

读·品·悟《学生双语报》
高中版美文精选

丛书主审 刘兆义 张连仲 程晓堂
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将幸福的人生定格在那一瞬间

All for Happiness and Happiness for All

向幸福伸出 你的手



一面生活的镜子、一段无悔的旅程、一丝短暂的感悟，交织成幸福的人生。细细品味这短暂中的美好，你会发现幸福人生的真谛所在。

由外籍专家精心编译，原汁原味的美文佳作，让你在轻松阅读中，认识生活的意义，提高自我人生的幸福指数。

读·品·悟《学生双语报》高中版美文精选

All for Happiness and Happiness for All

向幸福伸出你的手

——感动高中生的人生故事

丛书主审 刘兆义 张连仲 程晓堂(按姓氏笔画排序)

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编译 《学生双语报》编辑部

宁夏少年儿童出版社

图书在版编目(CIP)数据

向幸福伸出你的手:英汉对照/刘鹰主编. —银川:宁夏少年儿童出版社, 2009.4

(读·品·悟《学生双语报》高中版美文精选)

ISBN 978-7-80620-386-6

I. 向… II. 刘… III. 英语—阅读教学—高中—课外读物 IV. G634.413

中国版本图书馆 CIP 数据核字 (2009) 第 049669 号

向幸福伸出你的手

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责任印制 来学军

宁夏少年儿童出版社 出版发行

地 址 银川市北京东路 139 号出版大厦(750001)

网 址 www.nxcbn.com

网上书店 www.hh-book.com

电子信箱 nxhhsz@yahoo.cn

邮购电话 0951-5044614

经 销 全国新华书店

印刷装订 北京市通县华龙印刷厂

开 本 16

印 张 35.25

字 数 313 千字

印 数 3000

版 次 2009 年 4 月第 1 版

印 次 2009 年 4 月第 1 次印刷

书 号 ISBN 978-7-80620-386-6 / G · 188

定 价 71.40 元(全套共三册)

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前 言

丰富的语言材料是学习的“基石”，它们是你前行的动力之源；优秀的语言材料是学习的“试金石”，它们是你成功路上最好的见证。希望“读·品·悟《学生双语报》美文精选”系列丛书不仅能为同学们提供英语学习中不可或缺的“基石”，还能为同学们提供不断提升英语水平的“试金石”。

目前的英语测试正逐渐加大对学生阅读量的考查，阅读文章的篇幅和词汇量与日俱增，这就要求同学们在日常的学习和生活中扩大英文阅读量。鉴于市场上适合初、高中学生阅读的英文读物较少的情况，我们特别推出本套系列丛书。在广泛听取英语教学专家意见的基础上，根据《全日制义务教育英语课程标准》、《普通高中英语课程标准》的要求，本丛书对所选篇章的篇幅及词汇覆盖量都进行了严格地把关，从而满足同学们迫切需要加大英文阅读量的需求。

本系列丛书根据中学生的认知水平，从《学生双语报》大量的优秀英文佳作中精心筛选出数百篇美文，经外籍专家审阅，悉心译校编撰而成。丛书分为“初中版美文精选”和“高中版美文精选”。文章短小精悍、清新自然、蕴意十足，按生活、情感、旅游、哲理、幽默、文化分类编撰。每本书分成若干卷，便于选择性阅读；每卷文章前均设有意味深长的卷首语，给你温馨

亲切的感觉;每篇文章都添加了既达意又优美的译文,强化你对文章的感悟力;文中生词都配有相应注释,以扩充词汇量。

“读·品·悟《学生双语报》高中版美文精选”分为《爱的天空不下雨》、《背包里的时空隧道》和《向幸福伸出你的手》三本。《爱的天空不下雨》浓缩了亲情、友情、关爱等爱意浓厚的文章,让你懂得爱的可贵,学会用爱去温暖周围的人;《背包里的时空隧道》分为旅游、历史文化和科技知识三卷,让你足不出户就能感受大自然的美、感知历史文化的沧桑和时代的脚步;《向幸福伸出你的手》将生活中的点滴放大,让你感悟幸福人生的真谛。

感人至深的情感美文、热情洋溢的旅游篇章和发人深省的生活故事,将会把你带入一个美轮美奂的世界,让你的生活在阅读中散发异彩,让你在聆听心与心的触碰中净化自我、感悟生命的美、提升自我的人生价值。

我们希望读者在轻松阅读的过程中,不仅能增加英文词汇量、积累更多地道的英语语言和文化素材,还能提高欣赏美文的水平、增强领悟美感的能力。

虽然在编撰过程中我们竭尽全力,但难免仍有不足之处,谨请广大读者不吝指正。

编者

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生活是一面镜子

生活是一面镜子
快乐时，它是红色
痛苦时，它是黑色
浮躁时，它是金色
宁静时，它是蓝色

生活是一面镜子
你对它笑，它便还你以欢乐
你对它哭，它便还你以苦涩

我选择微笑
于是，幸福四溢

A place to stand

How big the world is depends on how broad your heart is. You can fly as long as you have dreams.

