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◎ 张彦 主编

悦读英语看世界

—— 社会文化篇

本册主编 余雅萍 胡六月



ZHEJIANG UNIVERSITY PRESS
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“悦读英语看世界”这套丛书共有三册，分别为：

《悦读英语看世界——时尚潮流篇》

《悦读英语看世界——社会文化篇》

《悦读英语看世界——科技趣闻篇》

本册为《悦读英语看世界——社会文化篇》。社会文化包罗万象，精彩绝伦，引领你我开始一段美好的阅读之旅。

该书具有如下几大特色：

一是题材丰富。本书涉及许多国家或民族的风土人情、传统习俗、生活方式、文学艺术、行为规范、思维方式、价值观念等。读者在欣赏原汁原味的英语语言，熟悉并掌握与社会文化生活相关的英语表达的同时，还可徜徉在阅读的世界里体验丰富多彩的社会文化。

二是语言鲜活。该书的材料精选于最新的英文报刊书籍或网页，语言地道鲜活，可模仿性强。

三是可读性强。所选 99 篇文章篇幅短小，不乏妙趣，细细品味，蕴含于字里行间的精言妙义不禁令人释然。

四是辅助力强。除选文外，本书还有“咬词嚼句”、“小品隽永”和“译文 show”三个板块，尤其是“小品隽永”，其短小精悍的点评与赏析不仅有助于对文章的理解，更有助于对“美”的欣赏。这是本套丛书区别于其他所有同类图书的亮点。因此，本丛书是大学生迅速提高英语水平、欣赏英美文章、提升自我修养的极好的辅助材料，是英语自学者的良师益友，

也是英语研究工作者的良好指南。

由于原文作者无法一一联络，谨在此向所有作者表示衷心感谢，感谢他们优美的文字和真诚的奉献。同时，还特别感谢张梦井教授，从文本的选择到体例的安排，他都给予了精心、细致的指导。

由于时间仓促及编者水平所限，书中不足之处在所难免，敬请广大读者及同行指正。

编 者

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1

Joy

Harvard psychologist Daniel Gilbert has made happiness his lifelong pursuit. His **provocative** research finds that humans are lousy at predicting what will bring us joy. More money? Not really. God? Maybe. Marriage? Definitely. "It's hugely important to be happy," Gilbert says, "and I don't mean walking around with a silly smile on your face. I mean achieving a general sense of satisfaction with life and a sense of **well-being**." Read on for his ideas.

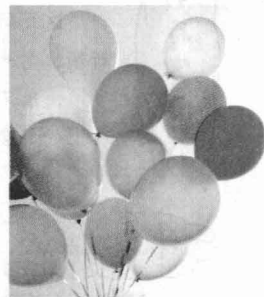
Commitment "People who **commit** to relationships are much happier than those who don't. That's why married people are happier than those who just live together. When people commit to something that's expensive or difficult to get out of, they report feeling happier."

Hang in There "Psychologists would have you believe that people are a field of **fragile** flowers who need to visit a **therapist** when their shoelaces break. The reality is, people are quite strong, much stronger than they themselves realize. One piece of advice I give people who have just experienced hardship is to just hang on. Let time do what time does well. You'll be surprised in a year and see how much better you are."

Go to Church (or Somewhere) "Churchgoers are happier than non- churchgoers, but not for the reasons people expect. Our best indication is that it's not the religion part that makes people happy. It's the going-to-church part. It's the community part. It's the holding hands and singing. It's the knowing-folks-who-would-bring-you-soup-if-you- got-sick part. **Odds** seem to me pretty good that you could also get all the benefits out of a really tight stamp-collecting club."

