兽和敌人。只有最勇敢的人才离开小家族管辖区。甚至在中世纪也只有最勇敢的人才敢涉足海外。人类对安全的追求决定了人们对家的热爱。我相信, 美国的早期定居者对此一定深有感触。他们被饥荒、压迫逼得走投无路, 只好毅然决然冒险来到这个举目无亲、易受印第安人攻击的陌生的地方。甚至今天, 我们从少数民族团体的态度也可以看出这一点。由于缺乏安全感, 他们仍然保持着富有凝聚力的家庭纽带。

今天, 由于有了现代交通工具和组织良好的社会, 成千上万的人们愿意并且渴望离开他们出生的环境。而且, 他们离家外出越频繁, 对那个环境的情感就可能越少。我曾经在英国呆过三年。我注意到孩子们离开父母的家, 住进自己的房子。在英国, 他们只需拿

起电话,要求一家房地产经销处提供一幢房子或一套公寓,那就是他们的家了。家这个词的意义是如何被这种行为改变的呢?家对于那些经常流动、从一家旅馆搬到另一家旅馆居住的人们或家庭成员又意味着什么呢?我认为,家对他们来说是一个离群独处不受干扰的地方。

在我的国家沙特阿拉伯,年轻人放弃父母的家去过他们自己的生活。这种把家作为私人独处之地的看法正在我的国家形成。我对父母居住之地的气氛、环境没有眷恋的情感。家就是一个我关起门来独处的地方。现在我的家就是伊登宿舍的一个房间。几年前当我离开父母时,我没有恋恋不舍,巴不得快快离开。你也许会觉得这是无情无义,然而那确实是我的感受。我离家去美国那天,祖母呜咽,泪流不止。但我的父亲却表明他能理解我的心情。“孩子,”他说,“我对于你的离去不觉得悲伤。我只希望你能充分利用时间。”

② Family Life

Jane Brown has been married for 12 years. She has three children and lives in a suburb outside Columbus, Ohio. When her youngest child reached school age, Jane decided to go back to work. She thought that she should contribute to the household finances. Her salary could make a difference between a financial struggle and a secure financial situation for her family. Jane also felt bored and frustrated in her role as a homemaker and wanted to be more involved in life outside her home. Jane was worried about her children's adjustment to this new situation, but she arranged for them to go to stay with a woman nearby after school each afternoon. They seemed to be happy with the arrangement. The problem seemed to be between Jane and her husband Bill. When Jane was at home all day, she was able to clean the house, go grocery shopping, wash the clothes, take care of the children and cook two or three meals each day. She was very busy, of course, but she succeeded in getting everything done. Now the same things need