



跳蚤 · 阅读精品系列中英文对照文丛

# 跳蚤 · 阅读 FLEA READER'S



## 第二辑⑥



像克罗斯一样富有

机上实用英语

高老头

复活岛的巨人



The Giants of Easter Island

外文出版社

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# **FLEA READERS**

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### **第二辑**

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### **复活岛的巨人**

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## 前言

《跳蚤·阅读》(FLEA READERS)是刘国彬教授和美籍专家迈克·理斯顿先生为大中学生和广大英语爱好者精心策划的一套英语课外读物,是针对教育部对目前英语教学现状提出的意见编撰的,旨在为广大中学生和大学低年级学生提供一套既实用又轻松的中英文对照读物。

这套书编排形式活泼新颖,文章短小精悍,图文并茂,注释详实,这是本书的第一个特点;

第二,本丛书取材广泛,纵横古今中外,品类繁多,包罗影视文(章)网(络)。

我们拟先推出三辑 30 本,以后再陆续添加。在本丛书的成书过程中,许多人都付出了大量的时间、精力和心血。我们在此向他们表示由衷的感谢。

尽管我们在尽最大的努力做好每一件事,但是失误仍然在所难免。希望广大读者一如既往地对我们的工作进行监督与批评,并欢迎广大读者随时与我们联系。

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## **Who Suffers More: Women or Men?**

*By Constance J · Post*

As Chairman Mao says, "Women hold up half the sky." Today, however, many people wonder if the half that women hold up is heavier than the half held up by men. According to two socialologists at Ohio State University, John Mirowsky and Catherine Ross, women experience distress much more often than men in America—about 30% more, or so they claim. The distress they report includes feelings of anger, sadness, and anxiety. Earlier researchers found that women are about twice as likely as men to suffer from major clinical <sup>①</sup> depression.

What makes women experience greater distress? Is it simply because they are more emotional <sup>②</sup> than men, as some people say? Some scientists agree that women suffer more, and these scientists cite as evidence the important role that brain chemistry plays in determining women's emotions. But does it account for all the distress reported by women?

Consider, for example, another source of distress that many women experience. Following the birth or adoption of a child, many women suffer from what is called post-partum <sup>③</sup> depression. In the United States women have organized groups suffering from this form of depression,



## 谁的苦恼多：女人还是男人？

康斯坦斯·J·波斯特



正如毛主席所说的：“妇女能顶半边天。”如今，很多人想弄清楚妇女支撑的半边天是否比男人支撑的半边天重。俄亥俄州立大学的两位社会学家，约翰·米罗斯基和凯瑟琳·罗斯说，在美国，妇女所经受的苦恼比男人们大约多30%以上。她们说，这些苦恼包括愤怒、伤心和焦虑不安。以前的研究人员还发现，妇女接受治疗所受的痛苦可能是男士们的两倍。

什么原因使得妇女受到更大的痛苦？是像有些人说的，仅仅因为她们比男士们更容易动感情吗？有些科学家认为妇女受的痛苦多，证据是他们提出的脑化学因子在决定妇女的情绪上起着重要的作用。但是，这能解释妇女所受的全部痛苦吗？

考虑一下，比如说，许多妇女经受痛苦的另一个根源，在生孩子或者收养孩子之后，许多妇女都会得一种所谓的产后抑郁症。在美国，妇女们建立了一些抑郁症者组织，目的之一便是

① clinical[ˈklinikəl]

临床的，客观的

② emotional

[iˈməʊʃənəl]情感上的

③ postpartum

[ˌpəʊstˈpɑːtəm]产后的



and one of their goals is to raise the consciousness of the medical community about the health problems of women who become mothers. The sociologist Verta Taylor reports that over 75% of new mothers experience postpartum depression, and that this depression may linger <sup>①</sup> for many weeks and in some instances, years. The solution, is to treat postpartum depression with antidepressants <sup>②</sup> as the means of dealing with its biochemical causes.

