

天天读点好英文
Everyday English Notes
【游走·感悟卷】

WANDERING AND EXPERIENCE

天地如此之大， 做一个快乐的行者

英汉
对照

天地如此之大！
前方总有风景在招手，你可曾见证万千砂石的风化？
一路流水淙淙，一路轻声细语，一路期待满怀——
我的思想与脚步从未停下……

▼ 钟子 编译

黑龙江科学技术出版社
Heilongjiang Science and Technology Press

天天读点好英文
Everyday English Notes
【游走·感悟卷】

WANDERING AND EXPERIENCE

天地如此之大， 做一个快乐的行者

英汉
对照

天地如此之大！
前方总有风景在招手，你可曾见证万千砂石的风化？
一路流水淙淙，一路轻声细语，一路期待满怀——
我的思想与脚步从未停下……

▼ 钟子 编译

黑龙江科学技术出版社
Heilongjiang Science and Technology Press

图书在版编目(CIP)数据

天天读点好英文——游走·感悟卷:英汉对照 / 钟子
编译.——哈尔滨:黑龙江科学技术出版社, 2012.4

ISBN 978-7-5388-7175-3

I. ①天… II. ①钟… III. ①英语—汉语—对照读物
IV. ①H319.4

中国版本图书馆 CIP 数据核字(2012)第 067334 号

天天读点好英文——游走·感悟卷

编 译 钟 子

责任编辑 闫海波 侯文妍

封面设计 小 优

出 版 黑龙江科学技术出版社

地址:哈尔滨市南岗区建设街 41 号 邮编:150001

电话:(0451) 53642106 电传:(0451) 53642143

网址:www.lkcbs.cn www.lkpub.cn

发 行 全国新华书店

印 刷 北京市通州兴龙印刷厂

开 本 880mm × 1230mm 1/32

印 张 7

字 数 200 千字

版 次 2012 年 6 月第 1 版 2012 年 6 月第 1 次印刷

书 号 ISBN 978-7-5388-7175-3/Z·1039

定 价 19.80 元

【版权所有,请勿翻印、转载】



爱上游走的生活

Love The Wandering Life

- 002 迷人的苏格兰 / 佚名
Charming Scotland / *Anonymous*
- 006 世界上最幸福的城市 / 佚名
The Happiest Cities / *Anonymous*
- 012 品味牙买加 / 佚名
Jamaica: a Taste of *Anonymous*
- 016 多姿多彩的匈牙利 / 佚名
Colors of Hungary / *Anonymous*
- 021 真言也能变美言 / 佚名
Euphemistic Telling the Truth / *Anonymous*
- 030 关于“建议”的建议 / 佚名
The Advice on Advice / *Anonymous*
- 037 真正的生活意义 / 阿尔弗雷德·阿德勒
True Meanings of Life / *Alfred Adler*
- 042 烦恼的原因 / 阿诺德·本涅特
The Cause of the Troubles / *Arnold Bennette*
- 049 健康的生存环境是最宝贵的财富 / 塞缪尔·斯迈尔斯
Good Health Is A Great Asset / *Samuel Smiles*
- 053 风度 / 塞缪尔·斯迈尔斯
Manner — Art / *Samuel Smiles*



每个人都有梦想

Everyone has A Dream

- 062 被命运抛弃的男孩 / 奥里森·马登
Boys with No Chance / *Orison Marden*
- 068 世界源于你的思想 / 詹姆斯·艾伦
The World a Reflex of Mental States / *James Allen*
- 075 火山女神 / 佚名
Fire Goddess / *Anonymous*
- 081 名人的怪招数 / 佚名
The Productivity Habits of Famous People / *Anonymous*
- 087 每天发生的奇迹 / 阿诺德·本涅特
The Daily Miracle / *Arnold Bennette*
- 094 获得好运的秘密 / 亨利·沃德·比彻
The Secret of Good Luck / *Henry Ward Beecher*
- 098 理想 / 塞隆·Q·迪蒙
Ideals / *Theron Q. Dumont*
- 103 人就是自己环境的创造者 / 詹姆斯·艾伦
Man is the Causer of His Circumstances / *James Allen*
- 108 我从商业中所看到的東西 / 亨利·福特
What I Learned About Business / *Herry Ford*
- 113 什么样的愿望才能转化为现实 / 布朗·兰登
What Desires Can You Make Come True / *Brown Landone*



情谊, 可曾逝去?

Have Frindship Ever Gone?

