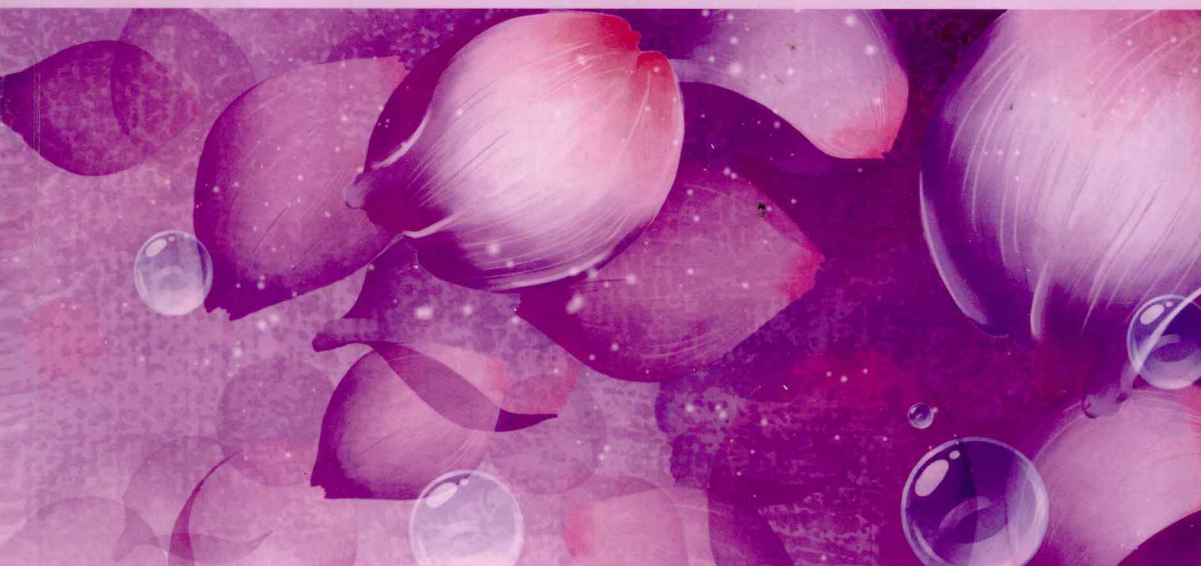


中 国 英 语 期 刊 领 跑 者

疯狂英语美文会

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疯狂英语

FAVOURITE ESSAYS FROM CRAZY ENGLISH



滑过指尖的流沙 The Sands of Life

一叶米亚草儿选编

品读英语美文 领悟哲理人生



江西教育出版社
JIANGXI EDUCATION PUBLISHING HOUSE

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图书在版编目 (CIP) 数据

滑过指尖的流沙: 英汉对照 / 一叶, 米亚, 草儿选编. —南昌: 江西教育出版社, 2011.8

(疯狂英语美文会)

ISBN 978-7-5392-6093-8

I. ①滑… II. ①—… ②米… ③草… III. ①英语—汉语—对照读物②散文集—世界 IV. ①H319.4: I

中国版本图书馆CIP数据核字 (2011) 第159584号

出品人 傅伟中
策 划 吴明华 万 丽
责任编辑 王晓文 周 婵 邓 露 方 芳 陈 萱 郭杨杨
封面设计 曾丹艳
美术编辑 曾丹艳

书 名 疯狂英语美文会·滑过指尖的流沙
编 者 一叶 米亚 草儿
编辑制作 《疯狂英语》编辑部
地 址 广州市广园中路景泰直街东二巷认真英语大厦 邮编: 510405
电 话 020-86569000转编辑部
出 版 者 江西教育出版社
社 址 南昌市抚河北路291号 邮编: 330008
市场发行 广东认真企业有限公司
发行经理 黄志勇
电 话 020-86569000-148
传 真 020-86590141
经 销 全国各地书店
印 刷 广州市天盛印刷有限公司
开 本 170毫米×240毫米 1/18
印 张 17印张
版 次 2011年9月第1版第1次印刷
书 号 ISBN 978-7-5392-6093-8
定 价 43.80元 (附1张MP3光盘)

(图书出现印装问题, 本社负责调换)

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赣版权登字-02-2011-114 疯狂英语美文会·滑过指尖的流沙

前言

《疯狂英语》是中国英语期刊领跑者，其品牌知名度、读者公信力、社会影响面和市场占有率均独占鳌头。2010年首批推出背诵、听力、美文、口语四个系列共20本书后，受到广大英语爱好者的欢迎和好评，2011年继续推出美文会系列6本，以飨读者。

