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英语专业4级 经典美文 ——200篇——

上海外国语大学

王兴扬 审订 伍乐其 主编

10大原版素材，覆盖专四词汇

演讲、访谈、电影选段、散文、小说选段、
名家名篇、英美报刊……



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编辑推荐

适用对象:

希望通过篇章阅读来掌握并巩固考试词汇的专四考生;需要通过积累阅读量来提高阅读能力的专四考生和英语爱好者;需要通过阅读经典美文来积累语言素材从而提高写作水平和英语文学素养的考生和英语爱好者。

编辑推荐理由:

本书收录大量精选美文,旨在为专四考生以及同级水平的英语爱好者提供高质量的英语阅读素材,满足其逐步提高自身英语水平以及欣赏优秀文章的需求,实不失为一本兼具实用性和收藏价值的好书。它具备以下几大特色:

题材丰富,体裁多样——本书选材广泛,涉及励志情感、名家名篇、电影小说、访谈演讲、英美文化、报刊时文以及真题原文等多种题材;选文体裁多样,包括散文、诗歌、戏剧、小说等各种形式,让您徜徉于风格迥异的美文世界,感受英语的语言魅力,接触不同领域的思想。

原版原音,原汁原味——本书大部分文章均为原文选录(或原文节选)。其中,电影、访谈和演讲部分均配以原声音频,给您最真切的语境感受,务求为您打造一场原汁原味的英语盛宴。

专四词汇,尽在其中——本书选文包含大量专四词汇,分别于每篇文章中突出显示,并在文章后面配上词汇注释,帮助您在具体的篇章语境中轻松掌握专四词汇。

阅读能力,全面提升——通过大量内容丰富、形式多样、原汁原味的英语美文的熏陶,帮助您在增进语感的同时,全面提升阅读鉴赏能力,逐步提高英语文化素养。

积累素材,提高写作——英语写作水平的提高绝不能一蹴而就,它需要平时不断的积累,其中最重要的是语言素材的积累,只有通过大量精泛结合的阅读才能真正做到这一点。本书提供了 200 篇各种类型的精选美文,相信您一定能从中收获不少名言佳句,并受益于各种思想和见解。

内容介绍:

- ① 200 篇涵盖十类不同素材的经典美文——青春励志、人生感悟、名家作文、名人演讲、经典名篇、电影对白、人物访谈、英美文化、报刊时文、真题原文。
- ② 含专四词汇注释、难句解析、中文对照,以及相关背景介绍。
- ③ 每篇文章均配 MP3 音频和同步字幕。

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Unit 1

青春励志

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Youth 青春

Samuel Ullman ©塞缪尔·厄尔曼

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 springs of life.

Youth means a **temperamental predominance** of courage over **timidity**, of the **appetite** for **adventure** over the love of **ease**. This often exits 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 **ideals**.

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 wonder, 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 men and from the **infinite**, so long are you young.

When the **aerials** are down, and your spirit is covered with the snows of **cynicism** and the ice of pessimism, then you are 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.

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、恢弘的想象、炙热的感情;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,二十后生而有之,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,颓废必至灵魂。烦忧、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。人人心中皆有一个无线电台,只要你能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。

一旦天线倒塌,锐气便被冰雪覆盖,玩世不恭、自暴自弃油然而生,即使年方二十,实已垂老矣;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得年轻。



专四词汇

rosy /rəʊzi/ *a.* 肤色红润的
supple /sʌpəl/ *a.* 柔软的
imagination /ɪˌmædʒɪˈneɪʃən/ *n.* 想象
vigor /vɪɡə/ *n.* 活力,精力
emotion /ɪˈməʊʃən/ *n.* 情感

temperamental /ˌtempərəˈmentl/ *a.* 喜怒无常的
predominance /prɪˈdɒmɪnəns/ *n.* 优势,卓越
timidity /tɪˈmɪdɪti/ *n.* 胆怯

appetite /æpɪtaɪt/ *n.* 欲望
adventure /ədˈventʃə/ *n.* 冒险
活动
ease /iːz/ *n.* 安逸
ideal /aɪˈdɪəl/ *n.* 理想
wrinkle /ˈrɪŋkl/ *vt.* 使起皱纹

enthusiasm /ɪnˈθjuːziæzəm/

n. 热情,热忱

bow /bəʊ/ vt. 使弯曲

lure /ljʊə/ n. 吸引力,诱惑

unfailing /ʌnˈfeɪlɪŋ/ a. 无穷无
尽的

appetite /æptɪtaɪt/ n. 欲望

infinite /ɪnfɪnaɪt/ a. 无限的,无

穷的

aerial /ˈeəriəl/ n. 天线

cynicism /ˈsɪnɪ.sɪzəm/ n. 玩世
不恭



佳句赏析

【写作佳句】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 springs of life.

