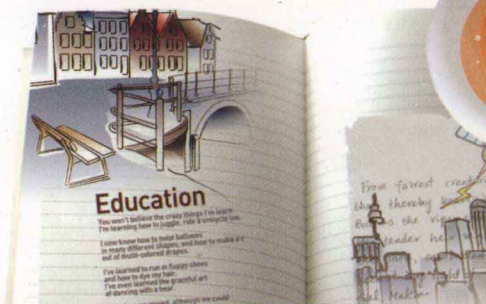


大学英语四级考试

晨读美文

Morning Essays for CET-4

赵建昆 主编



一线名师倾力打造，无敌美文经典，考试过关无忧

 NO.1

中国石化出版社

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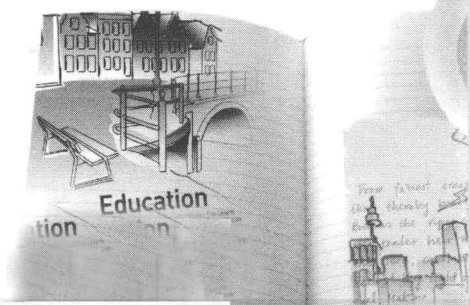
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教·育·出·版·中·心

图书在版编目 (CIP) 数据

大学英语四级考试晨读美文/赵建昆主编.
—北京:中国石化出版社,2011.7
ISBN 978-7-5114-1048-1

I. ①大… II. ①赵… III. ①大学英语水平
考试-阅读教学-自学参考资料 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2011)第 127867 号

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中国石化出版社出版发行

地址:北京市东城区安定门外大街 58 号

邮编:100011 电话:(010)84271850

读者服务部电话:(010)84289974

<http://www.sinopec-press.com>

E-mail:press@sinopec.com.cn

北京柏力行彩印有限公司印刷

全国各地新华书店经销

*

880×1230 毫米 32 开本 10.125 印张 245 千字

2011 年 8 月第 1 版 2011 年 8 月第 1 次印刷

定价:20.00 元

前言

阅读能陶冶我们的情操,能拓宽我们的知识面,能提高我们的英语思辨能力。英国诗人威廉·布莱克说:“一颗沙里看出一个世界,一朵野花里一座天堂。”其实,一本好书能让您同时感受世界的奇妙与天堂的永恒。

朗读,最好的时间在早晨,这是一天的开始。这个时候,我们的思维最活跃,心境最纯洁,语言理解和语言接受意识和能力最强。晨读,每天开口 15 分钟,让您的一天沉浸在美好的语言韵律中,让您刚刚读过的优美文章、精彩句子在一天中慢慢沉浸、消化、吸收,成为您自己的东西。诵读历来是一种重要的语言学习方法。对经典阅读材料的朗读和背诵,能有效地增强我们的英语语感,帮助我们更深刻地理解文章;更牢地记住词汇和句型,能提高我们对英语的鉴赏力,促进我们英语综合能力的形成。

英语考试的复习需要的是一个长期的过程,在这样一个枯燥的时间中,阅读美文是我们必不可少的选择。谁说四级考试的文章只给人望而生畏的感觉?这其中的美感是需要细细品味的。因此我们精挑细选,从浩如烟海的经典妙文和鲜活时文里筛选、组合出这本《大学英语四级考试晨读美文》,希望带给您一份清秀雅致的全新感受。

本书具有以下特点:

一、经典时新、兼容并蓄

我们在选取文章时,既注重经典名篇,又注重最新报刊杂志上的时文、美文,二者兼备,相得益彰。

二、题材广泛,内容新颖

很多文章富于哲理,耐人寻味,让您在浓浓的人文氛围、文化氛围中得到人生的升华。

三、语言规范,生动活泼

所选文章语言优美、文法地道,是锤炼语言技巧、陶冶语言修养的最好材料。

四、美文妙词,边读边记

每篇文章之后均有核心词汇,同时提炼文中高频词汇,让您寓记于读,在提升英语语感的同时扩大词汇量。

五、英汉对照,边读边译

每篇文章都是英汉对照,帮助体会英汉双语语境表达同一主题时的不同感觉和语言的差异,是读者练习中英转换翻译的绝佳材料。

《大学英语四级考试晨读美文》是我们在复习四级考试的过程中值得朗读和背诵的好书。本书由 50 篇文章组成,内容涉及励志人生、精彩散文、名家演讲、经典对白、报刊文摘、名篇欣赏、寓言故事、名人故事等八大部分,极具思想性、趣味性、知识性、挑战性和时代性,是陶冶阅读技巧、增进语言修养的上佳之作。

亲爱的读者,青春是美丽的,时光是宝贵的,愿你珍惜每一个早晨,与《大学英语四级考试晨读美文》真诚相伴,望我们的图书在您的学习过程中有所帮助!