时光荏苒，《疯狂英语》转眼已走过15个年头，也从当年的一本双月刊发展到阅读版、中学版、原声版、口语版、教师版五刊并进的期刊方阵。许多读者对《疯狂英语》的精美文章记忆犹新、赞不绝口，譬如当年齐豫的一篇《秋之湖》，如梦如幻的音乐、深情的独白，曾迷倒多少读者。《疯狂英语》选文一向秉承启迪思想的理念，文风优美、语言地道、含义隽永，在阅读中领悟人生真谛，在阅读中领略文化精华。

此次集结出版的美文，来自历年的阅读版、中学版、原声版和口语版，分为“一人一个情人结”、“愿此刻停留”、“宠爱之名”、“滑过指尖的流沙”、“情感的许愿池”和“生命中的四叶草”六册，前四册均为情感美文，后两册则为名著或畅销书的书摘精选。

在每篇文章的末尾，对四、六级考试适用的词汇和短语进行了详细的注解，此外，编者精心摘选出一些重点句型和句式，便于读者背诵掌握。书末配备的MP3光盘收录了全部文章，由英、美籍人士诵读，发音地道，是绝佳的听力材料，也便于读者跟读模仿练习口语。

单词、短语、句子，由浅入深，循序渐进；阅读、听力、口语，三者合一，面面俱到；优美的文章、精美的图画、华美的音乐，愿您乐享这英语美文的盛宴。

编者

2011年9月



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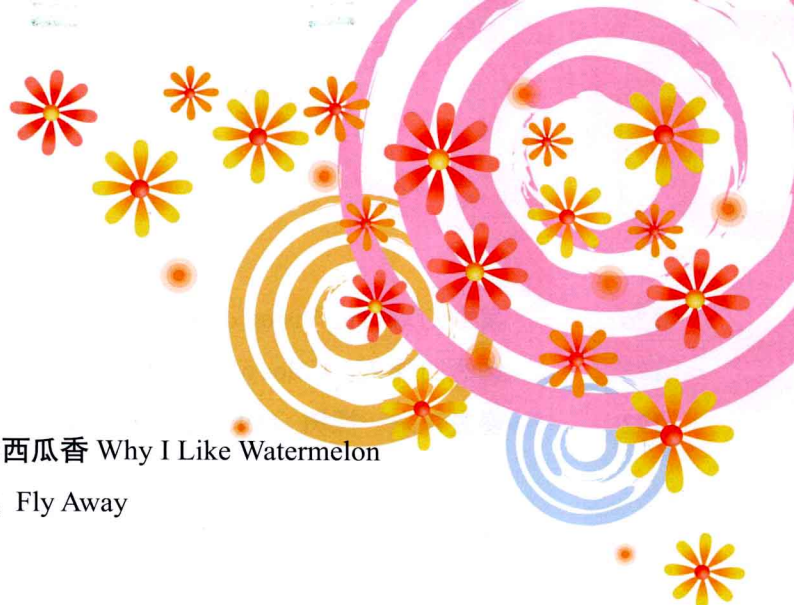
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第一章

无法忘怀的友情岁月

爱情如花，友情如酒，花开一阵，酒香一生。

爱情是灯，友情是影子，当灯灭了，你会发现你的周围都是影子。朋友，是在最后可以给你力量的人。

在成长的岁月中，友情伴随你左右，就算遇到狂风暴雨，你也不会感到落寞。那些出现在你生命里的朋友，那些无法忘怀的友情岁月，是一生中最值得珍藏的财富。

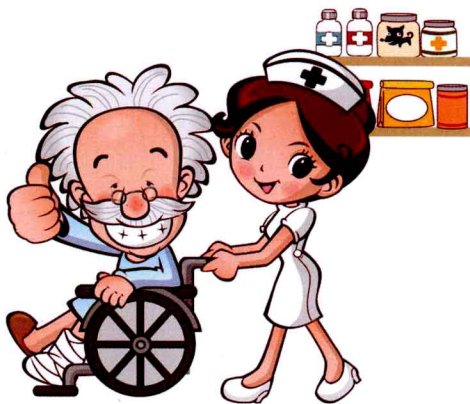


Love is the best way to turn an enemy into a friend.

A Thorny Rose Taught a Lesson for a Lifetime

Track 02

By Janet Seever



When I arrived at 6 a.m. in the large hospital kitchen, Rose was already checking name ¹⁾tags on the ²⁾trays against the patient ³⁾roster. ⁴⁾Stainless steel shelves held rows of breakfast trays which we would soon be serving.