赏析:开篇即用 it is not... it is... 的排比句式,开门见山表达出作者对青春的领悟,青春不是停留在视觉上给人的感觉,青春是具有深层内涵的,它是炙热情感的外化,是生命源泉的涌动。

【背诵佳句】Nobody grows old merely by a number of years. We grow old by deserting our ideals.

赏析:什么是变老?仅仅是年华老去吗?绝不是!能让你真正老去的,不是苍苍的白发,不是满脸的皱纹,而是你的心不再有梦想!

【写作佳句】Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living.

赏析:此句为 there be 句型。whether... or... 引导的让步状语从句,表示无论是 60 岁还是 16 岁都不会影响主句的结果。

【写作佳句】When the aerals are down, and your spirit is covered with the snows of cynicism and the ice of pessimism, then you are grown old, even at 20; but as long as your aerals are up, to catch waves of optimism, there's hope you may die young at 80.

赏析:本句是 but 转折分句,前一分句的主干是 you are grown old, when 引导条件状语从句,说明“年方二十,实已垂老”的前提是玩世不恭、自暴自弃;后一分句转折后用 as long as 引导条件状语从句,说明只要保持乐观心态,就算八十高龄仍自觉年轻。

背景

塞缪尔·厄尔曼,1840 年生于德国,童年时随家西渡,移居美国,年逾 70 方始写作,笔力练达老成。《青春》一经发表,不胫而走,以至代代相传。二战期间,太平洋战争打得正酣之时,麦克阿瑟将军常常从繁忙中抬头注视挂在墙上的镜框,里面镶的就是这篇文章。后来,日本人在东京的美军总部发现了它,《青春》便开始在日本流传,激励他们发奋重建家园。



Catch the Star That Holds Your Destiny

抓住你生命中的那颗星

Shannon M. Lester ©夏农·M.莱斯特

Catch the star that holds your **destiny**, the one that forever **twinkles** within your heart. **Take advantage of** precious **opportunities** while they still **sparkle** before you. Always believe that your **ultimate** goal is **attainable** as long as you **commit** yourself to it.

Though **barriers** may sometimes stand in the way of your dreams, remember that your destiny is hiding behind them. Accept the fact that not everyone is going to **approve** of the choices you've made. Have faith in your **judgment**. Catch the star that twinkles in your heart and it will lead you to your destiny's path. Follow that pathway and **uncover** the sweet sunrises that **await** you.

Take pride in your **accomplishments**, as they are stepping stones to your dreams. Understand that you may make mistakes, but don't let them **discourage** you. Value your **capabilities** and **talents** for they are what make you truly **unique**. The greatest gifts in life are not **purchased**, but **acquired** through hard work and **determination**. Find the star that twinkles in your heart! For you alone are **capable** of making your brightest dreams come true. Give your hopes everything you've got and you will catch the star that holds your destiny.

命运的启明星永远在你心中闪烁,握紧它!好好把握闪现在面前的宝贵机遇吧,请坚信,只要竭尽全力,梦想总会成真。

追梦途中有时阻挠难免,但是请你牢记,你的命运就在这些艰难困苦的背后。你的选择不是所有人都会认同的,这是你必须接受的现实,但是请你相信自己的抉择。紧握心中闪烁的启明星吧,它会引领你走向追梦的命运之旅。你踏上征程,就会发现前路绚烂的朝晖。

要为自己已经取得的成绩感到骄傲,它们是你梦想的基石。要知道,你也会犯错误,但是别气馁。珍视自己的才干和能力,它们令你与众不同。人生中最好的礼物是无法用钱买到的,它是努力和决心赋予你的。寻找心中闪烁的明星吧,只有你自己才能使自己的美梦成真。倾你所有灌溉希望,你一定能摘下命运之星!



专四词汇

destiny /ˈdestɪni/ *n.* 命运
twinkle /ˈtwɪŋkl/ *vi.* 闪烁
take advantage of 利用
opportunity /ˌɒpəˈtjuːnɪti/ *n.* 机会
sparkle /ˈspɑːkl/ *vi.* 闪耀

ultimate /ˈʌltɪmət/ *a.* 最终的
attainable /əˈteɪnəbl/ *a.* 可到达的,可得到的
commit /kəˈmɪt/ *vt.* (oneself) 使承担义务,使承诺
barrier /ˈbæriə/ *n.* 障碍

approve /əˈpruːv/ *vi.* (of)赞成
judgment /ˈdʒʌdʒmənt/ *n.* 判断
uncover /ʌnˈkʌvə/ *vt.* 暴露
await /əˈweɪt/ *vt.* 等候
accomplishment /əˈkʌmplɪʃmənt/ *n.* 成就

discourage /dis'kʌrɪdʒ/ *vt.* 使泄气,使灰心

capability /keɪpə'bɪlɪti/ *n.* 能力

talent /'tælənt/ *n.* 天资,才能

unique /ju'ni:k/ *a.* 独一无二的

purchase /pɜ:tʃəs/ *vt.* 购买

acquire /ə'kwəɪə/ *vt.* 获得

determination

/dɪ.tɜ:mɪ'neɪʃən/ *n.* 决心

capable /keɪpəbl/ *a.* 有能力的



佳句赏析

【背诵佳句】Always believe that your ultimate goal is attainable as long as you commit yourself to it.