Invest in Experiences "Experience is almost always a greater **determinant** of happiness than things are. We want the new car and believe it will bring us happiness. Meanwhile, the vacation seems like a **splurge**. But if you're going on vacation, odds are somebody's going with you. And when we are connected well to others, we feel most happy. A vacation also creates lasting memories. A car? It sits in the driveway, gets old and rusts, looks worse than the neighbor's, and starts causing your dissatisfaction rather than satisfaction." ♦

JOY



咬词嚼句

provocative *adj.* intended to make people argue about sth. 引起争端的

well-being *n.* [U] general health and happiness 安乐, 康乐

commit to be completely loyal to a person or an organization; give all your time or effort in work, etc. 忠于; 全心全意投入(工作)

fragile *adj.* easily broken, not strong 易损的, 脆

弱的

therapist *n.* [C] a specialist who treats a type of illness or problem 治疗专家

odds *n.* [pl.] the degrees to which sth. is likely to happen (odds are...) 可能性, 概率(odds are... 可能……)

determinant *n.* [C] a thing that decides whether or how sth. happens 决定因素

splurge *n.* [usu. *single*] 挥霍, 糟蹋(钱) ◆

小品隽永

幸福快乐是每个人的追求。然而什么是快乐? 怎样我们才会快乐呢? 我们天天奔波劳碌, 步履匆匆, 有多少人会停下脚步静静思量它的真正含义?

这篇短文摘自哈佛大学心理学家部分研究结论, 全文文笔流畅, 类比精妙, 且观点新颖, 对我们真正理解快乐的源泉大有裨益。

快乐不是“天天傻笑”, 也不是物质上的占有和享受, 而是一种“满足感”, 一种心理上的社会寄托、信念和体验, 这都需要我们细细品味、感受人生。 ◆

译文 Show

快乐

哈佛大学心理学家丹尼尔·吉尔伯特毕生追求幸福快乐。在他关于快乐的颠覆性研究中, 发现人们并不知道什么才会带来快乐。赚更多的钱? 不全然。上帝? 也许。婚姻? 绝对。吉尔伯特说道: “快乐很重要, 但我并非指的是你天天傻笑着四处游荡。我的意思是获得一种对生活的满足感、一种安乐感。” 让我们继续来看下他的观点:

忠诚 “对一段关系忠诚的人要比那些不忠的人快乐得多。这也就是为什么结了婚的人比那些同居者要快乐的原因。当一个人全身心投入某种昂贵或关系紧密的事物时, 报告显示他们更为幸福快乐。”

坚持 “心理学家会让你觉得, 在人类社会这片土地上满是不禁风的花朵, 即使只是鞋带散了也需要接受治疗。而事实是, 人非常坚强, 比他们自身所意识到的还要坚强。对于那些近期刚经历些磨难的人, 我的建议是: 坚持。让时间尽其职, 一年后你会诧异地发现一切都变得如此美好。”

去教堂(或其他地方) “常去教堂做礼拜的人更为快乐, 但原因并非如大家所想。我们想表明的是, 让人们快乐的不是宗教, 而是去教堂这一行为。这是一种集体归属感; 是因为大家手拉手歌唱; 是因为结识了这些会在你生病时给你熬汤的朋友。在我看来, 一个组织严密的集邮俱乐部也有可能让你获得这种益处。”

经历投入 “经历总是比事物更能让我们快乐。我们想要新车, 觉得它会给我们带来快乐。而度假似乎像是一种挥霍。但如果你去度假, 很可能会结识很多旅伴。而当我们与他人相处融洽时, 我们会感到非常愉悦。度假还会成为永久的记忆。车呢? 停在车道上, 日益陈旧, 锈迹斑斑, 还比邻居的车差, 这会让你感到不满而非愉悦。” ◆◆

2

Marriage Wisdom

The 1,001 men and women who participated in the *Reader's Digest* "Marriage in America Survey" didn't get paid to participate. But they willingly gave their opinions and words because—we assume—the topic of marriage meant a lot to them. That became obvious the moment we started to read what they had to say:

*I love being married, but it can be challenging. If you try to maintain an attitude of fairness and an ability to admit when you're wrong, you can **get through** most things.*

*Divorce is too easy these days. In a marriage, you have to keep working at it and not just **focus on** the bad qualities. You've got to remember the good qualities of your partner, why you loved them when you first married them.*

*Keep an open mind, openly communicate, and don't let things get **out of hand**. Handle small **slights** and problems immediately.*

*My wife and I don't make very many decisions by ourselves, especially when it concerns family needs. We are very good about **bouncing ideas off** each other. We don't argue. We just state our opinion to each other and go on loving.*