“Hi, I’m Janet.” I tried to sound ⁵⁾cheerful, although I already knew Rose’s ⁶⁾reputation for being impossible to work with. “I’m scheduled to work with you this week.” A ⁷⁾stocky middle-aged woman with graying hair, Rose stopped what she was doing and ⁸⁾peered over the glasses ⁹⁾perched on her nose. I could tell from her sour expression she wasn’t pleased to see a student worker.

“What do you want me to do? Start the coffee?” I was feeling less confident by the minute. Rose ¹⁰⁾sullenly nodded and went back to checking name tags. Moments after I filled the 40-cup pot with cold water, Rose

带“刺”的罗斯 教给我的人生一课

薇雨 译

我早上六点到达医院的大厨房时，罗斯已经在对照着病人名册，核对贴在盘子上的姓名标签了。不锈钢架上摆放着成排的盘子，里面盛着我们一会儿就供应的早餐。

“你好，我是珍妮特。”我努力使自己的声音显得欢欣雀跃，尽管罗斯难相处共事的坏名声我早有听闻。“这周我被安排和你一起干活。”罗斯是一个身材矮胖，头发渐变灰白的中年妇女。她停下手头上的活，透过架在鼻梁上的眼镜盯着我看。从她那充满敌意的表情，我能看出她并不喜欢来个学生跟她干活。

“我可以帮些什么忙？泡咖啡？”每过一秒，我的自信心就减弱一分。罗斯一脸阴沉地点了点头，走回去继续核对姓名标签。我往容量为40杯装的咖啡壶里倒满



¹¹⁾gruffly ¹²⁾snapped, “That’s not the way to make coffee.” She **stepped in** and took over.

“I was just doing it the way our ¹³⁾supervisor showed us to do it,” I said in ¹⁴⁾astonishment.

“The patients like the coffee better the way I do it,” she replied ¹⁵⁾curtly.

Nothing I did pleased her after that. All morning her eagle eyes missed nothing and her sharp words ¹⁶⁾stung. She literally ¹⁷⁾trailed me around the kitchen. Later, after breakfast had been served and the dishes had been washed, I set up my share of trays for the next meal. Then I busied myself cleaning the ¹⁸⁾sink. Certainly Rose couldn’t criticize the way I did that. When I turned around, there stood Rose, rearranging all of the trays I had just set up! Later at break time, some of the older full-time workers decided to have some fun and started ¹⁹⁾teasing me.

“Are you having a good time working with Rose?” Margaret’s ²⁰⁾mischievous blue eyes twinkled as she ²¹⁾baited me.

“That’s not even funny,” I said, biting my lip to keep back the tears.

Totally ²²⁾exhausted, I ²³⁾trudged the six blocks home from the University of Minnesota Hospital late that June afternoon. As a third year university student **working my way through** school, I had never before ²⁴⁾encountered anyone like Rose. With muscles still tense, I **wrestled with** my ²⁵⁾dilemma alone in my room. “I can’t take much more of Rose.” I turned the possibilities over in my mind. Should I see if my supervisor would ²⁶⁾switch me to work with someone else? Scheduling was ²⁷⁾flexible. **On the other hand**, I didn’t want to be a quitter. I knew my co-workers were watching to see what I would do.

Working with Rose the next morning, I ²⁸⁾ignored the ²⁹⁾barbs thrown in my direction and did things her way as much as possible to avoid ³⁰⁾friction. As I worked, I silently began to surround Rose with a warm blanket of prayers. “Lord, help me love Rose.” Over the next few days, an



冷水，不一会儿，罗斯便粗声喝道：“不是那样泡咖啡的。”接着，她便插手自己来干。

“我只是按着我们主管演示的方法去做。”我惊讶地说道。

“病人更喜欢喝按我的方式弄出来的咖啡。”她只简单回答了一句。

那件事以后，我做的任何事都不能令她满意。整个早上，她那双鹰眼时刻盯着我，犀利的话锋刺痛了我。在厨房里，她简直是跟在我后头咬着不放。供应完早餐，碟子也洗好了，我就去摆放好自己负责的那部分盘子，为下一餐做准备。接着我就埋头洗水池。我要怎么洗，罗斯当然没法找我茬。当我转过身，看见罗斯就站在那儿，正重新整理着所有我才摆放好的盘子！后来到了休息时间，一些年长的全职工人决定找些乐子，开始拿我来开玩笑。

