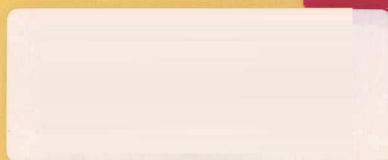


魅力英语

大学生英汉对照
人文知识读本

Charming English

吴汉平 © 主编



军事谊文出版社

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大学生英汉对照
人文知识读本

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前言

《魅力英语——大学生英汉对照人文知识读本》(Charming English)共有四册,由《实现潜能》、《提高情商》、《享受文明》和《猜想未来》组成。每册包括40篇散文,从数千篇当代报纸、杂志、书籍和网络文章中选出。每册书围绕一个主题,册与册之间相互照应,互为补充,形成一体。每篇英文文章千字左右,均出自英美作家之手,文章妙趣横生、引人入胜;文字地道隽永、富有启迪;译文忠实原文、流畅优美,是一套编排独特,构思巧妙,融知识性、趣味性、思想性和实用性为一体的英汉对照阅读丛书。

在茫茫书海中,不乏英汉对照阅读书籍,但不书的主要特点在于:除了使读者通过广泛阅读不同题材和体裁的英文文章,培养良好语感及阅读习惯外,还旨在帮助读者系统地拓宽人文知识面,提高人文素质,在潜移默化中培养高尚情操、树立积极向上、乐观豁达的人生观、价值观和世界观。

很多读者经常为英语水平提高慢而苦恼,殊不知其中重要原因是读的材料太少、面太窄,难以培养语感。因此,在为本书选择范文时,我们在充分考虑其知识性和思想性的同时,十分注意文章题材的广泛性和体裁的多样性,选文覆盖了历史、地理、文学、哲学、艺术、音乐、美术、语言、科技、军事、网络空间等多个领域,既有叙述文、描写文,又有议论文和说明文;既有正式文体,又有非正式文体,可以说篇篇有特色。

本书第一册《实现潜能》(Realize the Potential Ability)。当你告别父母,远离故土,来到陌生城市,踏入大学大门,开始崭新人生之旅时,难免会遇到很多困难和挑战,首先需要学会适应和学习。本书将告诉你如何和谐地“与新室友共度大学生活”、“什么样的知识最有价值”、“为什么要学数学”、“哲学有何用处”,帮助你在浩瀚的知识海洋中学会选择知识、学习知识、锻炼技能、培养科学的思维方法,还教你如何从读书和学习中得到乐趣,如何做笔记、“怎样自学写作”、“怎样巧过谈话关”、“如何扩大词汇量”、“如何随时随地面对任何人说话的技巧”、“如何应付考试”、“如何发挥你的真实

潜能”等等。有了这些知识，你就能树立信心，“正确认识自我”，“把握人生的变化”，从而掌握“成功背后的秘诀”。

第二册《提高情商》(*Develop the Emotional Intelligence*)。大学的生活丰富多彩，青年人面对多彩人生，需要磨练、点拨、教诲，才能健康成长。本册主要介绍富有生活哲理的人生经验、经历，包括正确的价值观、恋爱观，告诉你“为什么品德最重要”，“通向成功的路不止一条”；教你如何面对成功、失败、顺境、逆境，学会“走自己的路”；教你“如何修复破损的友谊”，“如何与难处之人相处”，等等。此外，本册还告诉你在情感世界里，最“难忘初恋”，但是“莫把钟情当爱情”，了解“网恋的虚与实”，“如何找到真爱”，“娶理想的妻子”，做到“相爱到地老天荒”。读完本册书，肯定会大大丰富你的阅历、经验，使你洞悉“生活成功的秘密”和“幸福的真谛”，更从容融入社会，坦然面对人生。

