

振宇英语
Zhenglish
To Be No.1

英语

睡前5分钟

触动心底深处的幸福


书声琅琅

主编 方振宇

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The first day of school our professor introduced himself and challenged
to get to know someone we didn't already know. I stood up to look around when
someone had touched my shoulder. I turned around to find a wrinkled, little
old lady sitting up at me with a smile that lit up her entire being. She said,
"Don't worry - even years old can love you."

附MP3光盘

 北京航空航天大学出版社

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图书在版编目(CIP)数据

英语睡前5分钟——书声琅琅 / 方振宇主编.
北京: 北京航空航天大学出版社, 2010.7

ISBN 978-7-5124-0119-8

I. ①英… II. ①方… III. ①英语-语言读物
IV. ①H319.4

中国版本图书馆CIP数据核字(2010)第110240号

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英语睡前5分钟——书声琅琅

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责任编辑 秦 莹

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北京航空航天大学出版社出版发行

北京市海淀区学院路37号(邮编100191) <http://www.buaapress.com.cn>

发行部电话: (010)82317024 传真: (010)82328026

读者信箱: bhpress@263.net 邮购电话: (010)82316936

涿州市新华印刷有限公司印装 各地书店经销

*

开本: 787×1092 1/32 印张: 6.75 字数: 206千字

2010年7月第1版 2010年7月第1次印刷

ISBN 978-7-5124-0119-8 定价: 14.80元(含光盘)

给灵魂留5分钟(代序)

这是一本中英文双语对照阅读的好书，选择在一个清爽夏日的夜晚献给忙碌中的你我他。

当我们都在感慨“没有时间思考”，生活似乎只剩下忙碌，挤出时间读一本好书也就成了一种奢望。

那些曾经慰藉心灵的文字，那些曾经令人缠绵缱绻的情愫，那些洗尽铅华指引灵魂方向的哲思，那些留在过去却铭刻成永恒的感动……这一切的一切，该如何穿越岁月的纷繁红尘的嘈杂抵达我们心灵的最深处，留下片刻的浅吟低唱？

请在睡前给灵魂5分钟，让我们疲惫的灵魂做一次温暖的小憩。伴着或昏黄或明亮的灯光，或忧伤或明快的乐曲，或黯然神伤或莫名孤独的心绪，随书声琅琅让心灵做一次敞亮的深呼吸。

每天睡前5分钟默念或朗诵一下这本书的每一篇短文，这是短暂的5分钟，也是改变灵魂深度和厚度的5分钟。在我们慷慨留出的只属于我们自己的5分钟里，我们一定会在片刻间沉醉在那一行行隽永的文字之中，忘了白天的喧嚣、尘世的浮躁和生活的重压。

我在《两条路》里，看到在新年的夜晚站在窗台边的老人，看到他忧伤的眼眸正眺望着湛蓝的苍穹。空中繁星点点，犹如漂浮在清澈如镜的湖面上的朵朵百合，而老人正绝望地走向生命的最终归宿——坟墓。灯光在黑暗中流逝，就像老人挥霍掉的往昔；有流星自天边陨落，消失不见，就像是老人的化身。无尽的悔恨，像一支利箭，深刺在老人心间。老人黯淡的双眼噙满了泪水，他绝望地嘶声大呼：“回来吧，我的往昔！回来吧！”青春一去不复返，老人绝望的声嘶力竭在苍穹中印证出生命的启示：好好珍惜生命中每一个闪亮的日子，让我们的灵魂充实一些再充实一些，绝不能给人生留下虚度光阴的悔恨。

在《热爱生命》中，我看见夕阳的余辉反射在济贫院破碎的玻璃窗上，就像照射在富人家镂花的合金窗上一样光亮。对于一个从容的人，在哪里也像在皇宫中一样，生活得心满意足而富有愉悦的思想。我们要爱自己，爱自己的生活，即使它还在黑暗的贫穷中穿行，我们也有愉快、高兴、光荣的时刻。这让我想起写出《瓦尔登湖》的梭罗说过的：“祈祷我孱弱的双手可以举起我坚定的信念。”

在罗素《我为什么而活》里，我找到了生命的答案：“三种简单而强烈的情感支配着我的生活：对爱的渴望、对知识的追求和对受苦之人的同情。”