*We both willingly give up our wants and our needs for the other's benefit. We have always **bolstered** each other and tried to keep our criticisms gentle, never **bringing** each other down intentionally. We are always willing to forgive and forget quickly, and go forward.*

*Communication is the most important thing—without it on both sides, there is no marriage. The point is not trying to change the other to fit our desires; it's **taking them as they are**.*

(Sari Harrar and Rita DeMaria, Ph.D.)◆



咬词嚼句

get through be successful in (an exam, etc.) 顺利通过(考试等)

focus on 集中(注意力、精力等)于

out of hand 难以(或无法)控制

slight n. [C] an act or a remark that criticizes sth.

or offends sb. 冷落, 轻视

bounce ideas off sb. (向某人)试探地透露(主意)

bolster v. make sth. stronger 改善, 增强

bring down 打垮, 击败

the point is... 重点是……, 关键是……

take...as 领会, 理解 ◆

小品隽永

美满的婚姻人人艳羡, 而当今社会我们见证了太多婚姻失败的例子。于是, 人们便开始不断探求如何成为一名成功的婚姻经营者。这篇语录式的文章, 以《读者文摘》的一次调查为依托, 与读者分享了那些成功者的经营之道。一条条摘录感情真挚, 言语地道, 且意蕴颇丰。

婚姻生活不可能永远是快乐的天堂, 总会有矛盾与疑惑, 只有跨过那一条条沟壑, 才能到达幸福的永远。这需要婚姻的智慧。而在这里我们能读到一条条智慧箴言: 勤于沟通, 勇于认错, 乐于牺牲和原谅…… ◆

译文 Show

婚姻智慧

1001 位男女无偿参加了《读者文摘》的“美国婚姻调查”活动, 他们十分乐意分享自己的观点和看法, 因为我们觉得, 婚姻这个话题对他们而言意义非凡。待开始阅读他们的所言所感, 这一原因也就不言自明了:

我喜欢婚姻, 尽管这很有挑战性。但如果你能持有公正的态度, 能够承认自己的错误, 你就能处理很多事情。

如今离婚太过稀松平常。在一场婚姻中, 你必须不断努力去经营, 而不是只看到不好的一面。你应该牢记自己另一半的优点, 记住当初结婚时你爱他的原因。

要心胸开阔, 开诚布公地交流, 不要让事情失控。要及时解决小疙瘩、小问题。

我和妻子不常各自做决定, 尤其是在牵涉到家庭需求问题时。我们十分擅长试探性地向对方阐述自己的观点。我们不吵架, 只是陈述自己的看法, 然后继续相爱。

我们两人都心甘情愿为了对方而牺牲自己的意愿。我们从不有意互相打击, 总是尽量提出温和的批评, 互相督促, 互相进步; 我们也总是乐于立刻原谅对方、遗忘那些不愉快, 然后继续生活。

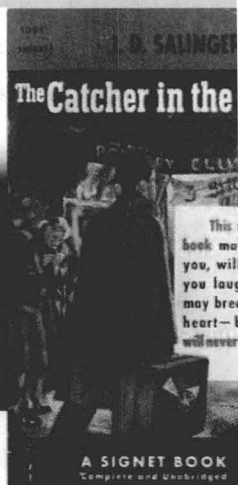
交流沟通至关重要——如果双方没有交流, 一段婚姻就不复存在。其中的关键点并非是改变对方来迎合我们的需求, 而在于接纳原来真实的他(她)。

(萨利·哈拉, 里塔·德玛利亚博士)◆◆

3

My Long Friendship with J.D. Salinger (1)

At one point during the more than half century of our friendship, J.D. Salinger told me he had an idea that someday, when “all the fiction had run out,” he might try to do something straight, “really factual...” “It might be readable, maybe funny,” he said, and “not just smell like a regular autobiography.” The main thing was that he would use straight facts and “thereby put off or stymie one or two vultures—freelancers or English-department scavengers—who might come around and bother the children and the family before the body is even cold.”



