

Reader's  
Digest

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# 英 语

第 2 辑 (丛刊)

## Reader's Digest

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## How Top Leaders Keep Fit<sup>1</sup>

Circumstance 情况 环境 史美龙选注

4月4日

象世界上所有的人一样，中国领导人认为，坚持有规律的体育锻炼，对保持身体健康、长寿是必要的。它能使人精力充沛，足以应付繁忙的活动安排。本文分别介绍胡耀邦、邓小平、赵紫阳、李先念、陈云、彭真、邓颖超七位中国领导人的健身情况。

### 10,000 Paces Daily

总书记  
General Secretary of the Chinese Communist Party Hu Yaobang, 68, has for many years walked 10,000 paces every day. To make sure that he reaches this self-set quota, he carries a pedometer with him everywhere, and if he finds himself running short of it,<sup>2</sup> at the end of a day, he insists on making it up. 补充 检查视力

He never uses the circumstances of his busy life as an excuse to stop exercising. On inspection tours by train, he is often found walking up and down the aisles. Once, on arriving in Tibet, Hu and all his entourage<sup>3</sup> experienced the breathing difficulties and other symptoms which usually strike people unused to the high altitude.<sup>4</sup> But he was soon out walking as usual. "Hard living conditions," he said to his companions with a smile, "should just make one's will



stronger.”

### 注 释

1. How top leaders keep fit: 中国最高领导人的健身之道。
2. if he finds himself running short of it: 如发现达不到自己规定的指标。
3. entourage: 随行人员。
4. unused to the high altitude: 不习惯这样的海拔高度。

\* \* \* \*

## The Swimmer

Those staying at Beidaihe, the summer resort near Beijing, for a certain two-week period last summer might have spotted a tanned 70-year-old swimming along in high spirits.<sup>1</sup> The swimmer was Deng Xiaoping, taking a brief vacation from his duties as Chairman of the Central Advisory Commission of the Chinese Communist Party.

For years Deng has exercised regularly to keep himself fit, which he believes has given him the energy to carry a heavy administrative workload.<sup>2</sup> Even a leisurely swim, he thinks, is better for him than walking (at Beidaihe, he could cover a thousand meters in about an hour and a half). After his vacation, he told friends, his legs definitely felt stronger. An avid soccer fan, Deng plays billiards and bridge regularly<sup>3</sup>—the latter game, he feels is excellent for sharpening the wits and increasing powers of concentration.<sup>4</sup>

### 注 释

1. might have spotted a tanned 70-year-old swimming along in high spirits: 人们可能会辨认出正在海边兴致勃勃游泳的这位皮肤晒黑的七十老人。
2. a heavy administrative workload: 繁重的行政工作。
3. An avid soccer fan, Deng plays billiards and bridge regularly: 邓除了是个足球迷外, 他还经常打台球和打桥牌。
4. sharpening the wits and increasing powers of concentration: 增长机智, 集中注意力。

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### Morning Jogger

Premier Zhao Ziyang, 64, often works more than 11 hours a day dealing with routine work and conferring with foreign visitors. Every morning, rain or shine, however, he jogs for 40 minutes wearing white tennis shoes and listening to the morning news on his portable radio. After dinner he tries to get in a brisk half-hour walk before settling down to the paperwork<sup>2</sup> that sometimes occupies him until midnight.

Even state visits abroad sometimes allow him opportunities for exercise. During a 1981 stay in the seaside city of Sandoway, Burma, for instance, he managed to work several swims into his schedule.<sup>3</sup> Returning from a grueling<sup>4</sup> tour of New Zealand and Australia in 1983, he stopped for three days of rest in scenic Hangzhou, and was soon to be seen jogging around the guesthouse.

注 释

occupy [okju:pai]

1. morning jogger: 清晨慢跑者。 2. settling down to the paperwork: 着手处理文件。 3. he managed to work several swims into his schedule: 他设法在计划表中插入几次游泳。 4. grueling: 极度疲劳的。

\* \* \* \*

### Walking For Health

At 6:30 almost every morning, Li Xiannian, 74, the venerable white-haired President of the People's Republic of China, walks 3½ to 4 kilometers around the grounds of Zhongnanhai, the compound where the offices and homes of China's top leaders are located. Like Zhao Ziyang, he frequently listens to the news on a portable radio as he walks.

When it rains, he carries an umbrella.

Even long walks, says Li, do not tire him—rather, they refresh him and give him the energy to carry out his many ceremonial and other duties.<sup>1</sup> He also regularly does exercises to strengthen his legs, waist and chest.

注 释:

1. ceremonial and other duties: 礼宾和其他活动。

\* \* \* \*

## A Regular Life

At 79 Chen Yun, Chairman of the Central Party Commission of Discipline Inspection, radiates vigor and good health,<sup>1</sup> though he has overcome serious illnesses in the past. He attributes this to decades of physical exercise, proper rest and moderation in eating and drinking.<sup>2</sup> When he was younger he swam, played billiards and ping-pong and did Taijiquan, and for years took a cold bath every morning. Now he walks almost an hour a day and does stretching, bending and breathing exercises of his own devising. To keep his fingers dextrous, he likes to roll two chestnuts in his hand.<sup>3</sup> 陈用极力主张

Chen also urges younger comrades working with him to get proper rest and exercise. "Only someone with a good physique can carry heavy work burdens," he says, "and that takes time and effort to develop."

