

新概念英语
Essence for Recitation of New Concept English

2

晨读美文诵读

(第2册)

李玉技 主编

- 最清新的散文
- 最动听的诗歌
- 最温馨的随笔
- 最精彩的演讲
- 最深刻的电影对白

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前言 Preface

学英语需要朗读,这是许多成功的英语学习者学好英语的切身体会。在抑扬顿挫,富含感情的朗读中,我们可以深入体会英语语言的美,培养语感,体会音韵,锻炼发音。朗读是一个语言知识和语言材料逐步内化的过程,在不知不觉中使我们的英语水平得到全面提高。《新概念英语晨读美文诵读》系列包括四册。本书的特点如下:

一、题材广泛、兼容并蓄

为了让广大读者在最短的时间内获得最佳的阅读效果,我们经过反复细致的斟酌,从浩如烟海的美文卷帙中选出了这些上乘之作,辑成此书。本书文章的选取,既注重经典名篇,又注重时文、美文,二者兼备,相得益彰。所选题材原汁原味,内容广泛。每一章节,各成特色,或黄钟大吕,或寓意深远。

二、灵性文字、启迪人生

这些充满智慧和灵性的文笔,或展示了洞幽入微的观察力,或表现出超脱尘世的秉性,或流露了细腻激扬的情愫。这些脍炙人口的美文所诠释的是充满智慧的心灵在生命旅途中的所感所悟,宛如一道迷人的人生风景线,让人感受美的同时,得以开启智慧之门,让文字的芬芳沐浴我们日渐疲惫的心灵,给我们以精神上的享受和心灵的熏陶。

三、英汉对照、译艺非凡

本书每篇文章均为英汉对照,我们以“信、达、雅”为中文翻译

的标准,由翻译专家们反复地润色、修改、完善,字斟句酌、译艺非凡。本书可使诵读者体会英汉双表达的不同感觉和语言差异,也是读者练习翻译的绝佳材料。

正如“读一本好书,就如同与许多高尚的人在谈话”一样,读一篇优美的文章,就如同与一颗至善至美的心灵进行会谈。这些优美的、至情至性的、思想深邃的文辞,不仅可以开阔我们的视野,拓宽知识面,还可以净化心灵、升华思想、启迪心智、陶冶性情,提高个人的文学素养和写作水平。美文引领着我们的思想进入一个更为高尚博大的境界,让我们有足够的智慧静观社会、审视人生,从而使人生臻于完美。

我们诚挚地期望,《新概念英语晨读美文诵读》可以为读者的生活添上光彩亮丽的一笔。



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第一部分 活得精彩

1

The Value of Time 时间的价值

晨读美文

"Time," says the proverb, "is money". This means that every moment well-spent may put some money into our pockets. If our time is usefully employed, it will either turn out some useful and important piece of work which will fetch its price in the market, or it will add to our experience and increase our capacities so as to enable us to earn money when the proper opportunity comes. Let those, who think nothing of wasting time, remember this.

Our life is nothing more than our time. To kill time is therefore a form of suicide. We are shocked when we think of death, and we spare no pains, no trouble, and no expense to preserve life. But we are too often indifferent to the loss of an hour or of a day, forgetting that our life is the sum total of the days and of the hours we live. A day or an hours wasted is therefore so much life forfeited. Our life is a brief span measuring some seventy or eighty years in all. But nearly one third of this has to be spent in sleep; some years have to be spent over our meals; some in

making journeys on land and voyages by sea; some in merry-making; some in watching over the sick-beds of our nearest and dearest relatives. Now if all these years were to be deducted from the term over which our life extends, we shall find about twenty or thirty years at our disposal for active work. Whoever remembers this can never willingly waste a single moment of his life.

All time is precious; but the time of our childhood and of our youth is more precious than any other portion of our existence. For those are the periods when alone we can acquire knowledge and develop our capacities. If we allow these morning hours of life to slip away, we shall never be able to recoup the loss. Just as money laid out at interest doubles and trebles itself in time, so the precious hours of childhood and youth, if properly used, will yield us incalculable advantages.

精美译文

谚语说：“时间就是金钱。”这句话的意思是，有效利用的每一分每一秒都会为我们的钱袋增加一些财富。如果我们的时间得到有效使用，就能生产出有用而重要的产品，在市场上卖个好价钱，或者能丰富我们的经验、增进我们的能力，使我们能在时机成熟时赚取金钱。那些对浪费时间满不在乎的人应该记住这点。