- 120 繁忙日子中最重要的部分 / 佚名
The Biggest Part of Your Busy Day / *Anonymous*
- 126 征服高山的动力 / 吉姆·斯托维尔
The motivity to Conquer the Mountains / *Jim Stovall*
- 129 爱情玫瑰树 / 罗根·皮尔骚尔·史密斯
The Rose / *Logan Pearsall Smith*
- 136 爱为我引路 / 哈里特·梅·萨卫慈
Love Led the Way / *Harriet May Sawitz*
- 140 远处的马槽 / 提姆·麦迪根
Away in a Manger / *Tim Madigan*
- 148 爱的力量 / 约瑟夫·沃克
The Power of Love / *Joseph Walker*
- 153 婚姻就像封闭公司 / 乔治·洛里默
Marriage Is a Close Corporation / *George H. Lorimer*
- 158 父母的养老问题 / 佚名
The Elder-care Problem of Mom and Dad / *Anonymous*
- 166 情侣婚前应先做测验 / 佚名
Couples should Take Quiz before Getting Married / *Anonymous*
- 172 幸福的铁钉 / 佚名
Nails of Happiness / *Anonymous*

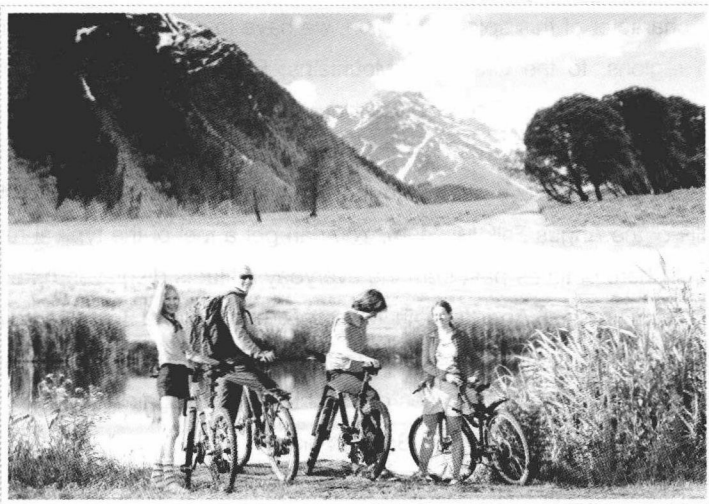


天边,云卷云舒

Clouds Scud Across The Sky

- 178 静静地看这个世界 / 佚名
Watch the World Pass You By / *Anonymous*
- 182 生活每天都是在享受 / 佚名
Think It Over... / *Anonymous*
- 186 人如浮云 / 佚名
Clouds / *Anonymous*
- 190 倒下的树 / 罗伯特·弗哈姆
Falling Trees / *Robert Fulghum*
- 193 飞翔的自由 / 韦恩·B·林恩
Free to Soar / *Wayne B. Lynn*
- 197 让自己快乐起来 / 佚名
Raise Yourself Up / *Anonymous*
- 201 让心中充满阳光 / 奥里森·马登
The Sunshine-Man. / *Orison Marden*
- 207 平静 / 詹姆斯·艾伦
Serenity / *James Allen*
- 212 公园里的老人 / CJ·海克
Old People in the Park / *CJ. Heck*

爱上游走的生活
Love The Wandering Life





迷人的苏格兰

Charming Scotland

► 佚名 / Anonymous

Scotland is a unique and **austere**¹ place, laden with history, where you can find **aristocratic**² palaces and castles, as well as the traditional parades in national costumes. It has some of the most beautiful cities in Europe, a living testimony of a proud and splendid past.

To see and discover the true soul of Scotland today, what forged the character of this splendid region, we have to go towards the northern regions, to the Grampian Mountains. Beautiful and unspoiled, it was difficult to farm. The Scots subdued the environment with simple spades and strong arms. The history of this ancient struggle, and its people's ancient love affair with the hard land, is enclosed within the walls of the Angus Folk Museum. You can get a feel of the typical rural atmosphere of times past from the everyday artifacts displayed here.

From coastal Aberdeen in towards the interior of the Grampian Mountains there runs the Castle Trail, a road that touches on many fortresses, which are witnesses of continual revolts against the domination of neighboring England in Scottish history.

Perhaps the most uplifting moment for Scottish autonomy is the one experienced inside this ancient abbey of Arbroath, where, in 1320; the *Declaration of Independence* was celebrated, at the instigation of

King Robert the Bruce. He carried out the plan for autonomy drawn up by the great popular hero William Wallace, to whom cinema has dedicated the wonderful film *Brave heart*, the winner of five Oscars.