“跟罗斯一起干活开心吗？”玛格丽特逗我时，她那顽皮的蓝眼睛一闪一闪的。

“这一点儿也不好笑。”我说完，咬着嘴唇，努力克制泪水。

那个六月下午的晚些时候，筋疲力尽的我拖着沉重的脚步走了六个街区，才从明尼苏达州大学附属医院回到家。作为一名一直勤工俭学的大三学生，我从没遇到过像罗斯那样的人。我独自在房间里面面对两难选择境地，肌肉仍绷得紧紧的。“我再也无法容忍罗斯了。”我脑子里闪过各种改变现状的可能性。我要不要问一下主管看能否把我调去和其他人共事？工作安排本来就很灵活。但另一方面，我不想轻易打退堂鼓。对于我下一步会怎么做，我知道那些同事都在拭目以待。

第二天早上和罗斯一起工作，我忽视那些针对我的刺耳的话，按她的方式做事，尽可能地避免摩擦。工作时，我默默地用温暖的祈祷包围罗斯。“主啊，请帮助我去爱罗斯。”接下来的几天里，令人惊异的事发生了。当我为这个惹人讨厌的

amazing thing began to happen. As I prayed for this ³¹⁾irritating woman, my focus shifted from what she was doing to me, and I started seeing Rose as the hurting person she was.

I was the one who changed first, not Rose. As the icy tension began to **melt away**, Rose criticized less and less. Throughout the rest of the summer, we had numerous opportunities to work together. Each time she seemed ³²⁾genuinely happy to see me.

As I worked with this lonely woman, I listened to her. I learned she was burdened by elderly parents who needed her care, by her own health problems and by an ³³⁾alcoholic husband she was thinking of leaving. There was no question that her ³⁴⁾lot in life was difficult, and I began to understand what made her the way she was. As I listened, I discovered that her unique way of doing things **resulted from** her desire to do something special for the patients. She explained how her method of setting up trays helped the eye surgery patients find things easily on the tray. ³⁵⁾Cubing the bright coloured ³⁶⁾gelatin ³⁷⁾slabs made them look prettier in the bowl and easier for patients to eat. She had her own reasons for everything.

In return, she wanted the patients to appreciate her for doing special things for them. This woman—whom I once considered so ³⁸⁾unlovable—was actually begging for someone to love and appreciate her! I learned so much by observing Rose—far more than I learned from a textbook in my years at the university.

The days **slipped by** quickly as I finished the last several weeks of my summer job. Leaves were starting to turn yellow and red, and there was a cool ³⁹⁾crispness in the air. I soon would be returning as a full-time student. One day, while I was working alone in one of the kitchens, Rose entered the room. Instead of her uniform, she was wearing street clothes. I looked at her in surprise. “Aren’t you working today?” “I got me another job and won’t be working here no more,” she said, as she walked over and gave me a quick ⁴⁰⁾hug. “I just came to say good-bye.” Then she turned ⁴¹⁾abruptly

女人祷告时，我的注意力从她对我的所作所为上转移开了，我开始留意到罗斯本身其实充满烦恼忧伤。

是我先作出改变，而非罗斯。随着那种冷冰冰的紧张状态逐渐消融，罗斯对我的指责也越来越少。那个夏天余下的所有日子里，我们还有很多次被安排在一起干活的。每次她都似乎真的很高兴看见我这个同伴。

当我和这个孤独的女人一起工作时，我会聆听她说话。我了解到，她双亲需要她照顾，自己的健康又有问题，丈夫酗酒，她正在考虑要离开他，她被这种种负担压得透不过气来。毫无疑问，她的命很苦。我开始理解她为什么会变成现在那样。听着听着，我发现她那种独特的做事方式源自她想特地花心思去为病人做一些事的愿望。她解释说，她那种摆放盘子的方式如何帮助做了眼部手术的病人更容易地在架上找到所需的东西。将那些厚厚的色彩鲜艳的果冻切成一粒粒，除了在碗里看起来更漂亮，还更便于病人食用。她做每件事都有她自己的理由。

她希望病人感激自己特地花心思去为他们做一些事。这个女人——我曾认为她那么不讨人喜欢——事实上一直在乞求得到他人的爱和感激。通过观察罗斯，我学到了很多——比我念大学时从课本上学到的多得多。

那年打暑期工的最后几周，日子过得特别快。叶子开始变黄转红，空气变得清凉干爽。

很快我就要回归全日制学生的角色了。有一天，我正独自在其中一个厨房里干活，罗斯走了进来。她没穿工作服，而是穿着休闲装。我诧异地看着她：“你今天不用干活吗？”“我找了另一份工作，不再来这里上班了。”她边说边走向我，并



and walked out the door. Although I never saw Rose again, I still remember her ⁴²⁾vividly.