赏析: as long as 引导条件状语从句,意为“只要”。有梦想就有希望。当命运的启明星在心中闪烁时,努力追逐梦想,相信总有一天会梦想成真。

【写作佳句】Though barriers may sometimes stand in the way of your dreams, remember that your destiny is hiding behind them.

赏析: though 引导让步状语从句。即使追逐梦想的过程中会历经艰险,都不要放弃,因为战胜了这些困难,你就能掌握自己的命运了。

【背诵佳句】Catch the star that twinkles in your heart and it will lead you to your destiny's path.

赏析: 本句是祈使句式,句子短促而又充满力量,对读者有很强的说服力。只要你心中有颗启明星,它就会指引你在追梦的路上一直前行。

【写作佳句】Take pride in your accomplishments, as they are stepping stones to your dreams.

赏析: as 引导原因状语从句。要学会肯定自己,为自己取得的成绩而骄傲,因为那些成绩为梦想的实现打下了基础。

【背诵佳句】The greatest gifts in life are not purchased, but acquired through hard work and determination.

赏析: 努力拼搏,下定决心去获取人生最美好的礼物。本句否定金钱可以买到人生最好的礼物,强调努力和决心的重要性;这种对比关系能让读者对努力和决心的重要性有更深的印象。

【背诵佳句】Give your hopes everything you've got and you will catch the star that holds your destiny.

赏析: 全文最后一句再次点题,语气坚定,旨在鼓励读者满怀希望去摘下命运之星!



What You See Is What You Get

你得到的就是你想到的

You've heard the expression, "What you see is what you get." My grandfather used to say, "If you look at a tree long enough, it will move." We see what we want to see. **Psychologists** tell us that nothing controls our lives more than our self-image. We live like the person we see in the mirror. We are what we think we are. If you don't think you'll be successful, you won't. You can't be it, if you can't see it. Your life is limited to your **vision**. If you want to change your life, you must change your vision of your life.

Arnold Schwarzenegger was not that famous in 1976 when he met with a newspaper **reporter**. The reporter asked Schwarzenegger, "Now that you've **retired** from bodybuilding, what do you plan to do next?" Schwarzenegger answered very calmly and **confidently**, "I'm going to be the best movie star in Hollywood." The reporter was shocked and **amused** at Schwarzenegger's plan. At that time, it was very hard to imagine how this **muscle-bound** bodybuilder, who was not a **professional** actor and who spoke poor English with a strong Austrian **accent**, could ever hope to be Hollywood's best movie star!

So the reporter asked Schwarzenegger how he planned to make his dream come true. Schwarzenegger said, "I'll do it the same way I became the best bodybuilder in the world. What I do is to create a vision of who I want to be; then I start living like that person in my mind as if it were already true."

Sounds almost **childishly** simple, doesn't it? But it worked! Schwarzenegger did become the highest paid movie star in Hollywood! Remember: "If you can see it, you can be it."

你一定听过这种说法：“你得到的就是你想到的。”我祖父曾说过：“如果你长时间盯着一棵树，你会觉得树会移动。”我们看到的，都是自己想看的东西。心理学家说，没有什么比自我形象更能控制我们的生活了。我们像在镜子中看见的自己那样生活着，我们以为自己是怎样的，实际上就会怎样。如果你觉得自己不会成功，你就不会成功；如果你想不到，那你也做不到。你的人生受你的视野所局限。如果你想改变人生，就必须改变自己对生活的看法。

1976年，阿诺·施瓦辛格在接受记者采访时还只是小有名气。记者问他：“现在，你退出了健美行业，计划下一步做什么呢？”施瓦辛格镇定自若地说：“我要成为好莱坞头号影星。”对于施瓦辛格脱口而出的计划，那位记者震惊之余，感到非常可笑——在那个时候，很难想象这样一位肌肉发达、既非专业演员又操着一口浓重奥地利口音的健美运动员，会有希望成为好莱坞的一流影星！

于是，记者又问施瓦辛格打算怎样实现他的梦想。施瓦辛格答道：“就像我如何成为世界上一流的健美运动员一样，我会先想好自己要成为一个什么样的人，然后，我会开始像想象出的自己那样生活，就好像我已经成了那样的人。”

