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Beautiful English



多一些领悟，
生活将多一分幸福



大连理工大学出版社

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主编 任秀桦

编者 姚丽 师英 黄鹤 吴靓

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前言

在我们生活的四周，充满了美好，也充满了情意。在我们生命的历程中，充满了生生之机，也充满了洋洋之趣。人生之意义不在于我们历经了多少艰辛与崎岖，而在于我们从中获得了多少感悟和深思，正是这些感悟和深思帮助我们参透人生的真谛，照亮我们前行的路途。《每晚读1篇美丽英文》即是这样的一本小书，这些闪耀着激励、感动、哲思、欢快与惊喜光辉的文字更像一只只神奇灵动的手拨动着我们的弦，并使我们从中呼吸到清新、自然、纯净的空气，品味生命的无限美好，每时每刻。

每晚睡前，轻轻拿起床头这本《每晚读1篇美丽英文》，夜阑人静，坐在柔和的灯光下，手握一杯香茗，伴着一曲曲淡淡的音乐，赏读这一篇篇充满了真诚、充满了灵性、充满了睿智、充满了挚爱的故事、散文、诗歌，去感怀这人生百味，去追索那人生真谛。掩卷沉思，观想默诵，爱和希望，涌满心间。不管之前怎样的风风雨雨，不管曾经怎样的悲悲喜喜，潮涌潮落，人来人往，在经历中体会着人生，而生命也在经历中变得璀璨夺目。

每晚睡前，轻轻拿起床头这本《每晚读1篇美丽英文》，利用半个小时左右的时间潜心阅读英语美文，使英语学习成为心神愉悦的经历。用心去赏读那些激励人生、启迪灵感、明喻事理的英语短文，也是我们励志人生不可缺少的营养和精神支柱，在欣赏美文的同时，也吸收着语言的精髓，在兴趣和愉悦中得到美的享受。

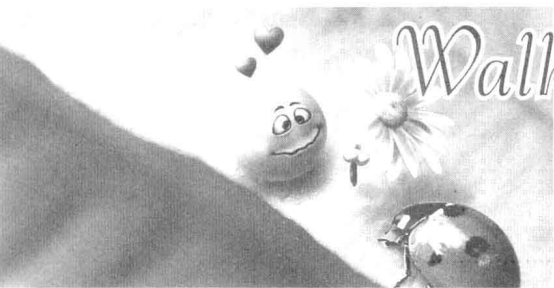
每晚睡前，轻轻拿起床头这本《每晚读1篇美丽英文》，用心去体会，用心去感悟吧！在欣赏与阅读的过程中，我们将会获得一次全新的英语学习体验，优美准确的译文，流利纯正的光盘朗读，帮我们实现阅读、语音、听力的多重飞跃！相信只要开始阅读本书，我们将不忍割舍，边读美文，边学英语，学会懂得保持心灵的和谐，更轻松、洒脱地面对人生。

编者

2011.9



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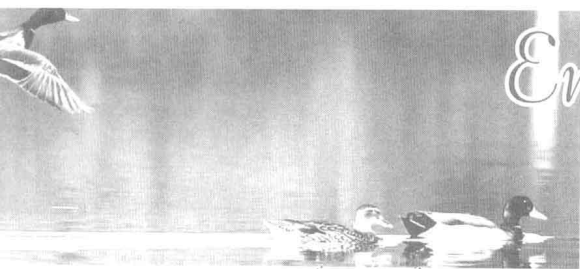
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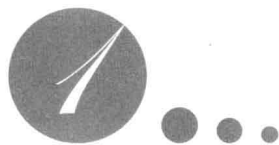
Walking in Sunshine

走在阳光里

Ice Cream



Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.



Ice Cream

Last week I took my children to a restaurant. My six-year-old son asked if he could say **grace**. As we **bowed our heads** he said, “God is good. God is great. Thank you for the food, and I would even thank you more if mom gets us ice cream for dessert. And Liberty and Justice for all! Amen.”

Along with the laughter from the other customers nearby, I heard a woman remark, “That’s what’s wrong with this country. Kids today don’t even know how to pray. Asking God for ice cream! **Why**, I never!”

Hearing this, my son burst into tears and asked me, “Did I do it wrong? **Is God mad at me?**” As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my son and said, “I happen to know that God thought that was a great **prayer**.” “Really?” my son asked. “**Cross my heart**.” Then in a theatrical whisper he added (indicating the woman whose remark had started this whole thing), “Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes.”