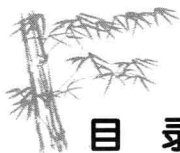
在《猫的禅宗》中，我和男主人一起看着猫慢慢闭上眼睛一起悄悄地哭泣，一起时刻感悟猫说过的“你左手捏着的那端就是我的出生，而右手的那端就是我的死亡。现在把两端连在一起。你想我的时候，请闭上你的眼睛，我就在你身边。”对于死亡，我们每一个人应该是如此的坦然，如同美国诗人阿伦·西格在《我与死亡有个约会》里写道的“我与死神有个约会，当春天带回晴朗的蓝天”。

在《就为了今天》中，我读到了阳光一样灿烂的语言：“就为了今天，我将会独自静静地呆上半小时放松。在这半小时里，某个时刻，我会日后对我的生活有个更好的看法。就为了今天，我将不再害怕。尤其我不会再害怕享受美丽的事物，并且相信我给予世界的，世界也会给予我。”

太多的思考太多的韵味太多的顿悟太多的流年似水都浓缩在这一本看似普通的《英语睡前5分钟——书声琅琅》中，我在每一个睡前的5分钟忘了时间忘了自己，我愿意把这份美妙的感觉带给每一个在生活中找寻自己厚实的灵魂的读者朋友们，我希望你们在散发着夏日青草味道的字里行间找到自己的快乐。这些快乐是你难以抗拒的，它将灿烂你有生的每一个日子。

方振宇

北京千鹤园



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我心荡漾

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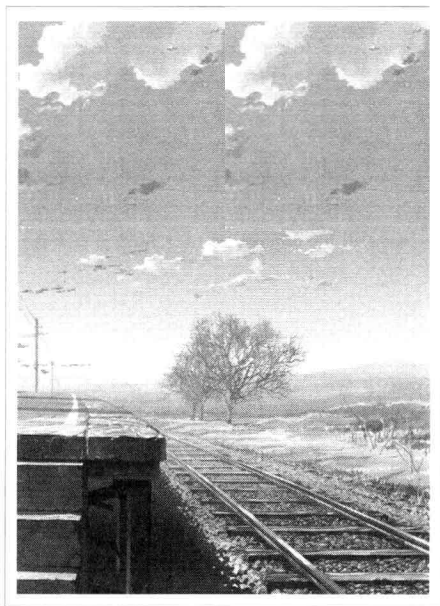
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英语睡前5分钟 **如** 琅琅

· 人生礼赞 ·

Day 1 Two Roads

两条路



Two roads diverged in a wood
and I took the one less traveled by
And that has made all the difference

森林里分出两条路
而我选择了人迹罕至的一条
从此决定了我一生的道路。

—Robert Frost

 我读之我见

作者借助一位大限之期不远矣的老人之口，将其对往昔的黯然神伤娓娓道来，将其对已逝青春的追悔莫及表现得淋漓尽致，阅读时给人以醍醐灌顶、当头棒喝之感，叫人怎能不震撼？！



an aged man

一位老人

mournful [ˈmɔːnful] *a.*

悲伤的

cast ... on ...

将...投掷于

nothing but 只有

remorse [rɪˈmɔːs] *n.*

懊悔，悔恨

It was New Year's night. An aged man was standing at a window. He raised his mournful eyes towards the deep blue sky, where the stars were floating like white lilies on the surface of a clear calm lake. When he cast them on the earth, where few more hopeless people than himself now moved towards their certain goal—the tomb. He had already passed sixty of the stages leading to it, and he had brought from his journey nothing but errors and remorse. Now his health was poor, his mind vacant, his heart sorrow

ful, and his old age short of comforts.①

这是新年的夜晚。一位老人站在窗边，忧伤的眼睛眺望着深蓝的天空。空中的繁星犹如漂浮在清澈如镜的湖面上的朵朵百合。他慢慢将目光投向地面，此刻，没有什么人比他还绝望，他即将迈向他最终的归宿——坟墓。他已走过通向坟墓的六十级台阶，除了错误和悔恨，他一无所获。现在，他体弱多病，精神空虚，心哀神伤，人到晚年却无所慰藉。①

The days of his youth appeared like dreams before him, and he recalled the serious moment when his father placed him at the entrance of the two roads — one leading to a peaceful, sunny place, covered with flowers, fruits and resounding with soft, sweet songs; the other leading to a deep, dark cave, which was endless, where poison flowed instead of water and where devils and poisonous snakes hissed and crawled.

