

知识长廊英语系列注释读本

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Knowledge Gallery — English Note Readings Series

# 成长的烦恼

## ——青少年心理剖析

◎刘正光 谷正气 编



PSYCHOLOGY OF YOUNGSTERS

中南工业大学出版社

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## 前 言

应中南工业大学出版社之邀,编了《知识长廊英语系列注释读本》之一《成长的烦恼》这本读物。编的虽然只是一本普通的读本,但有些感想,摘录如下。

目前,大大小小的书店里,各种英文书籍琳琅满目,令人眼花缭乱,要编一本让读者们接受而又喜爱的读物还真不容易。编者们费尽心思,尽量求变。

首先,英语学习观念要变。学习一门外语,不是背几个单词,掌握几条语法规则。这只是为学语言而学语言,费时低效,此路肯定不能再走下去了。学习语言不但指学习语言本身,更重要的是要从语言中学习文化、了解社会、了解世界、了解人自己,提高学习者自身的素质,增强立身处世的本领。这意味着语言学习的目的是多维的。中南工业大学出版社出版的这套丛书正是抓住了这样一个本质性的目的。

其次,语言学习是个大量输入的过程。只有大量阅读目的语材料,获得大量的语言输入,才能谈得上有效的语言学习。不可能设想一个未读过什么书的人能讲出像饱览群书者那样文思泉涌的话来,也不可能想象他们会有很强的语言感悟力。“熟读唐诗三百首,不会做诗也会吟”不就是告诉我们读得多了,自然会了的道理么?拼命做习题只能培养打“√”的能力,仅此而已。

再次,学习语言应该是学习那些活生生的语言,生活中的语言,而不是书斋里的文言文。语言的使用随着社会的变化而变

化。在这个日新月异的社会里,属于 21 世纪的人们如果还在学习 19 世纪、20 世纪初期和中期的语言,自然会觉得所学语言难以致用,因而失去学习语言的兴趣与动力。有鉴于此,我们这本读物的材料全部是关于 20 世纪 90 年代中后期的知识与信息。读者诸君会发现这是个充满活力的语言世界。

在编写本书的过程中,还蒙张长颀同志做了一些资料的整理工作,中南工业大学出版社的编辑同志也付出了相当的劳动,在此一并致谢。

编者于岳麓山下

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## Part One Puzzles over Family

### 家庭的困惑

#### 1. My Daughter, My Friend

##### 女儿,朋友

When spoken words failed, written-ones kept us close.

给你一支笔,写出你的思想,写出你的情感,写回你的权利。你能得到吗?小小年纪的 Julie 不但做到了,而且还写出了奇妙的世界,她那支笔仿佛成为了母女俩共度难关的支点。读完 Julie 的这些信,我们看到一个纯真可爱,善解人意的女孩立在眼前。多么令人动情!

When my daughter Julie was six years old, she wrote a letter to the tooth fairy and put it under her pillow with her tooth. I wrote back, telling her to be a good girl and to always brush her teeth carefully. I didn't know we were starting a tradition.

By the time Julie was in fourth grade, she had figured out that handwritten notes could do more than welcome the tooth fairy. Once, after a heated discussion we'd had about<sup>[1]</sup> why she couldn't buy a pair of clogs<sup>[2]</sup>, Julie wrote the following:

Dear Mom,

Here are the reasons I want clogs:

[1] a heated discussion we had about... 正确的

理解是 he had 是定语从句作定语, about ... 是介词短语作定语

同样修饰 discussion

[2] clog 轻便木底鞋

(1) You wanted boots for a long time and you finally got them.

(2) If clogs hurt my feet that's my problem.

(3) When Grandma gave us money for Christmas she said we could get whatever we wanted with it.

Love, Julie

I gave in—and Julie learned the power of the written word.

Over the next few years, Julie and I exchanged notes about boys, homework, phone calls and chores<sup>[3]</sup>. Some notes were apologies after shouting matches. Others were just happy thoughts spilling<sup>[4]</sup> onto paper. When Julie was in eighth grade, she responded to a love note of mine:

[3] chores 家务活

[4] spilling onto paper

倾泻在纸上

Dear Mom,

Your letters make me feel great no matter what kind of mood I'm in. Sometimes they even make me cry because they touch me so deeply. I'm really glad we have the kind of relationship that we do, even though we have our arguments. I guess that's life with a teen-ager or with a 39-year-old!

I love you. Julie

P.S. Writing my feelings down to you is much easier for me than trying to express them verbally<sup>[5]</sup>.

[5] verbally 用语言;  
口头

Julie's postscript explained why the note system worked so well for us. She was going through the traumas of adolescence<sup>[6]</sup>, and I was having some problems of my own. Writing was the most effective way for us to communicate our feelings.

[6] traumas of adolescence 青春期的心灵创伤

One day during the summer before Julie started high school, she left her razor on the tub where her five-year-old brother might have cut himself. After I pointed out her carelessness, I asked Julie what she thought her punishment should be. She stomped off in a huff,<sup>[7]</sup> but an hour later left a note on the kitchen counter.

[7] stomp off in a huff 怒气冲冲地跺着脚走了

Dear Mom,

I'm sorry for being so thoughtless. For my punishment I will not:

(1) Go to the mall<sup>[8]</sup> after school.

[8] mall 购物中心

(2) Watch television in the afternoon.

(3) Snack<sup>[9]</sup> before dinner.

[9] snack 吃点心

She never left her razor on the tub again.