不要以眼还眼，以牙还牙；要以德报怨，这是你的天职，只有这样你才会得福。

冰淇淋

上星期我带着孩子们去饭店，六岁的儿子问他是否可以作感恩祷告。我们点点头，他说：“上帝是善良的，上帝是伟大的，感谢您给予的食物，如果妈妈为我们准备冰淇淋作为甜点，我会更感谢您。赐予全人类自由与公正！阿门。”

随着旁边顾客那儿传来的笑声，我听见一位妇人说道：“这就是这个国家的问题所在。现在的小孩儿甚至不知道如何祷告。向上帝要冰淇淋！噢，我可没要过！”

听了这些，儿子突然哭了起来，问我：“我做错了吗？上帝生我的气了吗？”我接着他向他保证他做了件很棒的事，上帝当然不会生他的气。这时，一位老先生走近桌子，向我的儿子眨眼示意，说：“我恰好知道上帝觉得这是很出色的祈祷。”“真的吗？”儿子问道。“我发誓。”然后他悄声低语地加了一句（暗示那个妇人，她的评论引发了这一切），“真遗憾，她从来没请求上帝给她冰淇淋，有时一个小小的冰淇淋对心灵是有益的。”

gracen （饭前或饭后的）感恩祷告

bow our heads 点头（表示同意）

why *int.* 语气词，这里表示异议

be mad at 生……的气

prayer *n.* 祷告，祷告文

cross my heart 我保证



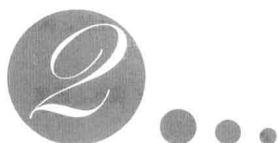
Naturally, I bought my kids ice cream at the end of the meal. My son stared at his ice cream for a moment and then did something I will remember the rest of my life. He picked up his **sundae** and, without saying a word, walked over and placed it in front of the woman that made the remark. With a big smile he told her, “Here, this is for you. Ice cream is good for the soul sometimes, and my soul is good already.”

sundae *n.* 圣代冰淇淋



当然，这顿饭结束时我给孩子们买了冰淇淋。儿子盯了一会儿他的冰淇淋，然后做了件令我余生难忘的事。他拿起自己的圣代冰淇淋，一言不发，走过去把它放在那个做评论的妇人面前，面带慷慨大方的笑容对她说：“这是给你的，冰淇淋有时对心灵有益，我的心灵已经受益了。”

What a desolate place would be a world without a flower! It would be a face without a smile, a feast without a welcome.



The Most Beautiful Flower

The park bench was deserted as I sat down to read, beneath the long, **straggly** branches of an old willow tree. **Disillusioned** by life with good reason to frown, I felt the world was intent on dragging me down.

And if that weren't enough to ruin my day, a young boy out of breath approached me, all tired from play. He stood right before me with his head **tilted** down, and said with great excitement, "Look what I found!"

In his hand was a flower, and what a pitiful sight, with its **petals** all worn — not enough rain, or too little light. Wanting him to take his dead flower and go off to play, I **faked** a small smile and then shifted away.

But instead of retreating he sat next to my side, and placed the flower to his nose, and declared with **overacted** surprise, "It sure smells pretty and it's

straggly *a.* 蔓生的，散落的

disillusion *v.* 使……理想破灭，使不再抱幻想

tilt *v.* 使倾斜

petal *n.* 花瓣

fake *v.* 伪装，假装

overact *v.* 过于夸张地演

beautiful, too. That's why I picked it; here, it's for you."

The flower before me was dying or dead, not **vibrant** of colors: orange, yellow or red. But I knew I must take it, or he might never leave. So I reached for the flower, and replied, "Just what I need."

vibrant *a.* 鲜明的

tote *v.* 携带, 运送

indulge *v.* 迁就, 纵容, 满足

But instead of his placing the flower in my hand, he held it mid-air without reason or plan. It was then that I noticed for the very first time, that weed-toting boy could not see: he was a blind child.

plight *n.* 境况, 困境

I heard my voice quiver; tears shone in the sun, as I thanked him for picking the very best one, "You're welcome," he smiled, and then ran off to play, unaware of the impact he'd had on my day.

I sat there and wondered how he managed to see, a self-pitying woman beneath an old willow tree. How did he know of my self-indulged **plight**? Perhaps from his heart, he'd been blessed with true sight.

Through the eyes of a blind child, at last I could see, the problem was not with the world; the problem was me. And for all of those times I myself had been blind. I vowed to see the beauty in life, and appreciate every second that's mine.