年轻岁月，如梦般展现在他面前，老人想起父亲把他带到岔路口的那个庄严时刻——一条路通向安宁、快乐的世界，鲜花遍布，果实丰硕，甜美轻柔的歌声在空中回荡；另一条路则通向幽深黑暗，没有尽头的洞穴，洞内流淌着的不是水而是毒液，群魔乱舞，毒蛇嘶嘶爬动。

He looked towards the sky and cried painfully, "O, youth, return! O, my father, place me once more at the entrance to life, and I'll choose the better way!" But both his father and the days of his



the serious moment
庄严时刻

resound [ri'zaund] v.
使回响，鸣响

hiss [his] v.
发出嘶嘶声

crawl [krɔ:l] v.
爬行



the entrance to life
人生的入口



pass away
消逝, 逝世

人生的岔路口吧, 我会选一条更好的道路。”但是, 他的父亲和他的青春岁月都已一去不复返了。

youth had passed away.

他仰望星空, 痛苦地大喊: “啊, 青春, 回来吧! 啊, 父亲, 再一次带我到



flow away
流逝 流走

sth. like a sharp arrow,
struck deeply into one's
heart

…像一支利箭, 深刺心
间

make one's way to
通过努力获得…

He saw the lights flowing away in the darkness, and these were the days of his wasted life; he saw a star fall from the sky and disappeared, and this was the symbol of himself.^② His remorse, which was like a sharp arrow, struck deeply into his heart. Then he remembered his friends in his childhood, which entered life together with him. But they had made their way to success and were now honored and happy on this New Year's night.

他看到灯光在黑暗中流逝, 就像他挥霍掉的往昔; 他看到一颗流星自天边坠落, 消失不见, 就像是他的化身。^② 无尽的悔恨, 像一支利箭, 深刺心间。他又记起和自己一同迈入人生之途的儿时玩伴。但他们已功成名就, 在这个新年之夜, 倍受尊崇, 幸福快乐。

The clock in the high church tower struck and the sound made him remember his parents' early love for him. They had taught him and prayed to God for his good. But he chose the wrong way. With shame and grief he dared no longer to look towards the heaven where his father lived. His



dare no longer to...
再也没有勇气做…

darkened eyes were full of tears, and with a despairing effort, he burst out a cry: "Come back, my early days! Come back!"



burst out 大声叫喊

高高的教堂钟楼传来钟声，这声音使他记起父母早年对他的疼爱。他们教育他，为他祈祷。然而，他却选择了错误的道路。羞愧和悲哀使他再也没有勇气仰望父亲所在的天堂。黯淡的双眼噙满了泪水，他绝望地嘶声大呼：“回来吧，我的往昔！回来吧！”

And his youth did return, for all this was only a dream, which he had on New Year's night. He was still young though his faults were real; he had not yet entered the deep, dark cave, and he was still free to walk on the road which leads to the peaceful and sunny land.



be free to do sth.
做某事的自由

他的青春真的回来了，所有这些只是一个梦，一个他在新年之夜所做的梦。他仍然年轻，虽然他犯的错误的真实的；他尚未走入那幽深黑暗的洞穴，还有自由选择通向安宁、快乐的道路。

Those who still linger on the entrance of life, hesitating to choose the bright road, remember that when years are passed and your feet stumble on the dark mountains, you will cry bitterly, but in vain. ③ "O youth, return! Oh give me back my early days!"



linger on
逗留，徘徊
linger ['lɪŋgə] v.
逗留
stumble ['stʌmbəl] v.
绊倒

仍在人生路口徘徊，仍在为是否应当选择光明坦途而犹豫不决的人们啊，请记住：当青春不再，当你在黑暗的山岭间跌倒时，你

会痛苦地呼喊：“啊，青春，回来吧！啊，还给我往昔吧！”此时，一切已是徒劳。^③

妙笔生花 

1. Now his health was poor, his mind vacant, his heart sorrowful, and his old age short of comforts.

【平心而论】省略相同成分使句子更加精练。

【大同小异】Histories make men wise; poets witty; the mathematics subtle; natural philosophy deep; moral grave; logic and rhetoric able to contend. (描写读书、学习的好处)

读史使人明智，读诗使人灵秀，数学使人周密，科学使人深刻，伦理学使人庄重，逻辑修辞之学使人善辩。

2. He saw the lights flowing away in the darkness, and these were the days of his wasted life; he saw a star fall from the sky and disappeared, and this was the symbol of himself.