Late one morning, heading for lunch in San Francisco, I drove toward one of the tollbooths. I heard loud music. It sounded like a party, or a Michael Jackson concert. I looked around. No other cars had their windows open. There were no sound trucks. I looked at the tollbooth. Inside it, a man was dancing.

“What are you doing?” I asked.

“I’m having a party,” he said.

“What about the rest of those people?” I looked over at other booths, but nothing was moving.

“They are not invited.”

I had a dozen other questions for him, but somebody who was in a big hurry to get somewhere started blowing his horn behind me and I drove off. I made a note to myself: Find this guy again. There was something in his eyes that said there was magic in his tollbooth.

Months later I did find him again, still with the loud music, and still having a party.

Again I asked, “What are you doing?”

He said, “I remember you from the last time. I’m still dancing. I’m having the same party.”

tollbooth *n.* 过路收费亭

I said, "Look. What about the rest of the people?"

He said, "Stop. What do those look like to you?" He pointed down the row of tollbooths.

"They look like tollbooths."

"No imagination!"

I said, "Okay, I give up. What do they look like to you?"

He said, "Vertical coffins."

"What are you talking about?"

"I can prove it. At 8:30 every morning, living people get in. They are dead during the following eight hours. At 4:30, they come out from the dead and go home. For eight hours, their brains are on hold. They are dead on the job, just making motions."

I was amazed. This guy had developed a philosophy and a mythology about his job. I could not help asking the next question: "Why is it different for you? You're having a good time."

He looked at me. "I knew you were going to ask that," he said. "I'm going to be a dancer someday." He pointed to the administration building. "My bosses are in it, and they're paying for my training."

Sixteen people are dead on the job, and the seventeenth, in the same situation, figures out a way to live. That man was having a party where you and I would probably not last three days. The boredom! He and I did have lunch later, and he said, "I don't understand why anybody would think my job is boring. I have a corner office, glass on all sides. I can see the Golden Gate Bridge, San Francisco, and the Berkeley hills. Half of the Western world comes here for vacation and I just walk in every day and practice dancing."

Words: 482

vertical *adj.* 直立的 coffins *n.* 棺材

一个人的空间

心有多大,世界就有多大。只要有梦想,就有
飞翔的翅膀。

向幸福伸出你的手

生活是一面镜子

4

临近中午,我在旧金山开车去吃午饭,路过一个收费亭时,我听到响亮的音乐声,听起来像是在开舞会,或是迈克尔·杰克逊的音乐会。环顾四周,并没看到有敞着窗户的车或宣传车。我朝收费亭里望去,有个人在里边跳舞。

“你在干嘛?”我问。

“我在开舞会呢。”他说。

“那其他人呢?”我看了看其他的亭子,没什么动静。

“我没邀请他们。”

我还有好多问题要问他,但后面的人急着要赶路,开始按喇叭,我只好开车走了。不过,我在心里告诉自己:一定要再找到他。因为从他的眼睛里可以看得出那个收费亭有魔力。

数月后,我真的又见到了他,音乐仍然响亮,舞会还在举行。

我再次问他:“你在做什么呢?”

他说:“我记得你上次问过了。我还在跳舞,还在举行同样的舞会。”

我说:“瞧,其他人呢?”

“打住。”他说,“你看那些东西像什么呢?”他指着那排收费亭。

“看来就像收费亭啊。”

“真没想象力!”

我说:“好吧,我放弃。你看它们像什么?”