注 释

1. radiates vigor and good health: 神采奕奕, 精神抖擞。

2. moderation in eating and drinking: 节制饮食。 3. To keep his

fingers dextrous, he likes...in his hand: 为了保持手指灵巧, 他常在手心中转弄两只胡桃。 dextrous=dexterous。

## The Restful Sea

Peng Zhen, 81, loves the water. Last August he took a much-needed rest at Beidaihe from his responsibilities as Chairman of the Standing Committee of the National People's Congress (he is known for his hard work in strengthening the socialist legal system).<sup>1</sup> As waves rolled gently into shore and seabirds hovered in the air with raucous cries,<sup>4</sup> Peng playfully alternated from breaststroke to backstroke (his favorite) or just trod water while seeming to absorb the pleasant scene around him.<sup>3</sup> Sometimes he was content to float on the surface, a skyblue sunhat on his head, at others he set out to swim 400 meters—which he can cover in about 45 minutes.

Swimming is not only good exercise, Peng feels, but excellent for wiping away the fatigues of mind and spirit.<sup>4</sup> Back in Beijing, even when he cannot go swimming he often relaxes from work by going boating on a lake in one of the city's parks. Aside from water sports, he takes walks twice a day for 40 minutes at a time.

### 注 释

1. strengthening the socialist legal system: 巩固社会主义法制。
2. seabirds hovered in the air with raucous cries: 海鸟在空中盘旋发出粗哑的叫声。
3. Peng playfully alternated from...to absorb the pleasant scene around him: 彭一边轻松自如地交替使用蛙泳和仰泳(他最喜欢的)或踩水,一边饱览周围优美的景色。
4. wiping away the fatigues of mind and spirit: 消除身心疲劳。

\* \* \* \*

## Under a Crabapple Tree

Despite her 78 years, Deng Yingchao (widow of the late Premier Zhou Enlai) is busy from morning to night

in her post as Chairperson<sup>1</sup> of the Chinese People's Political Consultative Conference. But part of her spare time is always set aside for walking or for doing three times a day the exercises to strengthen her neck, waist and legs which she has done for decades. A favorite exercise spot is under a crabapple tree in the courtyard behind her home, West Flower Hall in Zhongnanhai, the modest residential and office quarter she shared for years with Premier Zhou.

Deng Yingchao endured many hardships, including illness, on the Long March and during years of revolutionary struggle. She credited her ability to<sup>2</sup> overcome difficulties and shoulder burdens to an optimistic spirit and physical fitness through exercise. A few years ago, three months after a serious operation, she was up and about again<sup>3</sup> and doing her exercises under the crabapple tree.

( From *China Reconstructs*, No. 2, 1984 )

注 释

1. Chairperson=chairman or chairwoman.      2. credit...to...: 把...归功于...。 3. she was up and about again: 她又起床活动了。

\*

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\*

There is a great deal of difference between the eager man who wants to read a book, and the tired man who wants a book to read.

—G. K. Chesterton

一个热心求知者需要去读一本书，一个懒倦的人需要一本书来读读，这两种人之间有很大的区别。

——吉士特顿



## Haley Chases 'Last Emperor'

吴国雄选注



亚历克斯·哈里(Alex Haley), 当代著名美国黑人作家, 长篇历史小说《根》的作者。这部小说一经问世, 即在世界范围内引起极大反响, 先后被译成法、德、意、中等多国文字。之后, 他又将这部巨著改编成十二集的视频连续剧, 亦获得成功。本文主要介绍

了哈里作为美方代表来华与中方合拍“末代皇帝”期间的情况。

One Saturday in 1965, Alex Haley entered the US Archives<sup>1</sup> in Washington DC to begin research on the history of his family. Years later he drew world attention with his “Roots”,<sup>2</sup> a book that has sold more than six million hardcover copies, and spawned<sup>3</sup> a 12-hour TV mini-series<sup>4</sup> that attracted more than 130 million viewers in

January 1977.

Nineteen years later, Haley arrived in Beijing to start research on the script for a TV series on "a great story"—the history of China since the birth of Pu Yi (1906—1967),<sup>5</sup> China's last emperor.

Speaking for the production crew<sup>6</sup> Haley told *China Daily*, "We will weave into the story all the twists and turns<sup>7</sup> involving great personalities from Dr Sun Yat-sen<sup>8</sup> through Chiang Kai-shek, the Soong sisters,<sup>9</sup> General Stilwell,<sup>10</sup> Mao Zedong and others, and all dramatic occurrences during this time."

"By the very nature of the subject,<sup>11</sup> some controversy is unavoidable," he said, "but we intend to do our utmost to portray the story with artistic sensitivity<sup>12</sup> to create the least possible controversy."

