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大学英语四级 晨读72篇

——12周突破四级阅读难关

郑家顺◎主编



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大学英语四级

晨读 72 篇

—— 12 周突破四级阅读难关

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大学英语四级

晨读 72 篇

前言

——12 周突破四级阅读难关

一本好书如同一座随行的漂亮花园 (A good book is like a beautiful garden carried in the pocket.)。

古人云：“读书破万卷，下笔如有神”，可见读书的重要性；“熟读唐诗三百首，不会作诗也会吟”，因此读好书尤为重要。

为了帮助您更好地学习英语，提高英语阅读水平，轻松获得大学英语四级高分，《大学英语四级晨读 72 篇——12 周突破四级阅读难关》内容涵盖生活、学习的多个层面，均由编者根据考试大纲精心挑选的。为了便于安排时间晨读，将 72 篇优秀的英语文章分成 12 个单元，每个单元 6 篇文章；即周一到周六每日一篇，周日复习巩固，12 周轻松提高四级阅读水平。

花点时间细细品味，不但可以突破传统英语学习窘境，洞察英语国家生活动态，快速提高英语阅读水平，轻松提高英语四、六级写作水平，更可以感悟人生，从中体会“读晨读 72 篇——轻松学习英语的乐趣”。

晨读文章中一些较难的词汇，文中均给出了中文注释，且

全书采用英汉对照排版,这样就给您省去了“查字典、问老师”等的不必要的麻烦。

★欢迎本书读者光临“郑家顺英语博客”(<http://blog.sina.com.cn/zhengjiashun>)!

这里既有编者在英语学习、教学中的一些心得体会,也有“大学英语四、六级、大学英语 A、B 级、英语专业四、八级、考研英语、MBA 英语、同等学力英语、上海中高级口译”等考前做题技巧以及最新真题及答案,考前将不断更新信息,希望能对你的英语学习有所帮助;同时也希望能借此收到更多的反馈意见,让我们一起进步,谢谢您的参与!

郑家顺

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晨读 72篇

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第1周



The Influence of Books to Us 书籍对我们的影响力

Perhaps no other thing has such power to lift the poor out of his poverty, the wretched (悲惨的) out of his misery, to make the burden-bearer forget his burden, the sick his suffering, the sorrower his grief, the downtrodden his degradation, as books. They are friends to the lonely, companions to the deserted (被遗弃的), joy to the joyless, hope to the hopeless, good cheer to the disheartened, a helper to the helpless. They bring light into darkness, and sunshine into shadow.

The trend of many a life for good or ill, for success or failure, has been determined by a single book. The books which we read early in life are those which influence us most.

We form many of our opinions from our favorite books. The author whom we prefer is our most potent (有影响力的) teacher; we look at the world through his eyes. If we habitually (习惯地)

世上或许没有什么像书籍一样有着无穷的力量,它可以使穷人摆脱贫困,使苦命人脱离惨境,使身负重担的人忘却重负,使病人忘却痛苦,使难过的人忘却伤悲,使受欺压的人忘却屈辱。书籍是孤独者的朋友,是被抛弃者的同伴,是郁郁寡欢者的喜悦,是绝望者的希望,是灰心者的鼓舞,是无助者的帮手。书籍给黑暗带来光明,让阳光普照阴暗的角落。

一本书往往就决定了人生境遇是好还是坏,是成功还是失败。童年时期读过的书籍对我们的影响最为深刻。

我们的许多观点都是我们从喜欢读的书籍中产生的。我们喜爱的作家是对我们最有影响力的师长,我们透过他

read books that are elevating in tone, pure in style, sound in reasoning, and keen in sight, our minds develop the same characteristics. If, on the contrary, we read weak or vicious books, our minds contract the faults and vices of the books.