【平心而论】采用排比结构，增强表达的气势，使平淡无奇的文字变得更加震撼人心。

【我型我秀】We saw the forests disappearing at an alarming rate; we saw water being wasted and polluted; we saw white plastic bags swirling in the wild wind. (描写环境破坏)

我们看到树木以惊人的速度消失眼前；我们看到水资源遭受浪费和污染；我们看到白色塑料袋在狂风中漫天飞舞。

3. Those who still linger on the entrance of life, hesitating to choose the bright road, remember that when years are passed and your feet stumble on the dark mountains, you will cry bitterly, but in vain.

【平心而论】Those who still..., hesitating to..., remember that... you will... 在文章结尾处使用这种结构可起到总结概括和画龙点睛的作用。

【我型我秀】Those who still waste life in doubt and fear, fooling around here and there, remember that when the days of youth are passed, you will be too late to feel regretful. (提醒人们切勿浪费时间)

仍在疑虑中虚度年华,仍在到处游手好闲的人们啊,请记住:当青春不再,后悔也来不及了。

Day 2 Democracy


民主



Democracy will not come
Today, this year
Nor ever
Through compromise and fear.

在妥协和恐惧之中
民主不会于今时今日到来
其实它将永远
不会到来。

——Langston Hughes

 我读之我见

本文是由《纽约客》的著名作家 E.B.怀特所写。怀特以一种特殊的方式阐释了自己对于民主的理解。

statement [ˈsteɪtmənt] n.

声明, 陈述

presumably

[ˈpriːzju:m əbəli] ad.

推测上, 假定上, 大概

comply with 照做, 遵守

We received a letter from the Writers' War Board* the other day asking for a statement on "The Meaning of Democracy." It presumably is our duty to comply with such a request, and it is certainly our pleasure.^①

前些时候, 我们收到作家战争委员会的一封来信。信中他们要求我们阐述一下“民主的意义”。回答这样的问题似乎确是我们的责任之一, 当然我们也非常乐意于回答这个问题。^①

* 作家战争委员会 (Writers' War Board), 是 1942 年 1 月由上千名美国作家联合组成以宣传美国正在参加的第二次世界大战和美国在这场战争中的立场为目的的一个作家联盟。主要领导者有奥斯卡·汉姆斯特恩和赛珍珠等人。

Surely the Board knows what democracy is. It is the line that forms on the right. It is the don't in don't shove. It is the hole in the stuffed shirt through which the sawdust slowly trickles; it is the dent in the high hat. Democracy is the recurrent suspicion that more than half of the people are right more than half of the time. ② It is the feeling of privacy in the voting booths, the feeling of communion in the libraries, the feeling of vitality every-where. Democracy is a letter to the edi-tor. Democracy is the score at the begin-ning of the ninth. It is an idea that hasn't been disproved yet, a song the words of which have not gone bad. It is the mus-tard on the hot dog and the cream in the rationed coffee*.

Democracy is a request from a War Board, in the middle of the morning in the middle of a war, wanting to know what democracy is.③

委员会必定已经知晓了民主是什么东西。它就是以右排为基准,全队看齐;他是先来后到,不准推搡;它是绣花枕头上的一个洞,锯末就从其中慢慢撒出来;它还是高顶礼帽上的凹陷。民主是一个一直饱受质疑的论断:大多数在大多时候都是正确的。② 它还是投票室里那种私密的感觉,那种自由如影随形的感觉,那种到处充满生机和活力的感觉。它是给编辑的一封信。它是贝多芬第九交响曲开始的乐谱。它是一种还没有证伪的信念,一首歌词还没有变味儿的歌曲。它是热狗上的芥末和定量配给*的咖啡上的奶油。民主是在战争时期的一个早晨,战争委员会要求知道民主是什么。③

* 由于二战的原因,美国于1942年11月29日对咖啡进行限量配给。咖啡的限量配给只持续到1943年6月。



shove [ʃʌv] n.

推,挤

trickle ['trɪkl]

n.滴;细流 v.滴流,细细地流

recurrent [rɪ'kʊərənt] a.

再发生的,定期重复的,循环的

voting booth

投票厢,投票室

communion

[kə'mju:njən] n.

交际;亲密交谈;交流

vitality [vai'tælɪti] n.

活力,生命力

mustard ['mʌstəd] n.

芥末;芥菜;强烈的兴趣