编者

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第一部分

励志人生

1. Youth

青春

文 20 世纪初塞缪尔·厄尔曼写的这篇不足 500
章 字的短文《青春》一直为世人倾倒,过了这么多年它
导 的魅力依旧。究其原因在于它给予了一种启示,教
读 我们如何美好地生活。

晨读精选

Youth is not a time of life, it is a state of mind, it is not a matter of rosy cheeks, red lips and supple knees, it is a matter of the will, a quality of the imagination, a vigor of the emotions, it is the freshness of the deep spring of life.

Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years; we grow old by deserting our ideas.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust.

Whether 60 or 16, there is in every human being's heart the lure of wonders, the unfailing childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from the infinite, so long as you are young.

When the aerials are down, and your spirits are covered with snows of cynicism and the ice of pessimism. Then you've grown old even at 20, but as long as your aerials are up to catch waves of optimism, there's hope you may die young at 80.

精美译文

青春不是年华,而是心境;青春不是桃面、丹唇、柔膝,而是深沉的意志、恢宏的想象、炽热的感情;青春是生命的深泉在涌流。

青春气贯长虹,勇锐盖过怯弱,进取压倒苟安。如此锐气,二十后生有之,六旬男子则更多见。年岁有加,并非垂老;理想丢弃,方堕暮年。

岁月悠悠,衰微只及肌肤;热忱抛却,颓唐必至灵魂。忧烦、惶恐、丧失自信,定使心灵扭曲,意气如灰。

无论年届花甲,抑或二八芳龄,心中皆有生命之欢乐,奇迹之诱惑,孩童般天真久盛不衰。人人心中皆有一台天线,只要你从天上人间接收美好、希望、欢乐、勇气和力量的信号,你就青春永驻,风华常存。

一旦天线降下,锐气便被冰雪覆盖,玩世不恭、自暴自弃油然而生,即便年方二十,实已垂垂老矣;然则只要竖起天线,捕捉乐观的信号,你就有望在八十高龄告别尘寰时仍觉年轻。



词汇注释

supple /'sʌpl/ *adj.* 柔软的,逢迎的,顺从的

vigor /'vigə/ *n.* 精力,活力

temperamental /'tempərə'mentl/ *adj.* 由气质引起的,心情变化快的,喜怒无常的

predominance /pri'dɒmɪnəns/ *n.* 优势

timidity /ti'mɪdɪti/ *n.* 胆怯

appetite /'æpɪtaɪt/ *n.* 食欲,胃口,欲望,爱好

merely /'miəli/ *adv.* 仅仅,只,不过

wrinkle /'rɪŋkl/ *n. /v.* 皱纹,使皱

lure /luə:/ *v.* 引诱

infinite /'ɪnɪfɪt/ *adj.* 无穷的,无限的,无数的,极大的

aerial /'ɛəriəl/ *n.* 天线

cynicism /'sɪnɪsɪzəm/ *n.* 犬儒主义,玩世不恭

pessimism /'pesɪmɪzəm/ *n.* 悲观,悲观主义

optimism /'ɒptɪmɪzəm/ *n.* 乐观,乐观主义



真题词汇

back⁴⁰ /bæk/ *adv. /n. /v.* 回原处,向后,倒退,支持

【词组】back sb. up 支持某人; back down (from) 放弃要求; back and forth 来回地

long³⁶ /lɒŋ/ *adj.* 长时间的,长期的 ([同义] extensive, lengthy; [反义] short, brief) *adv.* 长久,长期地

【词组】as/so long as 1. 只要,如果。2. 既然,由于; before long 不久以后; no longer 不再,已不; so long 再见

merely⁸ /'miəli/ *adv.* 仅仅,只不过,只是

infinite³ /'ɪnɪfɪt/ *n.* 无限 *adj.* 无穷的,无限的,极大的

nobody³ /'nəʊbɒdi, 'nəʊbədi/ *pron.* 没有人,无人 *n.* 无足轻重的人

【用法】1. nobody 不能分开写,后面不能接 of 短语,要接 of 短语时用 none。2. nobody 是复合不定代词,其定语通常后置。Nobody bright can say so. 没有聪明人会这样说的。

enthusiasm² /ɪn'θu:ziæzəm, ɪn'θɜ:ziæzəm/ *n.* 狂热,热情,热忱,积极性

【同义】intense interest, gusto, passion

【阅读理解】On the other hand, though, if a child is left alone too much, or without any learning opportunities, he loses his natural enthusiasm for life and his desire to find out new things for himself. 但是,从另一方面来说,如果孩子经常没人陪伴,或者没有任何学习的机会,他就会丧失生来对生活的热情,不愿自己去发现新事物。(四级真题)

desert¹/ 'dezət/ n. 沙漠,不毛之地

2. The Road to Success

成功之路

文
章
导
读

Success can be only one ingredient in happiness, and is too dearly purchased if all the other ingredients have been sacrificed to obtain it.