A single straight fact is that Salinger was one of a kind. His writing was his and his alone, and his way of life was only what he chose to follow. The older and crankier he got, the more convinced he was that in the end all writers get pretty much what's coming to them: the destructive praise and flattery, the killing attention and appreciation. The trouble with all of us, he believed, is that when we were young we never knew anybody who could or would tell us any of the penalties of making it in the world on the usual terms: “I don't mean just the pretty obvious penalties, I mean the ones that are just about unnoticeable and that do really lasting damage, the kind the world doesn't even think of as damage.” He talked about how easily writers could become vain, complaining that they got puffed up by the same “authorities” who approved putting monosodium glutamate in baby food. (Lillian Ross)◆

咬词嚼句

stymie *v.* prevent sb. from doing sth. they have planned or want to do 阻碍, 阻挠

freelancer *n.* [C] a person who earns money by selling his or her work or services to several different organizations rather than being employed

by one particular organization 自由职业者
scavenger *n.* [C] a person who searches through waste for things that can be used or eaten 拾荒者
one of a kind 独一无二, 独特
flattery *n.* [U] praise that is not sincere, especially in order to obtain sth. from sb. 奉承, 阿谀

vain *adj.* too proud of one's own appearance, abilities or achievements 自负的, 自视甚高的
be/get puff up 自满, 自负

monosodium glutamate a chemical that is sometimes added to food to improve its flavor
 谷氨酸钠, 味精 ◆

小品隽永

J.D. 塞林格(1919—2010), 美国 20 世纪著名小说家, 其经典之作《麦田守望者》是 20 世纪影响最深的小说之一, 被译成各种语言并为世界各国读者所传阅, 影响了一代代年轻人。塞林格其人颇受争议, 有人说他性格孤僻, 也有人说他独具匠心、文笔新颖。然而在莉莉安·罗斯的笔下, 我们看到的是一位行事风格独特, 在汹涌而至的赞誉中始终保持清醒头脑、敏锐触觉, 且对待写作严肃认真的作家。

全文语言优美, 比喻得当, 意蕴深远。塞林格从不盲从, 对自己的创作及生活都有独特的认识。他古怪却洞察入微, 明白作家在收获名誉的同时也因此丧失了某些创作能力。他身在其中, 却能跳出圈外, 何其大胆、真实。 ◆

译文 Show

我与塞林格的漫长友谊(1)

在我们长达半个多世纪的友谊中, J.D. 塞林格曾对我提起他的一个想法, 等有一天当“所有的小说虚构都已枯竭”, 他想尝试一些直接“真正真实”的东西。他说, “这可能会很具可读性, 也许很有意思”, 而“不仅仅像一本普通自传”。而这主要就是他会采用直接事实陈述, 借此防止那么一两个想从中获利的人——自由撰稿人或是英语专业的拾荒者——在他尸骨未寒时便来骚扰他的孩子和家人。

其中一个事实是塞林格独树一帜。他的写作属于他自己, 也仅属于他一个人; 他的生活也纯粹是按照自己所选择的方式进行的。随着年龄的增长, 他变得愈发古怪, 也更加深信所有的作家最终都得到了这些东西: 极具破坏性的赞扬与奉承, 将其扼杀的关注与欣赏。他认为我们所有人的问题在于, 在年轻时未能结识些能告知我们平时这些行为所带来的苦果的人: “我的意思并非只是那些非常明显的不良结果, 而是那些不甚引人注目却真正造成永久伤害(这种伤害甚至不会被世人视为伤害)的影响。”他曾谈及作家们会极易变得骄傲自大, 并抱怨就是那些同意在婴儿食品中加味精的“权威们”将他们鼓吹至此。

(莉莉安·罗斯)◆◆

4

My Long Friendship with J.D. Salinger (2)

Salinger was generous with writers he admired, but he was **unsparing** about those who had what he called “disguises.” He was **hard on** Kenneth Tynan. “No matter how he stuffs his readers with **verbiage**, it never amounts to a core of truth,” he said. Tynan bent too much to current **hip** opinion, he thought. “A community of seriously hip observers is a scary and depressing thing,” he said. “It takes me at least an hour to warm up when I sit down to work. Just taking off my own disguises takes an hour or more.”

Emerson was a **touchstone** (for him), and Salinger often quoted him in letters. For instance, “A man must have aunts and cousins, must buy carrots and turnips, must have barn and woodshed, must go to market and to the blacksmith’s shop, must saunter and sleep and be inferior and silly.” Writers, he thought, had trouble abiding by that, and he referred to Flaubert and Kafka as “two other born non-buyers of carrots and turnips.”