This is Glamis Castle. It is often remembered for being the residence of King Macbeth and Queen Elizabeth in her childhood. Among the most assiduous guests here are the inevitable ghosts, which are **nourished**³, if not actually created, by ancient popular beliefs. These have been handed down over the centuries by a people inclined to live with mystery, with the forces of the supernatural.

Another attraction is a legendary monster: the Loch Ness Monster. Is it real or imaginary, this monster, which has been nicknamed Nessie, has collected a good 3000 sightings over the last 50 years. To fuel the debate about the monster, and perhaps also curiosity about the lake, a price of 500,000 pounds sterling has been put on its head.

The true flag of Scotland, tartan, is recognizable from the brightly colored plaid patterns which are used to distinguish the various clans. Over the last few decades this **fabric**⁴ has made a comeback and is part of the daily life of this country.

The typical Scottish garment, the kilt, is de rigeur when the Scots play the Great Highland bagpipes, especially when they march in parades.

Bagpipes and dancing open the competitions of local sporting events, which are called Highland Gatherings. The games, which have strange rules, involve a spirit that has more to do with brute force than with athletics.



苏格兰是个独特而又古朴的地方,每一处都承载了厚重的历史。这里,豪门望族的府第与城堡历历在目,仪仗队的士兵也还穿着传统服装。这里有全欧洲最美的城市,无时无刻不在骄傲地诉说着苏格兰昔日的荣光。

在今天,想要看看真正的苏格兰,追寻这里民族精神的源泉,就得出北部的格兰扁山区。格兰扁山区景色秀美,还没有受到现代文明的污染。这里一度不适合耕作,而倔强的苏格兰人,却凭着双手和铁铲征服了这片土地。苏格兰先民同大自然不断进行抗争的历史,以及他们自古对这片贫瘠土地的深深眷恋,在安格斯民间博物馆的墙壁上一览无余。从每一件展出的日常物品中,你会自然地感受到往日乡间田园泥土的气息。

从沿海的阿伯丁一直到格兰扁山区深处,蜿蜒着一条古堡之路,更有很多昔日的要塞在沿途林立,这些都是苏格兰在历史上不断反抗英格兰统治的永久见证。或许,苏格兰争取自治的过程中最振奋人心的时刻,就是1320年在这古老的修道院里,罗伯特·布鲁斯国王鼓动百姓大肆庆祝《独立宣言》的签订。布鲁斯采纳传奇英雄威廉·华莱士所献的计策,完成了自治大业,这个故事后来被改编成电影《勇敢的心》,该片曾摘取五项奥斯卡奖。

这座格拉姆斯城堡之所以名闻遐迩,是因为它曾经的两位主人——苏格兰国王麦克白和年幼时的伊丽莎白女王。如今这里最有恒心的客人当数传说中挥之不去的幽灵,这些传说即使不是源于世代相传的民间故事,也大有借鉴化用之疑。苏格兰人似乎生来就笃信超自然的神秘力量。

在这儿,另一个吸引游客的则是一种传说中的怪物:尼斯湖中的怪兽。真假姑且不论,这个昵称为“尼斯湖水怪”的怪兽在过去的半个世纪中已经吸引了三千余名游客。如今它的头上有五十万英镑的悬赏,使得关于水怪的争论日益激烈,或许这片湖水,也能激起更多人的好奇心吧。

苏格兰真正的旗帜要属苏格兰格子呢,它显著的花格子图案曾经用以区分不同宗族的标志。在过去几十年里,格子呢在苏格兰再度流行,到现在,已成为这个国家日常生活中不可或缺的一部分。

苏格兰代表性的服装——褶裙,按照礼节是应该在演奏高地风笛时穿的,尤其是列队前进的时候。

高地风笛与公开的舞会的表演,揭开了苏格兰高地运动的序幕。运动赛事规则奇特,与其说是运动比赛,不如说是大力士们强力的较量。

热词盘点

1. austere [ɔs'tiə] adj. 朴素的, 无装饰的

例 The room was furnished in austere style.

这间屋子的陈设都很简单朴素。

2. aristocratic [,æristə'krætik] adj. 贵族的; 贵族气派的, 高贵的

例 Of course you're the most aristocratic of the two of us.

你当然是我们两个人中最有贵族气派的。

3. nourished ['nʌrɪʃ] vt. 保持, 增长

例 He's been nourishing the hope of a trip abroad.

他一直怀着出国旅行的愿望。

4. fabric ['fæbrɪk] vt. 织物, 布; 构造, 组织

例 The fabric was washed out.