成功只能算是幸福的一种因素,如果为了获得成功而牺牲了所有其他各种因素,则未免得得不偿失。

晨读精选

It is well that young men should begin at the beginning and occupy the most subordinate positions. Many of the leading businessmen of Pittsburgh had a serious responsibility thrust upon them at the very threshold of their career. They were introduced to the broom, and spent the first hours of their business lives sweeping out the office. I notice we have janitors and janitresses now in offices, and our young men unfortunately miss that salutary branch of a business education. But if by chance the professional sweeper is absent any morning, the boy who has the genius of the future partner in him will not hesitate to try his hand at the broom. The other day a fond fashionable mother in Michigan asked a young man whether he had ever seen a young lady sweep in a room so grandly as her Priscilla. He said no, he never had, and the mother was gratified beyond measure, but then said he, after a pause, "what I should like to see her do is sweep

out a room." It does not hurt the newest comer to sweep out the office if necessary. I was one of those sweepers myself.

Assuming that you have all obtained employment and are fairly started, my advice to you is "aim high". I would not give a fig for the young man who does not already see himself the partner or the head of an important firm. Do not rest content for a moment in your thoughts as head clerk, or foreman, or general manager in any concern, no matter how extensive. Say to yourself, "my place is at the top." Be king in your dreams.

And here is the prime condition of success, the great secret: concentrate your energy, thought, and capital exclusively upon the business in which you are engaged. Having begun in one line, resolve to fight it out on that line, to lead in it, adopt every improvement, have the best machinery, and know the most about it.

The concerns which fail are those which have scattered their capital, which means that they have scattered their brains also. They have investments in this, or that, or the other, here, there, and everywhere. "Don't put all your eggs in one basket." is all wrong. I tell you "put all your eggs in one basket, and then watch that basket". Look round you and take notice, men who do that not often fail. It is easy to watch and carry the one basket. It is trying to carry too many baskets that breaks most eggs in this country. He who carries three baskets must put one on his head, which is apt to tumble and trip him up. One fault of the American businessman is lack of concentration.

To summarize what I have said: aim for the highest, never enter a bar room; do not touch liquor, or if at all only at meals; never speculate; never indorse beyond your surplus

cash fund; make the firm's interest yours; break orders always to save owners; concentrate; put all your eggs in one basket, and watch that basket; expenditure always within revenue; lastly be not impatient, for as Emerson says, "no one can cheat you out of ultimate success but yourselves."

精美译文

年轻人应该从头开始,从底层做起,这是很好的一件事情。匹兹堡许多出类拔萃的企业家在刚入行时,都承担过一个重要的职责:他们手持扫帚,在清扫办公室中开始了他们的创业生涯。我注意到,现在的办公室都配置了工友,我们的年轻人很不幸地失去了企业教育中有益的一环。但是,假如某一天早上,专职的清洁工偶尔没来,那么具有未来合伙人潜质的小伙子就会毫不犹豫地拿起扫帚。有一次,密歇根一位溺爱孩子并非常时髦的母亲问一个年轻人,是否见过有哪个年轻女士像她的普里茜拉那样潇洒地在屋子里扫地。年轻人回答说从来没有见过,那位母亲高兴坏了。可是他停了一下又说,“我想见到的是她在屋子外头打扫。”必要时,让新来的员工在办公室外扫扫地对他们并没有坏处。我自己就曾经是那些扫地人中的一员。

当确定你获得录用并有了一个公平的起点时,我的忠告是:“确定远大的目标。”对于那些还未把自己看成大公司的未来的合伙人或者老板的人们,我是无话可说的。不管公司有多大,永远把自己看成这家公司的首席雇员、领班或者总经理。告诉自己:“我的位置在最高层。”在你的梦想中,应该是一流的。

通往成功之路的基本条件和重大秘密是:把你的精力、思想和资本全部集中于你所从事的事业之上。投身于哪一行,就得决心在这一行做出一番事业,做这一行的领导人物,采纳每一点改进,采用最好的设备,尽力精通专业知识。