听起来很幼稚，不是吗？但他做到了！施瓦辛格真的成了好莱坞身价最高的影星！记住：“如果你能够想到什么，你就能成为什么样的人。”



专四词汇

psychologist /saɪ'kɒlədʒɪst/

n. 心理学家

vision /vɪʒən/ *n.* 远见, 眼光

reporter /rɪ'pɔ:tə/ *n.* 记者

retire /rɪ'taɪə/ *vi.* 退出

confidently /'kɒnfɪdəntli/

ad. 自信地

amuse /ə'mju:z/ *vt.* 逗乐, 逗笑

muscle-bound /mʌsəl,baʊnd/

a. 肌肉僵硬的

professional /prə'feʃənəl/

a. 专业的

accent /æksənt/ *n.* 口音

childishly /tʃaɪldɪʃli/ *ad.* 天真地, 幼稚地



佳句赏析

【写作佳句】Psychologists tell us that nothing controls our lives more than our self-image.

赏析: self-image 指“自我形象, 自我定位”。此处用 nothing... more than 句式, “没有比……更……”, 强调自我形象对我们生活的重要性。

【背诵佳句】We live like the person we see in the mirror. We are what we think we are. If you don't think you'll be successful, you won't. you can't be it, if you can't see it. Your life is limited to your vision. If you want to change your life, you must change your vision of your life.

赏析: 三个 if 引导条件状语从句, 假设在三种情形下, 什么样的态度就会带来什么样的结果。如果你不相信自己会成功, 你就真的会失败; 如果你想不到, 你就真的做不到; 如果你想改变自己的人生, 那就必须改变对生活的态度。看似简单朴素的语言却表达出生活的真谛, 有时越简单的东西其实越透漏着力量。是不是很励志的一段话? 失意时不妨读读吧, 或许会让你豁然开朗。

【优美佳句】What I do is to create a vision of who I want to be; then I start living like that person in my mind as if it were already true.

赏析: what 引导的主语从句, what 在从句中作 do 的宾语。如何成为自己想要成为的那个人? 施瓦辛格的答案是, 像想象中的自己那样去生活, 就好像已经成为那样的人一样。想象中的自己一定比真实的你更美好, 用这些美好时刻提醒自己、要求自己, 慢慢地你就越来越接近想象中的那个你了。



Don't Look Back

告别过去

As you travel through life there are always those times when decisions just have to be made when the choices are hard, and **solutions** seem **scarce** and the rain seems to **soak** your **parade**!

There are some situations where all you can do is to simply let go and move on, gather courage together and choose a direction that carries you toward a new dawn.

So pack up your troubles and take a step forward—the **process** of change can be **tough**, but think about all the **excitement** ahead if you can be **stalwart** enough!

There could be adventures you never imagined just waiting around the next bend and wishes and dreams just about to come true in ways you can't yet **comprehend**!

Perhaps you'll find friendships that **spring** from new interests as you **challenge** your **status** and learn there are so many **options** in life, and so many ways you can grow!

Perhaps you'll go to places you've never expected and see things that you've never seen or travel to **fabulous**, **faraway** worlds and wonderful **spots** in between!

Perhaps you'll find **warmth** and **affection** and caring—a “somebody special” who's there to help you stay **cantered** and listen with interest to stories and feelings you share.

Perhaps you'll find comfort in knowing your friends are supportive of all that you do and believe that whatever decisions you make, they'll be the right choices for you!

So keep putting one foot in front of the other and taking your life day by day. There's a brighter tomorrow that's just down the road. Don't look back—you're not going that way!

人生旅途中，你常会面临这些时刻，几乎无计可施，很难选择，行走中浑身被雨水淋湿，却不得不做出决策！

有些情况下你能做的只有放弃，并继续前行，鼓起勇气选定一个方向，让你走向一个新的开始。

抛掉一切烦恼，向前迈步——改变的 **道路** 纵然布满荆棘，只要你能勇往直前，前方就一定有很多惊喜。

也许会有你想象不到的惊险在下一个转弯处等你去体验，也许希望和梦想很快会以你还无法理解的方式实现。

也许在你向自身现状挑战时，在新的兴趣中发现了由此迸发出的友谊，你会明白生活中有多种选择，你的成长道路也会如此多样化！

也许你会去从未想过要去的地方，见到从未见过的事物，或者畅游遥远而神奇的国度，饱览沿途美景。

也许你将体会到温暖、爱意和关怀，发现有个特别的人在那里让你乐意滔滔不绝地诉说，并饶有兴致地聆听你在分享的故事和感受。

也许你会欣慰地发现朋友们不但支持你所做的一切，还相信无论你做出怎样的决定，对你来说都是正确的选择！

那就一步步向前迈进吧，认真过好每一天。前方会有一个更加美好的未来。告别过去——因为那不是你要走的路！