这块布料洗得褪色了。

佳句欣赏

1. Among the most assiduous guests here are the inevitable ghosts, which are nourished, if not actually created, by ancient popular beliefs. 如今这里最有恒心的客人当数传说中挥之不去的幽灵, 这些传说即使不是源于世代相传的民间故事, 也大有借鉴化用之疑。

2. These have been handed down over the centuries by a people inclined to live with mystery, with the forces of the supernatural. 苏格兰人似乎生来就笃信超自然的神秘力量。

短语攻略

laden with 载满, 充满烦恼

这座建筑承载着历史。

例



世界最幸福的城市

The Happiest Cities on Earth

► 佚名 / *Anonymous*

Dan Buettner, the author of *Thrive: Finding Happiness the Blue Zone Way*, set out to find the happiest places on earth, and he thinks he's discovered four contenders on four different continents. What makes residents in these places so glad to be living the lives they do?

Here's a hint: It has nothing to do with their material wealth, intelligence, or attractiveness. Instead, Buettner found that members of these communities, which span the globe from Denmark to Mexico, give priority to social networks and health and well — being above all — and they make choices that reflect those values.

So if you're looking for a cheery destination for your next vacation, consider these four spots — and get ready to take notes on how to really live the good life:

Singapore

With one of the highest population densities in the world and denizens known for being **workaholics**¹, it's hard to imagine the city-state of Singapore having one of the happiest populations on earth. And yet in a recent survey, 95% of them said they were either very happy or quite happy.

They give their city high marks for cleanliness and safety — subways are pristine and unfailingly arrive on time, and police are seen as helpful and good at their jobs. What's more, they feel they can count on their neighbors — all 5.1 million of them.

As Ahmad Nizan Abbas, a lawyer from Singapore, explained, "We used to live in fishing villages where we pulled together to help each other. If something happens to a Malay household, the whole Malay community will be there to lend support."

Rhus, Denmark

The **residents**² of Rhus cheerfully part with 68% of their income in taxes, knowing that in return they will be guaranteed free health care, free day care, and a **topnotch**³ education for their children.

A robust city of 300,000 with a vibrant cultural scene and a diverse number of religions represented, the sense of community and equality (the range in incomes is narrow), as well as easy access to the nearby sea and surrounding countryside, make Rhus seem more like a small town.

"We believe that a rich person is not necessarily the one with a lot of money," Jrgen Carlsen, anrhus school headmaster told Buettner. "It's the one who really has a lot to be grateful for: nature, the company of other people, the ability to enjoy a good book."

San Luis Obispo, CA

According to a 2008 Gallup-Healthways study, people who live in San Luis Obispo are more likely than residents of other U.S. cities to smile and experience joy and are less likely to experience pain or depression. Some 64,000 of the 260,000 people in the greater metropolitan area, located halfway between Los Angeles and San Francisco, volunteer at over 11,000 non-profit organizations.

Few commutes are longer than 10 minutes (one reason its members rank in the upper third for job satisfaction), so "it's easy to be in-

volved,” resident Pierre Rademaker told Buettner. Business signs are **unobtrusive**⁴ by law, fewer than 11% of residents smoke — the lowest rate in the U.S. — there are lots of bike lanes, and the city’s plaza draws throngs of people for free concerts on summer Fridays.

What’s not to love?

Monterrey, Mexico

Unlike San Luis Obispo, the people of Monterrey don’t enjoy high household incomes or access to good healthcare. Instead, there’s a profound sense of gratitude for the new political freedom enjoyed since the oppressive Institutional Revolutionary Party lost power in 2000 — the first time in nearly a century — as well as an emphasis on social life over work.

“The American system is good for productivity, but not for the soul,” Miguel Basanez, a political scientist who lives in Monterrey told Buettner.

Another reason Monterrey residents may be so happy is their faith in God and family, and their ability to tough it out through bad times.

“We laugh at sickness, poverty and even death,” says Basanez. “We even have a holiday to celebrate death. November 2, the Day of the Dead, is one of the biggest holidays of the year.”



《去最幸福的四国找幸福》的作者丹·比特纳，为寻找地球上最幸福的地方而踏上新征程，而他认为他已在四个不同的大洲上发现了符合这样条件的四个城市。什么原因使得居住在这些地方的民众开心地过着自己的生活呢？

先给点儿暗示：这和他们的物质财富、智力水平或魅力都没关系。只是，比特纳发现，纵贯地球，从丹麦到墨西哥，这些地方的人们，都非常重