我们的生命就是我们的时间，因此，浪费时间即等于自杀。想到死亡时我们惊恐不已；为了保全生命，我们不遗余力、不怕麻烦、不惜工本。可是，我们常常对浪费一小时或一天的时间无动于衷，忘记了生命就是我们度过的每一天、每一小时的总和。因此，浪费一天或一个小时就是丧失了一天或一个小时的生命。人生短暂，总共不过七八十年。可是，人生中近三分之一的时间不得不用于睡眠；吃饭不得不用去几年；陆地旅行和海上航行花去几年；参加娱乐活动又是几年；还有在病床照看至爱亲人的几年。现在，如果从我们的生命期限中扣除所有这此年月，我们会发现，能够由我们

自由支配的有效工作时间仅有二三十年。只要记住这点,任何人都不会愿意浪费生命中的一分一秒。

所有的时间都很宝贵,而童年和青春期比我们一生中的其他任何阶段都更为宝贵,因为只有在这两个阶段我们能够获得知识、提高能力。如果我们让韶华之年悄然流逝,其损失将永远无法弥补。用于赚取银行利息的本金最终会翻两倍或三倍;与此相同,童年和青春期的珍贵时光,如果使用得当,将为我们带来不可估量的收益。

词汇注释

forfeit /'fɔ:fit/ *vt.* 没收,作为惩罚而没收

span /spæn/ *n.* 一段时期

recoup /rɪ'ku:p/ *vt.* 弥补,补偿

lay out 投资,借出

treble /'trebl/ *v.* 成三倍,使……增加两倍,增为三倍

2

I will Live This Day as if It Is My Last
我把今天当成生命中最后一天过

晨读美文

I will live this day as if it is my last.

I will avoid with fury the killers of them. Procrastination I will destroy with action; doubt I will bury under faith; fear I will dismember with confidence. Where there are idle mouths I will listen not; where there are idle hands I will linger not; where there are idle bodies I will visit not. Henceforth I know that to

court idleness is to steal food, clothing, and warmth from those I love. I am not a thief. I am a man of love and today is my last chance to prove my love and my greatness.

I will live this day as if it is my last.

The duties of today I shall fulfill today. Today I shall fondle my children while they are young; tomorrow they will be gone, and so will I. Today I shall embrace my woman with sweet kisses; tomorrow she will be gone, and so will I. Today I shall life up a friend in need; tomorrow he will no longer cry for help. nor will I hear his cries. Today I shall give myself in sacrifice and work; tomorrow I will have nothing to give, and there will be none to receive.

I will live this day as if it is my last.

And if it is my last, it will be my greatest monument. This day I will make the best day of my life. This day I will dink every minute to is full. I will savor its taste and give thanks. I will make the every hour count and each minute I will trade only for something of value. I will labor harder than ever before and push my muscles until they cry for relief, and then I will continue. I will make more calls than ever before. I will sell more goods than ever before. I will earn more gold than ever before each minute of today will be more fruitful than hours of yesterday. My last must be my best.

I will live this day as if it is my last. And if it is not, I shall fall to my knees and give thanks.

精美译文

今天是我生命中的最后一天。

我憎恨那些浪费时间的行为。我要改掉拖沓的坏习惯。我要以真诚埋葬怀疑,用信心驱赶恐惧。我不听闲话、不游手好闲,不

与不务正业的人来往。我终于领悟到,若是懒惰,无异于从我所爱之人那里窃取食物、衣裳和温情。我不是贼,我有爱心,今天是我最后的机会,我要证明我的爱心和伟大。

今天是我生命中的最后一天。

今日事今日毕。我要趁孩子还小的时候,多加爱护他们,明天他们将离我而去,我也会离他们而去。今天我要深情地拥吻我的妻子,明天她会离去,我也一样。今天我要帮助落难的朋友,明天他不会再向我求援,我也将听不到他的哀求。今天我要乐于奉献,因为明天我将无法给予,也将无人领受了。

今天是我生命中的最后一天。

如果今天是我的末日,那么它将是不朽的纪念日,我将使之成为我一生中最好的一天。我要把每分每秒化为甘露,一口一口,细细品尝,满怀感激。我要让每一分钟都有价值。我要加倍努力,直到精疲力竭。即使这样,我还要继续努力。我要拜访更多的顾客,销售更多的货物,赚取更多的财富。今天的每一分钟都胜过昨天的每一小时,最后的也是最好的。

我将把今天当作生命末日来度过。如果不是的话,我要跪倒在上苍面前,深深致谢。

词汇注释

dismember /dis'membə/ *vt.* 肢解,分割

idle /'aɪdl/ *adj.* 懒惰的,闲散的

henceforth /hens'fɔ:θ/ *adv.* 今后

fondle /'fɒndl/ *vt.* 爱抚,溺爱

life up 鼓舞,激励

monument /'mɒnjumənt/ *n.* 纪念碑

3

Youth
青春

晨读美文

Youth is not a time of life, it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of will, a quality of imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust.

Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station: so long as it receives messages of beauty, hope, cheer, courage and power from men and from the infinite, so long as you are young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aerials are up to catch waves of optimism, there is hope you may die young at 80.