第三册《享受文明》(*Enjoy the Benefits of Civilization*)。在人类历史的长河中，文明的发展是指引人类不断前进的明灯。在此进程中，有无数精彩的历史瞬间值得我们回忆，有着丰富的人文知识积淀值得我们去学习。本册着重介绍在历史长河中人类所创造出来的人文知识的精华，有文学、历史、地理、音乐、美术、艺术、语言、经济、信息技术等方面的散文，使你在增长人文知识的同时，大大扩充人文方面的英语词汇量。在这里，你可以观赏“荒诞派戏剧”和“喜剧大师卓别林”的表演；读一读“爵士乐史话”和“甲壳虫乐队诞生记”；聆听“流行天王迈克·杰克逊”的歌声；了解风雨人生的“英女王伊丽莎白二世”和“好莱坞传奇——伊丽莎白·泰勒”；浏览“脸谱网站创始人——马克扎克·伯格”的网络空间，在“全民联通的推特世界里”，了解不同肤色的不同语言和另类情感。你还能飞过千山万水，穿越时间隧道，视察“消失在丛林中的城市——吴哥窟”，攀登迪拜塔，看“神话诞生还是破灭”，游览“音乐之乡维也纳”，与“生活在爱尔兰”的人们笑谈“英法两个邻国，一对亲密仇人”。此外，本书还告诉你“学点历史好处多”，与你一起回顾“语言与歌曲的起源”、“美国人的创新简史”和“9·11恐怖袭击事件”，然后“重返伊甸园”，吃着“复活节的彩蛋”，用“短信传经典”，做“无忧无虑新一代”。

第四册《猜想未来》(*Guess the Wonders of Future*)。褪去少年的青涩，美好的青春徐徐展开了人生多彩的画卷。徜徉在人文的长河，领略了人类文明发展的历程，我们就禁不住地立足现在、畅想未来。本册重点介绍的是现代的文明和创造，如生物技术、



计算机技术、新媒体技术、智能手机、3D电视机的最新动态；了解信息技术如何改变人类生活，知道未来穿什么、用什么、吃什么，探询“火星存在生命的证据”和“向太空移民”的可能性；探索“核辐射为什么会带来伤害”，从而吸取日本福岛核危机的教训，远离“十大绿色生活误区”。本册还特别遴选了有关现代军事题材的数篇文章，使我们了解现代科技水平与武器装备、战争形态和战法的密切关系，了解海湾战争综合症的医学之谜，了解什么是电磁轨道炮、甲烷定时炸弹、微型仿真间谍飞机、隐形飞机和未来激光武器，研究如何与机器人作战，从而理性完成“未来28年猜想”，理性融入21世纪。

本书主要阅读对象为在校本、专科大学生，但是任何掌握了4000—6000英语单词的研究生、博士生或其他群体读者，都可以将其用作泛读教材或课外读物。相信它对拓宽人文知识面、提高英文水平、锻炼翻译技能、增长生活常识、丰富社会阅历等各方面均有裨益。

编译者

二〇一一年十二月于合肥



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1

What's Happiness

什么是幸福？幸福不是希望得到未曾拥有的东西，而是享受我们已拥有的东西。我们越能享受现在拥有的一切，就越有幸福感。

[1] "Are you happy?" I asked my brother, Ian, one day. "Yes. No. It depends on what you mean," he said.

[2] "Then tell me," I said, "when was the last time you think you were happy?"

[3] "April 1967," he said.

[4] It served me right for putting a serious question to someone who has joked his way through life. But Ian's answer reminded me that when we think about happiness, we usually think of something extraordinary, a pinnacle¹ of sheer delight. And those pinnacles seem to get rarer the older we get.

[5] For a child, happiness has a magical quality. I remember making hide-outs in newly-cut hay, playing cops and robbers in the woods, getting a speaking part in the school play. Of course, kids also experience lows, but their delight at such peaks of pleasure as winning a race or getting a new bike is unreserved.

[6] In the teenage years, the concept of happiness changes. Suddenly it's conditional on such things as excitement, love, popularity and whether that zit will clear up before a prom² night. I can still feel the agony of not being invited to a party that almost everyone

else was going to. But I also recall the ecstasy³ of being plucked from obscurity at another event to dance with a John Travolta⁴ look-alike.

[7] In adulthood the things that bring profound joy—birth, love, marriage—also bring responsibility and the risk of loss. Love may not last; sex isn't always good, loved ones die. For adults, happiness is complicated.

[8] My dictionary defines happy as “lucky” or “fortunate,” but I think a better definition of happiness is “the capacity for enjoyment”. The more we can enjoy what we have, the happier we are. It's easy to overlook the pleasure we get from loving and being loved, the company of friends, the freedom to live where we please, even good health.

[9] I added up my little moments of pleasure yesterday. First there was sheer bliss when I shut the last lunchbox and had the house to myself. Then I spent an uninterrupted morning writing, which I love. When the kids came home, I enjoyed their noise after the quiet of the day.

[10] Later, peace descended again, and my husband and I enjoyed another pleasure—intimacy. Sometimes just the knowledge that he wants me can bring me joy.

[11] You never know where happiness will turn up next. When I asked friends what makes them happy, some mentioned seemingly insignificant moments. “I hate shopping,” one friend said. “But there's this clerk who always chats and really cheers me up.”