But is biology the only reason why women experience greater distress? Evidence is mounting for the importance of social factors in postpartum depression. Today when an American woman has a baby in a hospital, her health insurance only permits her to stay overnight for a vaginal <sup>③</sup> delivery. If a Csection (a Caesarean delivery <sup>④</sup>) is required, it is possible for her to stay a day or two longer. Barring any complications, the new mother will return within twenty-four hours to her home and suddenly find her life completely changed. If she is a single mother, she cannot afford to stay home with the baby very long because if she does she will be unable to pay the rent or put food on the table, let alone have the money to pay for all the things the new baby will need.

Mary Brown, a librarian in Pennsylvania, was divorced <sup>⑤</sup> from her husband two months before their baby was born. One month after the birth of her child, Ms.



借以提高医疗界对于妇女产后健康问题的关注。社会学家维塔·泰勒在报告中说,有75%以上的年轻母亲会得产后抑郁症,而且这种抑郁症可能会持续许多周,在某种情况下会持续几年。解决的办法就是针对造成产后抑郁症的生物化学原因用抗抑郁的药物作为治疗的手段。

但是,生理现象是妇女遭受更多痛苦的唯一原因吗?越来越多的迹象表明,在产后抑郁症中社会因素的重要性正在增加。如今,当一位美国妇女在医院生孩子的时候,她的健康保险只容许她在医院住一个晚上进行自然分娩。如果需要做剖腹产手术,她也只能在医院多呆上一两天。如查不出并发症,这位年轻母亲在24小时之内就要回到自己的家里,而且她会突然发现自己的生活完全改变了。如果她是一位单身母亲,她不可能长时间和孩子呆在家里,她呆不起,否则她就没有办法付房租;桌上连吃的东西都没有,更不必说拿钱支付新生儿所需要的全部东西。

玛丽·布朗是宾夕法尼亚州一位图书馆管理员。在孩子出生前两个月,她和丈夫离了婚。孩子出生一个月之

① linger[ˈlɪŋgə]徘徊,踌躇

② antidepressant  
[ˌæntɪdɪˈpresənt]兴奋剂,抗抑郁剂

③ vaginal  
[vəˈdʒaɪnəl]阴道的

④ caesarean delivery 剖腹产

⑤ divorce[diˈvɔːs]离婚

Brown was back at work in the library. At the end of each day, she had to take two buses to return to her son's day-care center where she picked him up and then take two buses to reach her home. In the remaining hours of the day, she fed the baby, washed his clothes, and tidied up the house. Somehow, though, there were never enough hours in the day for her to get all of her work done. Her friend, Susan Spencer, had a baby a week after Mary did, but Susan did not return alone to her house. Her husband was with her, and he did as much as he could to help her with the cooking, housework, and childcare during the first few weeks following the birth of their child.

As new mothers, Mary and Susan also get help from their parents, especially their mothers. Before their mothers worked outside the home, they often went to their daughters' houses and stayed with them for several weeks after the birth of a child. The support they provided their daughters was important, and many working women still try to do this for their daughters even if it means using up their vacation<sup>①</sup> time in order to do so. Women who work outside the home typically<sup>②</sup> get only two weeks of vacation a year, however, and this is not a very long period of time to help their daughters when they become new mothers.

As a result, a new mother may suffer postpartum depression. That depression, however, may be caused by social factors and not for any biological reasons. Even in



后，布朗便回图书馆工作了。每天工作完了，她不得不换乘两趟公共汽车去儿子的日托中心，然后再换乘两趟公共汽车返回。在空余时间里，她喂养婴儿，洗儿子的衣服和收拾房间。不知怎么搞的，每天的时间总是不够用，要干的活老是干不完。她的朋友苏珊·斯派塞，在玛丽生完儿子一周之后，也生了一个孩子。不过，苏珊不是独自回家的，她的丈夫陪着她。在孩子出生后的头几星期，他尽自己最大的力量帮助她做饭、做家务以及照看孩子。

作为年轻的母亲，玛丽和苏珊还得到父母的帮助，尤其是母亲的帮助。在婴儿出生以后，她们的母亲在外出工作之前，通常要去女儿家住上几个星期。她们对女儿的帮助是非常重要的。如此这样就意味着要用掉她们的假期。然而，外出工作的妇女一般一年只有两周的假期，在她们的女儿当了母亲的时候，用这段不长的时间帮助女儿是很不够的。