Over the years, Salinger told me about working “long and crazy hours” at his writing and trying to stay away from everything that was written about him. He didn’t care about reviews, he said, but “the side effects” bothered him. “There are no writers anymore,” he said once. “Only book-selling louts and big mouths.”

He was original even in the way he found his pleasures. He told me that one day he went out and bought an iron, and had his housekeeper iron his shirts. “How it cheered me up,” he said. After he bought a Maytag washer and dryer, he was tickled that the salesman quoted Ruskin to him—something about where quality counts, price doesn’t. He was sure that the line wasn’t part of the man’s spiel. “God, how I still love private readers,” he wrote. “It’s what we all used to be.”

(Lillian Ross) ◆



咬词嚼句

unsparing *adj.* not caring about people’s feelings

毫不留情的, 严厉的

be hard on sb. 严厉对待, 严格批评

verbiage *n.* [U] the use of too many words, or of more difficult words than are needed, to express an idea 冗词, 赘语

hip *adj.* following or knowing what is fashionable in

clothes, music, etc. (衣服、音乐等方面)时髦的
touchstone *n.* [usu. single] sth. that provides a standard against which other things are compared or judged 试金石

lout *n.* [C] a man or a boy who behaves in a rude and aggressive way 举止粗野的男人

big mouth a person who talks a lot, especially about himself or herself 多嘴的人, 自吹自擂的人

tickle *v.* amuse and interest sb. 逗乐, 使(某人)高兴 ◆

小品隽永

一直以来, 外界皆认为塞林格行事风格独特。晚年时期, 他开始遁世隐居, 但并非对世事不闻不问。诚如文中所述, 他将爱默生的思想视作“试金石”, 也身体力行地向生活学习。在他看来, 大部分作家首先都要懂得如何过平凡的生活, 才能学会如何保持自己思想的独立性, 不受外界评论指摘的影响。

全文行文流畅, 语言文字思辨性较强, 修辞贴切形象, 让你在感受语言优美的同时领悟一位大家的哲性思维。 ◆

译文 Show

我与塞林格的漫长友谊 (2)

对于自己所欣赏的作家, 塞林格从来不吝溢美之词, 但对于那些他称作“伪装”的作家却毫不客气。他曾严厉批判肯尼斯·泰南¹, 说道: “不管他如何努力把那些冗言晦词装进读者的脑子里, 始终未曾触碰真理的精髓。”在他看来, 泰南太过追捧流行思潮。“一群潮流观察家让人感到不安和沮丧,” 他曾说, “当我安坐下来工作时至少得花一个小时让自己热身……单单是卸下自己的伪装就需要一个或几个小时。”

艾默生就是(他的)检验标准, 塞林格经常在信中引用他的话。例如: “一个人得有姑娘和表兄妹, 得去买胡萝卜和芜菁, 得有谷仓和柴房, 得去菜市场、铁匠铺, 得闲逛、睡觉、卑微和愚蠢。”他认为, 让作家们遵守这些很难, 而在他看来福楼拜和卡夫卡是“两个天生不需要买胡萝卜和芜菁的人”。

多年来, 塞林格告诉我他总是“长时间疯狂地”写作, 试图远离有关自己的任何评论。他说自己不在乎那些言论, 但是所产生的“副作用”让他困扰。他曾说道, “再也没有什么作家了, 剩下的只有粗野的书贩和大话王。”

即便是在消遣找乐上他也独具一格。他曾对我讲起, 有天出门去买熨斗让管家熨衬衫, 在买了美泰洗衣烘干机之后, 售货员引述了拉斯金的理论——哪些东西重要的是质量而不是价格之类——让他忍俊不禁。“这太有意思了!” 他说。他确信那段话并非那个人的胡吹, 写道: “上帝啊, 我仍是那么喜欢那些自己读书的人, 我们以前就是那样。” (莉莉安·罗斯) ◆◆

1 肯尼斯·泰南: 20 世纪英国一位极具影响力同时又颇受争议的剧作家、戏剧评论家。