In the summer of 1966, I learned a lesson I've never forgotten—although more than 40 summers have come and gone since then. The world is full of people like Rose—irritating, ⁴³⁾demanding, unlovable—yet hurting inside. I've found that love is the best way to turn an enemy into a friend.



【四六级必考单词】

- 1) tag [tæg] n. 标签
- 2) tray [treɪ] n. 盘, 碟
- 3) roster ['rɒstə(r)] n. 花名册, 登记簿
- 4) stainless ['steɪnls] adj. 不锈钢的
- 5) cheerful ['tʃɪəfʊl] adj. 高兴的, 兴致高的
- 6) reputation [repju'teɪʃ(ə)n] n. 名誉, 声望
- 7) stocky ['stɒkɪ] adj. 矮小健壮的
- 8) peer [pɪə(r)] v. 仔细看
- 9) perch [pɜ:tʃ] v. 搁置
- 10) sullenly ['sʌlənlɪ] adv. 不高兴地
- 11) gruffly ['grʌflɪ] adv. 粗暴地, 粗声地
- 12) snap [snæp] v. 厉声地申斥
- 13) supervisor [su:pə'vaɪzə] n. 主管人, 监督者
- 14) astonishment [ə'stɒnɪʃmənt] n. 大吃一惊, 吃惊
- 15) curtly [kɜ:tlɪ] adv. 简略地
- 16) sting [strɪŋ] v. 刺伤, 刺痛, 过去式为stung
- 17) trail [treɪl] v. 跟踪, 尾随
- 18) sink [sɪŋk] n. (厨房中的) 洗涤槽, 污水槽
- 19) tease [ti:z] v. 取笑, 嘲弄
- 20) mischievous ['mɪstʃɪvəs] adj. 顽皮的, 淘气的
- 21) bait [beɪt] v. 逗弄

快速地拥抱了我一下。“我只是过来道别。”然后她突然转过身，走出门外。尽管那以后我再没见过罗斯，但她仍栩栩如生地留在我的记忆里。

1966年那个夏天，我上了一堂毕生难忘的课——尽管那以后，四十多个夏天过去了。这个世界充满了像罗斯那样的人——心中充满愤怒，对人苛刻，不讨人喜欢——然而他们的内心却是伤痕累累的。我明白到爱是让人化敌为友的最佳途径。

选自《疯狂英语阅读版》2009年4月号

- 22) exhausted [ɪg'zɔ:stɪd] adj. 疲惫的
- 23) trudge [trʌdʒ] v. 沉重地走
- 24) encounter [ɪn'kaʊntə(r)] v. 遇到
- 25) dilemma [dɪ'lɛmə] n. 进退两难之境
- 26) switch [swɪtʃ] v. 改变，转换
- 27) flexible ['fleksɪb(ə)l] adj. 灵活的，有伸缩性的
- 28) ignore [ɪg'nɔ:(r)] v. 不理睬，忽视
- 29) barb [bɑ:b] n. 刺耳的话
- 30) friction ['frɪkʃ(ə)n] n. 摩擦
- 31) irritating ['ɪrɪ,tetɪŋ] adj. 气人的，使人不愉快的
- 32) genuinely ['dʒenjʊɪnli] adv. 真正地，名副其实地
- 33) alcoholic [ælkə'hɒlɪk] n. 酗酒者
- 34) lot [lɒt] n. 命运
- 35) cube [kju:b] v. 切成小方块（丁）
- 36) gelatin ['dʒelətɪn] n. 果冻，骨胶
- 37) slab [slæb] n. 厚块
- 38) unlovable [ʌn'lʌvəb(ə)l] adj. 不可爱的
- 39) crispness ['krɪspnɪs] n. 清新，清爽
- 40) hug [hʌg] n. 拥抱
- 41) abruptly [ə'brʌptli] adv. 突然地
- 42) vividly ['vɪvɪdli] adv. 栩栩如生地
- 43) demanding [dɪ'mɑ:ndɪŋ] adj. 苛刻的，要求高的



【重点短语记忆】

- 1) step in 插手帮助
- 2) work one's way through sth. 某人通过努力完成、取得，靠做工干成
- 3) wrestle with 面对（难题）
- 4) on the other hand 另一方面
- 5) melt away （使）融化，（使）消散
- 6) result from 起因于
- 7) slip by （时间）悄悄过去，飞掠而过