的视角观察世界。如果我们经常阅读的书籍格调高雅、文风清新、推论合理、洞察敏锐,那么我们的思维就会具有相同的特质。相反,如果我们阅读的书籍淡然无味,我们的思维就会沾染书中的缺点和不足。

Tuesday

On Friendship 论友谊

Friendship is both a source of pleasure and a component of good health. People who have close friends naturally enjoy their company. Of equal importance are the concrete (实在的;具体的) emotional benefits they derive (获得;得来). When something sensational happens to us, sharing the happiness of the occasion with friends intensifies (增加;增强) our joy. Conversely, in times of trouble and tension, when our spirits are low, unburdening our worries and fears to compassionate friends alleviates (减轻;安慰) the stress. Moreover, we may even get some practical suggestions for solving a particular problem.

友谊不仅是快乐的源泉,而且是健康的要素。挚友间相互为伴,乐在其中,彼此信赖,获得情感寄托。每逢喜事、乐事,与朋友分享,会让我们快乐加倍。遇到烦恼,心情低落,向朋友倾诉,会帮我们减轻压力。此外,朋友还能给我们提出建议,帮助我们解决问题。



From time to time, we are insensitive (麻木的; 迟钝的) and behave in a way that hurts someone's feelings. Afterward, when we feel guilty and down in the dumps, friends can reassure us. This positive interaction (交流; 相互影响) is therapeutic, and much less expensive than visits to a psychologist.

Throughout life, we rely on small groups of people for love, admiration, respect, moral support, and help. Almost everyone has a "network" of friends: co-workers, neighbors, and schoolmates. While both men and women have such friends, evidence is accumulating that indicates men rarely make close friends. Men are sociable and frequently have numerous business acquaintances, golf buddies, and so on. However, friendship does not merely involve a sharing of activities; it is a sharing of self on a very personal level. Customarily, men have shied away from close relationships in which they confide (吐露) in others. By *bottling up* (抑制情感; 勉强忍住) their emotions, men *deprive* (夺去; 丧失) themselves of a healthy outlet for their negative feelings.

Because friendships enhance our lives, it is important to cultivate them. Unfortunately, it is somewhat difficult to make long-lasting friends. People are mobile, and mobility puts a strain on friends. Long distances between friends discourage

有时, 我们感觉迟钝, 所作所为还会伤害他人的情感。事后, 会觉得羞愧难当, 沮丧不已, 这时朋友会安慰我们, 化解顾虑。这种正面的交流疗效显著, 而且比看心理医生经济实惠。

一生之中, 我们都会在小团体中寻求关爱、赞赏、尊重、支持与帮助。几乎每个人都有“朋友圈”, 包括同事、邻居和同学。尽管男性和女性都有朋友, 但越来越多的迹象表明男性很少结交密友。男性喜爱社交, 常与很多商界同仁、高尔夫球友来往。然而, 友谊不仅是共同参与某些活动, 还要与他人分享个人的喜怒哀乐。男人往往不会去建立可以袒露心声的亲密关系。他们抑制自己的情感, 从而失去了发泄负面情绪的途径。

友谊能够增添我们的生活动乐趣, 因此培养友情十分重要。然而, 使友谊之树常青绝非易事。人们走南闯北、四处奔波, 这种流动性是对友谊的巨大考验。朋友之间相隔太

intimacy(亲密;友好). Long-distance telephone conversations are costly, and letter writing is not a deeply ingrained(根深蒂固的) habit. Divorce is also destructive(毁灭性的) to friendship. In many cases, when divorce occurs, friendships disintegrate(分裂;瓦解) because couples usually prefer to associate with other couples.

Circumstances and people are constantly changing. Some friendships last “forever”; others do not. Nevertheless, friendship is an essential ingredient in the making of a healthful, rewarding life.

远也会影响感情。打长途电话,花费高,写信又常常忘记。婚姻破裂也会破坏朋友间的情谊。很多时候,夫妻一旦分手,友谊之花便随之枯萎,毕竟夫妻更乐意与夫妻交往。

人与周围环境都在不断变化。有些朋友间的友谊会天长地久,有些只是昙花一现。不管怎样,友谊都是健康、幸福生活不可或缺的因素。

Wednesday

Beauty of Lovesick 相思之美

I remember the way the light touched her hair. She turned her head, and our eyes met, a momentary awareness in that raucous(喧闹的) fifth-grade classroom. I felt as though I'd been struck a blow under the heart. Thus began my first love affair.