[12] Another friend loves the telephone. “Every time it rings, I know someone is thinking about me.”

[13] I get a thrill from driving. One day I stopped to let a school bus turn onto a side road. The driver grinned and gave me a thumbs-up sign. We were two allies in a world of mad motorists. It made me smile.

[14] We all experience moments like these. Too few of us register them as happiness.

[15] Psychologists tell us that to be happy we need a blend of enjoyable leisure time and satisfying work, I doubt that my great-grandmother, who raised 14 children and took in washing, had much of either. She did have a network of close friends and family, and maybe this is what fulfilled her. If she was happy with what she had, perhaps it was because she didn't expect life to be very different.



[16] We, on the other hand, with so many choices and such pressure to succeed in every area, have turned happiness into one more thing we “gotta have⁵.” We’ve so self-conscious about our “right” to it that it’s making us miserable. So we chase it and equate⁶ it with wealth and success, without noticing that the people who have those things aren’t necessarily happier.

[17] While happiness may be more complex for us, the solution is the same as ever. Happiness isn’t about what happens to us; it’s about how we perceive what happens to us. It’s the knack⁷ of finding a positive for every negative, and viewing a set-back as a challenge. It’s not wishing for what we don’t have, but enjoying what we do possess.

Notes

1. 顶峰, 极点 2. (美) (大学生等的) 舞会 3. 狂喜 4. 约翰·特拉沃尔, 好莱坞70年代的名演员, 他的成名片是在1978年的“Grease”, 他在其中演出的舞蹈风格曾一度风靡世界 5. 美国非正式用语, = got to have 不得不拥有 6. 使…相等, 等同 7. 窍门, 诀窍

幸福的真谛

[1] “你感到幸福吗？”一天我问我的兄弟伊恩。“既幸福又不幸福，这要看你指的是什么，”他说。

[2] “那么告诉我，”我说，“你最近一次感到幸福是什么时候？”

[3] “1967年4月，”他说。

[4] 向一个并不能严肃对待人生的人提这么一个严肃的问题，我真是自找没趣。但伊恩的回答提醒了我：当我们谈及幸福时，我们往往想到的是异乎寻常之事和极端的快乐，而那些极端的快乐随着我们年龄的增长而变得越来越少。

[5] 对于孩子来说，幸福有一种魔力。我记得在新收割的草垛里玩捉迷藏，在树林中玩警察抓小偷的游戏，在学校演出中扮演有台词的角色。当然，孩子们也有情绪低落的时候，但他们在兴奋至极时流露出来的喜悦之情是毫无保留的，如在赛跑中获胜或得到一辆新自行车等。

[6] 在青少年时期，幸福的观念发生了变化。在诸如兴奋、爱情、人缘以及青春痘是否会在晚会前消失等事情上，幸福突然变得有条件了。我仍能感受到几乎人人都被邀请去参加晚会而唯独我没有被邀请时的那种痛苦。我也能回忆起在另外一次活动中，我与一位长相酷似约翰·特拉沃尔的人跳舞从而走出默默无闻而独领风骚的那种欣喜若狂。

[7] 成年时，能带来极大快乐的事情诸如爱情、婚姻及生儿育女，也会带来责任与失去这一切的风险。爱情也许不会天长地久、性爱也许不总令人愉快，所爱之人也许会死去。对于成人来说，幸福是复杂的。

[8] 我的字典里给幸福定义为“幸运”或“好运”，但我想给幸福更好的定义应该是“享受的能力”。我们越能享受我们已拥有的，就越感到幸福。如我们从爱与被爱、拥有朋友、自由选择住所，甚至从身体健康中获得快乐，但是我们却很容易忽略这一切。

[9] 昨天，我计算了一下我所有的幸福时刻。首先是当我合上最后一份午餐盒，独自一人在家时的那种幸福；然后是我所喜欢一整个早上毫无干扰地写作；等孩子们回家



时，我喜欢在安静的一天后享受孩子们的吵闹声。

[10] 随后，安静又一次降临，我与丈夫享受另一种快乐，即在一起亲热的快乐。有时仅知道他需要我，便足以带给我愉悦。

[11] 你永远无法知道下一个幸福会在什么地方出现。当我问及朋友什么事使他们幸福时，有些朋友提及的似乎都是些毫无意义的时刻。“我讨厌购物”，一位朋友说，“但有这么一个营业员总爱聊天，这倒让我高兴。”