Two months later, on Julie's first day of high school, we had a fight about whether it

was appropriate for her to wear makeup.

That evening, I received a six page, handwritten letter from her.

Dear Mom,

I'm sorry if I acted snotty<sup>[10]</sup> this [10]snotty 没礼貌 morning, but I really got mad. You didn't even give me a chance to say anything! If you would at least discuss things with me maybe it would be a little easier for us. Instead of telling me how awful my eyes look, you could help me to make them look better.

Page three contained all the logic my tormented teen could muster<sup>[11]</sup>. [11]muster 聚集

(1) I think I'm very responsible and can learn to put makeup on in ways that both you and I would like.

(2) I don't "cake it on"<sup>[12]</sup> like some of [12]cake it on 涂得像蛋糕上的奶油一样多 my friends do—I read the directions on the package and advice in magazine articles on how to apply it.

(3) I'm growing up; I want to add to my looks and bring out<sup>[13]</sup> my eyes. [13]bring out 突出

(4) How about a three-week trial period to test my ability to wear it?

Needless to say, my daughter wore

makeup—discreetly<sup>[14]</sup>—from then on. Her whole face seemed to light up, not only from the touch of blush, but from the sense of freedom she had pried<sup>[15]</sup> out of her mother.

[14]discreetly 谨慎地

[15]pry 费力得到

Not long after that, my husband and I separated. The next few months were chaotic<sup>[16]</sup>. Besides trying to provide stability to my four children, I had to budget our funds<sup>[17]</sup> and work longer hours. As my raw emotions caused my mothering skills to dwindle, Julie came to the rescue<sup>[18]</sup> with a note.

[16]chaotic 一团糟

[17]hudget our funds  
平衡开支

[18]came to the rescue  
来帮忙

Dear Mom,

I know you're going through a hard time and I wish I could make all your problems disappear. Unfortunately, I can only tell you how much I love you. We're all upset about the divorce, but you're still a great, helpful and loving mom.

Love, Jules

There were quite a few times that year when I took my frustrations out on<sup>[19]</sup> the children. After one particularly nasty tirade<sup>[20]</sup>, Julie dropped this message in my purse for me to read at work:

[19]take ... out on 将  
……发泄在……

[20]tirade 指责; 言辞  
激烈的演说

Dear Mom,

I know things are difficult for you right now, and we all understand. I think you should go out more often to distract yourself. We are all growing up and have our own interests and friends. We'll always be your kids and you won't lose us.

I love you! Jules

A few weeks before her 18th birthday I asked Julie what she wanted. "I'm working on it,"<sup>[21]</sup> she said.

[21] I'm working on it

正为此而费力

I should have known that Julie was writing me the letter of her life. Here's what some of it said:

Soon I will be living on my own at college. I feel I have matured by following your rules with very few exceptions.

For my 18th birthday, I would like to be treated and respected as a mature and responsible person. I'd like:

(1) A later curfew<sup>[22]</sup> or none at all.

[22] curfew (晚上熄灯) 睡觉时间

(2) Permission to make and receive telephone calls after 10 p. m.

(3) The freedom to make my own decisions.

(4) To be thought of as a close friend.

Now it was my turn to respond. I sat writing late into the night.

Dearest Julie,

Adulthood isn't a sudden jolt of freedom to do whatever you want. It is simply being responsible. If you believe you can behave like an adult, I will treat you as one.

I next addressed her birthday proposition list, asking her to be considerate about<sup>[23]</sup> curfews and phone calls. I agreed that she should make decisions and said I would offer advice only when requested.

[23] considerate about  
考虑周到;想清楚

I ended with this:

Julie, I wish you a happy life filled with love and solid decisions based on solid values. I hope you continue to develop the many talents God has given you.

Happy birthday, my friend! Mom

My daughter left home for college a few years ago. I've missed her tremendously, but our tradition has pulled us through<sup>[24]</sup> again. Her letters from college have been wonderful!

[24] pulled us through  
帮我们共度难关



## 2. What Teen-agers Are Dying to<sup>[1]</sup> Tell Their Parents

### 青少年渴望告诉父母的话

Six things kids want—and desperately need—from Mom and Dad.

这些失足少年的心声与呼唤应令所有的父母警醒。他们走上了犯罪的道路,父母有不可推卸的责任。文章中提出的六个方面,父母们应该时刻牢记:严而有爱,说话要算数、言出必行,保持父母的威严、培养孩子有所追求、不要被孩子的威胁低头、坦诚相待以及孩子们的忏悔与希望说明成人应了解孩子们的真正内心世界。

During the next 24 hours, some disturbing things will happen to America's youth: Twelve hundred and sixty kids in grades 10 ~ 12 will quit school; 2740 girls between the ages of 15 and 19 will become pregnant; more than 1000 will have abortions<sup>[2]</sup>. Problems with drugs and violence in our high schools will erupt<sup>[3]</sup>.

Numbers like these have become, quite literally, a national crime. In fact, people under 18 years of age constitute<sup>[4]</sup> 28 percent of all arrests made for serious crimes committed<sup>[5]</sup> in America.

I've talked to hundreds of parents who are angry and sad that their sons and daughters have wound up in trouble<sup>[6]</sup>. "Where did we go wrong?" they ask.

Notes:

[1] are dying to 渴望

[2] abortion 人工流产

[3] erupt 爆发

[4] constitute 构成

[5] arrests... committed  
因所犯严厉罪行而被  
捕人员

[6] wound up in trouble  
以陷入麻烦而结  
束