Her name was Rachel, and I mooned my

我记得,当时的阳光洒落在她的发丝上。她转过头,我们四目相对,在那间吵闹的五年级教室里,我仿佛觉得心底遭到了一击。我的初恋就此开始了。

她叫雷切尔,我昏昏沉沉



way through grade and high school, stricken at the mere sight of her, tongue-tied in her presence. Does anyone, anymore, linger in the shadows of evening, drawn by the pale light of a window—her window—like some hapless summer insect?

I would catch sight of her, walking down an aisle of trees to or from school, and I'd become paralyzed. She always seemed so poised (泰然自若; 平衡的), so self-possessed. At home, I'd relive each encounter, writhing at the thought of my inadequacies. Even so, as we entered our teens, I sensed her affectionate tolerance (宽容; 忍受; 容忍) for me.

“Going steady” implied a maturity we still lacked. Her Orthodox Jewish upbringing and my own Catholic scruples imposed a celibate grace that made even kissing a distant prospect, however, fervently desired. I managed to hold her once at a dance—chaperoned, of course. Our embrace made her giggle, a sound so trusting that I hated myself for what I'd been thinking.

At any rate, my love for Rachel remained unrequited. We graduated from high school. She went on to college, and I joined the Army. When World War II engulfed us, I was sent overseas. For a time we corresponded (符合; 协调; 通信), and her letters were the high-light of those

地度过了中学,看到她,我的心就怦怦乱跳,有她在时,我说话就有些结巴。是否还有人被她窗户里透出的惨淡的灯光吸引而徘徊在夜晚的阴影里,就像不幸的夏日的飞虫一样?

当看到她沿林荫小路上学或放学回家时,我整个人就呆滞了。而她看上去永远那么泰然自若,冷静自持。在家时,我回想着与她的每一次邂逅,为自己的不善言辞而懊恼。即便如此,当我到了青年时,我仍然感到她对我深情的宽容。

“成为关系稳定情侣”意味着我们还成熟。她那犹太正教的教养和我自己天主教徒的踌躇使我们表现出了一种清心寡欲式的优雅,连亲吻都是一件遥不可及的事,无论我的渴望是多么强烈。在舞会上,我想方设法邀请她跳舞,我们的拥抱令她笑了起来,她那纯洁干脆的笑声让我痛恨自己所想的一切。

总而言之,我对雷切尔的爱一直是单恋。中学毕业后,她考上了大学,我参了军。第二次世界大战爆发后,我被派到海外。有一段时间,我们保持着联系,她的来信成为了那些难熬的无休止的漫长岁月

grinding, endless years. Once she sent me a snapshot of herself in a bathing suit, which drove me to the wildest of fantasies. I mentioned the possibility of marriage in my next letter, and almost immediately her replies became less frequent, less personal.

The first thing I did when I returned to the States was to call on Rachel. Her mother answered the door. Rachel no longer lived there. She had married a medical student she'd met in college. "I thought she wrote you," her mother said.

Her "Dear John" letter finally caught up with me while I was awaiting discharge. She gently explained the impossibility of a marriage between us. Looking back on it, I must have recovered rather quickly, although for the first few months I believed I didn't want to live. Like Rachel, I found someone else, whom I learned to love with a deep and permanent(永久的;持久的) commitment that has lasted to this day.

Then, recently, after an interval of more than 40 years, I heard from Rachel again. Her husband had died. She was passing through town and had learned of my whereabouts through a mutual friend. We agreed to meet.

I felt both curious and excited. In the last few years, I hadn't thought about her, and her sudden call one morning had taken me aback.