Haley's script will be for the first Sino-US joint film venture<sup>13</sup>—a 10-hour TV mini-series. The series is scheduled to air<sup>14</sup> on China Central Television (CCTV) in October 1986, the 75th anniversary of the 1911 Revolution that overthrew the Qing Dynasty (1644—1911).

The series will be co-produced by the China Television Centre for International Co-Production<sup>15</sup> and Norman Lear's Embassy Television Company of Los Angeles.<sup>16</sup> Haley was representing the Lear firm on the Beijing visit.

During his stay in China, Haley talked with a number of people including Wang Shuyuan<sup>17</sup> a dramatist who has written the Chinese script; Pu Jie,<sup>18</sup> the 78-year-old younger brother of China's last emperor; and Pu Ren,<sup>19</sup> Pu Yi's nephew. He and the American TV executives visited the Forbidden City<sup>20</sup> with Pu Jie and the Summer Palace on their own.

Talking in the spacious sitting room at the Diaoyutai

State Guest House in Beijing, Haley said China is “naturally known worldwide,” but “not many people know the details of the involvement of people in China’s history. Such names as Dr Sun Yat-sen, Chiang Kai-shek and Mao Zedong are household words,<sup>21</sup> but people do not know what they did. We hope when this mini-series is done, there will be a better appreciation of China.”

When asked how much he knew about China, Haley recalled how he had written “Roots”. “I talked with more than 100 people and read books until my eyes blurred,”<sup>22</sup> he said slowly and emphatically. “If you do the research honestly, you will be equipped with the knowledge you did not have when you started.”

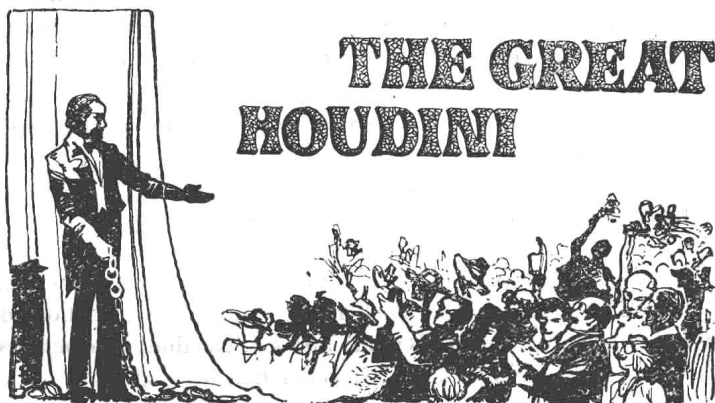
“The things we need are faith, patience and hard, hard work,” he said in his low but firm voice.

(From *China Daily*, May 15, 1984)

### 注 释

1. the US Archives: 美国档案馆。
2. “Roots”: 《根》(书名)。
3. spawn: 此处意为“产生”。
4. TV mini-series: 小型电视连续剧。
5. Pu Yi: 溥仪(1906—1967)。
6. speaking for the production crew: 代表摄制组的同事发言。
7. weave into the story all the twists and turns: 将所有曲折离奇的细节编进故事。
8. Dr Sun Yat-sen: 孙逸仙(1866—1925)。
9. the Soong sisters: 宋氏三姐妹, 即: 宋蔼龄、宋庆龄和宋美龄。
10. General Stilwell: 史迪威将军(1883—1946)。
11. by the very... of the subject: 就主题的性质来说。
12. artistic sensitivity: 艺术灵感。
13. the first Sino-US joint film venture: 中美第一次尝试合作摄制影片。
14. is scheduled to air...: 定于……演播。
15. the China Television Centre for International Co-Production: 中国电视中心国际合作部。
16. Norman Lear’s Embassy Television Company of Los Angeles: 洛杉矶的诺曼·李尔“使节”电视公司。
17. Wang Shuyuan: 王树元, 作家, 该电视剧的原作者。
18. Pu Jie: 溥杰。
19. Pu Ren: 溥仁。
20. the Forbidden City: 紫禁城。
21. household words: 尽人皆知的名字。
22. until my eyes blurred: 直至我的双眼变得模糊起来。





# THE GREAT HOUDINI

Beryl Williams and Samuel Epstein

陈孝明选注

从一九〇〇年到一九二六年，脱身大王霍迪尼的名字几乎每天都在报上出现。他那高超的脱身术成为人们百思不解的谜，引起人们的极大兴趣。虽然他早已于一九二六年去世，可是正如本文作者所说：“他几乎能从人们所能设计出来的各种密室和镣铐中脱身，可是他却逃不出我们的记忆。”欲知霍迪尼的绝技，请看——

Scotland Yard<sup>1</sup> had declared that no man could escape from its shackles:<sup>2</sup> Houdini slipped off<sup>3</sup> a pair of Yard handcuffs<sup>4</sup> as if they had been rubber bands. The Washington, D. C. jail that had imprisoned Guiteau, President Garfield's assassin,<sup>5</sup> held Houdini for only a few moments. Bound by ropes and chains, locked into a heavy packing case, and lowered over the side of a ship into icy water, he emerged free and unharmed. He couldn't be restrained. Audiences all over the world hail-