结果呢，年轻的母亲会得产后抑郁症，这种病可能是由于社会因素造成的，而不是生理原因。即使在一些家

① vacation

[və'keɪʃən] 假期

② typically

['tɪpɪkəli] 典型地

homes where the new baby's father lends a helping hand to the new mother, either after the delivery of her child or following the adoption of a child, many women simply feel overwhelmed <sup>①</sup> by their new responsibilities and fall into depression. Because they can never balance all of the demands placed on her. As Carol Soltkin puts it, "I work an eight-hour shift at the office and then start a second shift of work when I get home. " Even though Carol's husband helps her, he does not share equally on the household tasks, even though they both have equally responsible jobs outside the home. Many American women like Carol are always tired, often worried, and occasionally angry because of a situation from which they see no possible escape.

It therefore will come as no surprise that single, childless women show much less distress than other women. Even they, however, show more distress than men. This may be due to several factors. For example, women are paid only 75 cents for every dollar that men receive, and they are much more likely to live below the poverty level of \$13,000 per year.

Another major reason why women appear to suffer more than men is the willingness to blame themselves for their problems instead of seeing that their problems in many instances have not been caused by them but are deeply rooted in the society at large. Fortunately, some



庭里，在生养或收养孩子之后，做父亲的会向刚做母亲的妻子伸出援助之手，许多妇女仍然被她们面临的新责任弄得不知所措，烦躁不安，因为她们根本不可能安排好她们要做的全部事情。正如卡罗尔·斯洛特金所说：“我在办公室上一个班，工作八个小时，然后到家里又开始上第二个班。”即使卡罗尔的丈夫帮助她，然而他不可能和她同样地分担家务活，而他们两人在外面都从事同样负责任的工作。许多像卡罗尔这样的美国妇女因为找不到能够逃出困境的办法而感到疲惫不堪，经常愁眉不展，有时还发脾气。

所以，单身和没有子女的妇女遭受的痛苦要少多了，这倒没有什么奇怪的。但是这些人仍然比男士们的烦恼要多。这可能由几种因素造成。例如，男人们得到一美元的报酬，妇女只能挣 75 美分，她们更有可能生活在年收入低于 13000 美元的贫困线以下。

另一个主要原因，妇女之所以显得比男人遭受的痛苦多，是因为她们在面临问题时情愿责怪自己，认识不到在许多情况下，问题不在于自身，而根植于整个社会。所幸的是现在有些

① overwhelm

[ˌəʊvəˈwelm] 压倒，  
淹没

American men are helping women to find a solution, and their willingness to do at least 50% of the housework, cooking and childcare is going a long way toward relieving the distress of woman. Who knows? The day may come when women will no longer feel that the half of the sky they hold up is heavier than that of men. And, men and women may find that holding it up together lightens the load for all.



美国男人正在帮助妇女寻找解决问题的办法，他们愿意做至少 50% 的家务活，做饭和照看孩子，这极有助于帮助妇女摆脱痛苦。或许，有朝一日妇女们不再觉得她们顶起的这半边天比男人们那半边天更重了。而且，男人们和妇女们可能会发现共同来顶这个天，大家的负担都减轻了。



## **The Giants of Easter Island**

*By Thor Heyerdahl*

Anyone who is dreaming of a journey to the moon can get a little foretaste of it, as I did, by climbing about on the dead volcanic <sup>①</sup> cones of Easter Island. The atmosphere of the island makes your own world seem immeasurably distant.

Some of the volcanoes have lain here peacefully for so long that sky-blue lakes have formed in their craters. One of the largest of the peaks is called Rano Raraku. Here men in the moon seem to have been busily at work. You have the feeling that they fled in haste from what they were doing. Whole sides of Rano Raraku have been greedily cut up as if they were pastry <sup>②</sup>, although the rock is so hard that sparks fly when steel is driven against it. Hundreds of thousands of cubic feet rock have been removed and tens of thousands of tons of stone carried away. And in the midst of the mountain's gaping wound lie more than a hundred and fifty gigantic stone men carved from the rock, in all stages of completion. At the foot of the mountain stand finished stone men side by side like a supernatural army.

You feel miserably insignificant approaching the vanished sculptors' workshop, whether on horseback or driv-