[12] 另一位朋友喜欢打电话。“每次电话铃一响，我知道有人正想到我呢。”

[13] 开车也令我兴奋。一天我停下车来让一辆校车开到边道。司机冲我咧嘴笑了笑，并朝我竖起大拇指。在一个到处是疯狂驾车者的世界里，我俩可算是同盟军了。这件事使我笑了。

[14] 我们都经历过类似的时刻，但很少有人以之为幸福。

[15] 心理学家告诉我们，要想幸福我们需要愉快的闲暇加上满意的工作。我的曾祖母曾抚养14个孩子，同时还要为人家洗衣服，她是否为两件工作中的任何一件感到幸福快乐，我表示怀疑。她也有亲密的朋友圈子和家庭，也许正因为这些，她感到满足。如果她对她所拥有的一切感到幸福的话，那么很可能是因为她没有期望生活完全还可以是另外一个样子。

[16] 另一方面，由于有许多选择，又要在每个方面承担巨大的压力，我们已把幸福变成另一件我们“不得不拥有”的财富。我们太注重拥有幸福权，从而感到痛苦。因此，我们追求幸福并把它与财富与成功等同起来，根本没注意到那些拥有财富与成功之人未必比别人更幸福。

[17] 尽管幸福对我们可能更复杂，但解决的办法永远是相同的。幸福并不取决于我们遇到了什么好事，而在于我们如何看待这些事，就是在消极中寻找积极因素，把挫折看作挑战的秘诀。幸福不是希望得到我们不曾拥有的，而是享受我们目前所拥有的。

2

Let Yourself Go

Barbara Hatcher

超越自我意味着要有强烈的责任感，有献身的精神，有勇气与耐力，注重生活的过程，而不仅仅是生活的回报，为所钟爱的事业献出一切。这些是作者希望我们能做到的。

[1] Several years ago I received a post card from a friend in Jackson Hole, Wyo., who wrote, "I am skiing with abandon!" I wondered what he meant, for when I ski it is always with trepidation¹. I believe he meant he was skiing skillfully, joyfully, peacefully and confidently. Although I have no hopes of ever skiing that way, I do dream of living with abandon. I believe that men and women through the ages who have led successful lives have captured these five secrets of living life to the fullest.

[2] 1. **Have a self you respect.** This means having a deep sense of responsibility for your thoughts and actions. It means keeping your word, and being faithful to self, family and work. It means believing in what you do and working hard. It means setting your own internal standards, and not comparing yourself to others. It's not a question of being better than someone else; respect and integrity² demand that you be better than you thought you could be.



[3] Winston Churchill exemplified integrity and respect in the face of opposition. During his last year in office, he attended an official ceremony. Several rows behind him two gentlemen began whispering. "That's Winston Churchill." "They say he is getting senile³." "They say he should step aside and leave the running of the nation to more dynamic and capable men." When the ceremony was over, Churchill turned to the men and said, "Gentlemen, they also say he is deaf!"

[4] Churchill knew that one secret to a self you can respect is to choose a course of action based on what is right, not expedient⁴, and not waver from it when criticized.

[5] **2. Commit yourself to others.** Believe in others, and take time to nurture their dreams. A wise man said, "If you want one year's prosperity, grow grain. But if you want ten years' prosperity, grow men and women."

[6] You can build into the lives of your family, friends and colleagues by providing nutrients of gratitude and encouragement, and by investing your time and energy in their aspirations. If a tree is given minimal nourishment, it will live, but it will not grow. But if nourishment is given over and beyond what is needed for life, the tree will live and grow upward, producing fruit.

[7] **3. Turn disappointments into strengths.** Individuals who live with abandon have discovered that personal trials make them more sensitive and loving, while building endurance and character. They have learned that achievements worth remembering are stained with the blood of diligence and etched⁵ with the scars of disappointment.

[8] The pages of history are filled with the heroic stories of undaunted men and women who triumphed over disabilities and adversities to demonstrate victorious spirits. Raise him in abject poverty⁶, and you have an Abraham Lincoln. Make her blind and deaf, and you have a Helen Keller.

[9] **4. Enjoy life's process, not just life's rewards.** We live in a goal-oriented society that wants problems resolved now. We want three-minute oatmeal, one-hour dry cleaning, and instant success. But to live with abandon, we must live one day at a time, savoring the little victories, realizing that life is an endless journey in self-discovery and personal fulfillment. It means taking time to hug your kids, kiss your spouse and let the other fellow