中最幸福的时刻。有一次,她给我寄了一张她的泳装照,那使我浮想联翩,在后来的一封信里我提到了结婚的可能。但几乎是立即,她的回信少了,也很少提及个人的事情。

我回国后的第一件事就是去找雷切尔。她的母亲开了门,说雷切尔已经很久没住在这里了,她与在大学里认识的一个医学院的学生结婚了。“我原以为她写信通知你了。”她的母亲说。

我最终在等待复员时收到了她的“亲爱的约翰”一信。她委婉地解释了不能和我结婚的原因。回首过去,我必须很快就恢复,尽管在开始的几个月里,我认为自己活不下去了。就像雷切尔一样,我找到了另一个女孩,我试着用一种深厚的爱和永恒的责任来照顾她,直到现在。

可是,最近,在间隔了40年之后,我又收到了雷切尔的来信。她的丈夫过世了,她经过我所在的城镇,通过我们的共同朋友打听到了我的住址,我们相约见面。

我感到好奇而兴奋。在过去的几年里,我没有挂念过她,她突然在一个早晨给我打了电话,这令我很惊讶。真的

The actual sight of her was a shock. This white-haired matron(护士长;女舍监) at the restaurant table was the Rachel of my dreams and desires, the supple mermaid of that snapshot?

Yet time had given us a common reference and respect. We talked as old friends, and quickly discovered we were both grandparents.

“Do you remember this?” She handed me a slip of worn paper. It was a poem I’d written her while still in school. I examined the crude meter and pallid rhymes. Watching my face, she snatched the poem from me and returned it to her purse, as though fearful I was going to destroy it.

I told her about the snapshot, how I’d carried it all through the war.

“It wouldn’t have worked out, you know.” she said.

“How can you be sure?” I countered. “Ah, colleen, it might have been grand indeed—my Irish conscience and your Jewish guilt!”

Our laughter startled people at a nearby table. During the time left to us our glances were furtive, oblique. I think that what we saw in each other repudiated what we’d once been to ourselves, we immortals.

Before I put her into a taxi, she turned to me. “I just wanted to see you once more. To tell you something,” Her eyes met mine. “I wanted

跟她见面了,我又感到很震惊。这位坐在餐桌前头发花白的女人就是我梦寐以求的雷切尔吗,那个照片上柔美的美人鱼吗?

然而,岁月给了我们共同关心的话题。我们相互问候。我们就像老朋友那样聊天,很快发现我们已经是祖父母了。

“你还记得这个吗?”她递给我一张破旧的纸,那是我在学校时为她写的一首诗,我仔细看了这首节奏粗糙、韵律苍白的诗。她望着我的脸,从我的手里把信抢走并装进了包里,好像很怕我会毁掉它。

我告诉她有关相片的事,我是如何携带它度过整个战争的。

“就算我们结婚了,也不会幸福,这你是知道的。”她说。

“你为何如此确定?”我反问她,“哦,姑娘,我的爱尔兰道德感和你犹太人的责任心,那一定非常和谐!”

我们的笑声惊动了旁边的人。离开前,我们都偷偷摸摸地看了对方一眼。我想,那是因为我们从对方身上看到我们一直保留在心中的形象破灭了。

在我送她上出租车之前,她转向我说:“我只是想再看你一眼,告诉你一些事情。”

to thank you for having loved me as you did." We kissed, and she left.

From a store window my reflection stared back at me, an aging man with gray hair stirred by an evening breeze. I decided to walk home. Her kiss still burned on my lips. I felt faint, and sat on a park bench. All around me the grass and trees were shining in the surreal glow of sunset. Something was being lifted out of me. Something had been completed, and the scene before me was so beautiful that I wanted to shout and dance and sing for joy.

That soon passed, as everything must, and presently I was able to stand and start for home.