他说：“直立的棺材。”

“你在说些什么呀？”

“我可以证明。每天早上八点半，活的人进去。在接下来的8个小时里，他们处于死亡状态。到下午四点半，他们复活，然后回家。整整八个小时，他们思维中断，只是呆板地工作，重复着相同的动作。”

我感到非常惊讶。这个小伙子创立了一种哲学，创造了一个有关工作的神话。我禁不住又问了一个问题：“为什么你不一样？你过得很快乐。”

“我早知道你会问这问题，”他看着我说，“总有一天我会成为一个舞蹈家。”他又指着行政大楼说道：“我的老板都在那里，他们为我的培训买单。”

16个人呆板地做着工作，而第17个人却在同样的环境下，找到另外一种生活方式。那个人举办的舞会，你我恐怕连3天都坚持不了。无聊！他和我后来还一起吃了午饭，他说：“我不理解为什么每个人都认为我的工作很枯燥。我有一个街角办公室，四周都是玻璃。我可以看见金门大桥、旧金山和伯克利山，半个西方世界的人都到这儿来度假，每天我只用漫步到这里，练习跳舞。”

生活是一面镜子

向幸福伸出你的手

5

手留余香

Enlightenment

一个普通的收费亭、一个平凡的人，却道出了触碰心弦的话语。融入了梦想的生活才是多姿多彩的，机械的工作和学习只会让人感到乏味和厌倦。用心、用力去勾画自己的生活蓝图吧，找到属于自己的生活方式，营造自己的生活空间，生活因你而精彩。

Think of your life in another way

Thinking of those people who are in great poverty, hunger, or even the war, you will find how fortunate you are!

向幸福伸出你的手

生活是一面镜子

6

If you wake up this morning with more health than illness, you are luckier than the million people who will not wake up this week.

If you have never experienced the danger of a war, the loneliness of being put into a prison, the pain of **torture**, or the hunger from having nothing to eat, you are **better off** than 500 million people in the world.

If you have food in the fridge, clothes on your back, a roof over your head, and a place to sleep, you have more than 75% of the people in this world.

If you have money in the bank and in your wallet, you are one of the top 8% of the world's richest people.

If your parents are still alive and still married, you are very fortunate.

Someone once said: A contented mind is a perpetual feast. So ...

Work like you don't need the money.

Love like you've never been hurt.

Dance like nobody's watching.

Sing like nobody's listening.

Live like it's heaven on Earth.

Words: 195

torture v. 拷打 better off 状况好的

换一种方式去思考生活

想想那些正在饱受贫穷、饥饿甚至战争折磨的人们，你会发现，原来自己是如此幸运。

如果，早晨你健健康康地醒来，那么，你应该感到幸运，因为这星期有一百万人将永远不会醒来。

如果，你从未亲历过战争的危险，从未体验过沦陷牢狱的孤独，从未经受过被拷打的痛楚，也从未忍受过极度的饥饿，那么，你比世界上的五亿人都幸福。

如果，你的冰箱里有食物，身上有蔽体的衣服，站时头上有片瓦，躺时身下有寸土，那么，你应该比世界上 75% 的人都幸福。

如果，你在银行有存款，钱包里有钱，那么，在世界最富有的 8% 的人里，你也是其中一个。

如果，你的父母仍然健在，未曾离异，那么，你应该感到万分幸运。

有人曾说：知足才能常乐。因此请你：

工作吧，如同不需要金钱一样，

去爱吧，如同从来没有受过伤害一样，

跳舞吧，如同没有人注视你一样，

唱歌吧，如同没有人聆听一样，

生活吧，如同在人间的天堂！

手留余香

Enlightenment

或许我们贫穷，或许我们平庸，或许我们残弱……人生本就不完美。只有勇敢地面对这样那样的缺失，我们才能珍惜现在的拥有，才能体会什么是渴望，什么是期待，感悟美好生活。

向幸福伸出你的手

生活是一面镜子

I am embroidering your life

My dear friends, when you are at the bottom of your life, feeling sad and miserable, are you able to look at it from another aspect?

向幸福伸出你的手

生活是一面镜子

8

When I was a little boy, my mother used to **embroider** a great deal. I would sit at her knee and look up from the floor and ask what she was doing. She told me that she was embroidering.

I told her that it looked like a mess from where I was. As I watched her work within the boundaries of the little round **hoop** that she held in her hand, I complained to her that it just looked messy from where I sat.

She would smile to me, look down, and gently say, "My son, you keep playing for a while, and when I have finished with my embroidering, I will put you on my knee and let you see it from my side."

I would wonder why she was using some dark threads along with the bright ones and why they seemed so ugly from my view. A few minutes later I would hear mother's voice say, "Son, come and sit on my knee."

I did this only to be surprised by a beautiful flower

embroider *n.* 刺绣 hoop *n.* 箍