她的双眼凝视着我，“我想谢谢你曾经那么爱我。”我们亲吻了一下，她离开了。

我在商店的橱窗里看见了自己：灰白的头发在傍晚的微风中拂动。我决定步行回家。她的吻还在我的唇上燃烧，我感到有点晕，于是坐在公园的一张长凳上。让夕阳下熠熠发光的花草树木将我包围，某种东西从我的心中消失了，完全消失了，此时的景色是如此之美，为了此时的欢愉，我想大叫，想唱歌跳舞。

一切很快就过去了，好像一切都是注定的，不一会儿，我起身回家了。



The Secret of Being Happy

快乐的秘诀

Anyone could be unhappy; it took no courage and effort. True achievement lay in struggling to be happy. The notion that we have to work at happiness comes as news to many

不需要勇气和努力，任何人都可以不快乐。然而，经过奋斗获得快乐，才是真正的成就。努力去获得快乐，在很多看来这是一件新鲜的事情。



people. We assume it's a feeling that comes as a result of good things that just happen to us, a thing over which we have little or no control. But the opposite is true: happiness is largely under our control. To achieve a happy life, it's necessary to overcome some stumbling blocks.

One effective way of destroying happiness is to look at something and focus on even the smallest flaw. It's like looking at the tiled ceiling and concentrating on the space where one tile is missing. As a bald man told me, "Whenever I enter a room, all I see is hair." Once you're determined what your missing tile is explore whether acquiring it will really make you happy. Then do one of the three things: get it, replace it with a different tile, or forget about it and focus on the tiles in your life that are not missing.

We all know people who have had a relatively easy life yet are essentially unhappy. And we know people who have suffered a great deal but generally remain happy. The first secret is gratitude. All happy people are grateful. Ungrateful people cannot be happy. We tend to think that being unhappy leads people to complain, but it's truer to say that complaining leads to people becoming unhappy. The second secret is realizing that happiness is a byproduct

因为我们认为快乐是美好的事情带来的一种感觉,它几乎或完全不受我们的控制。然而,事实恰恰相反,在很大程度上,快乐是受我们支配的。为了快乐地生活,克服一些障碍是有必要的。

毁掉快乐的有效的办法之一就是盯着某件事并且吹毛求疵。就像在看瓦房屋顶的时候,你只盯着缺一块瓦的地方。正如一位秃顶的先生告诉我的:“无论何时我走进一个房间,看到的只有头发。”在确定自己丢失了一块什么样的瓦后,要思考一下,重新获得这块瓦能否让自己感到快乐。然后,从下面三种做法选择一种:把那块瓦取回来;用一块不同的瓦代替;或者忘掉这件事,把注意力转移到那些未丢失的瓦上。

正像大家所知道的那样,有些人过着相对宽裕的生活却一点都不快乐,而有些人虽然承受着痛苦却仍然快乐。这其中的奥秘之一就是拥有感恩之心。不懂得感恩的人无法获得快乐,一切快乐的人都是懂得感恩的人。人们往往认为,抱怨是由不快乐引起的,然而,更加确切的说法应该是:抱怨使人变得不快乐。奥秘之二就是,要知道快乐是

of something else. The most obvious sources are those pursuits that give our lives purpose—anything from studying insects to playing baseball. The more passions we have, the more happiness we are likely to experience. Finally, the belief that something permanent transcends us and that our existence has some larger meaning can help us be happier. We need a spiritual faith, or a philosophy of life. Whatever your philosophy, it should include this truism: if you choose to find the positive in virtually every situation, you will be blessed, and if you choose to find the awful, you will be cursed. As with happiness itself, this is largely: your decision to make.

其他事物的副产品。快乐最显而易见的来源就是生活中所追求的目标,是从研究昆虫到打棒球的一切事情。我们付出的热情越多,享受到的快乐就越多。奥秘之三就是,坚持能够让我们变得更加快乐的信仰——我们要坚信,有一种能够超越自我的永恒存在,而我们自身的存在具有更大的意义。我们需要一种精神信仰,或是人生的哲学。无论哪种人生哲学都会包含这个不言而喻的道理:面对一种情景,如果你选择积极的一面,你将会受到祝福;如果你选择消极的一面,你就会被诅咒。在很大程度上,这取决于你自己的决定,就像快乐本身一样。



Friday

The Secret of Confidence

自信的秘诀

People who exude confidence really seem to have it made. They grab more rewarding careers, maintain zestier relationships, and just

那些散发出自信的人似乎天生就自信。他们能夺取更多有回报的事业;能够维持