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晨读夜诵 * 初中生英语 名篇诵读 精华

The good life is one inspired by love and guided by knowledge.

美好的人生由爱来激发,由知识来引导.

徐广联 主编



华中科技大学出版社



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前言

英语是一种优美、富有诗意和乐感的语言，它承载着人类的知识和文化财富，也有着广泛的实用价值，在当今人们的生活、工作和交际中，发挥着积极而重要的作用。

要想学好英语，学到地道的英语，诵读是不可或缺的有效方法，也可以说是一条捷径。诵读时，脑、眼、耳、口协调并用，吟诵既久，文章的气韵内涵、精言妙语便内化于心，慢慢沉淀，最终成为自己的东西，存储在自己的知识宝库中。

本书共有 126 篇精美的短文，是作者精中求精、反复筛选后最终确定的，篇篇皆为精华。它们文风各异，或热烈奔放，或含蓄隽永，或古雅雄辩，或清新流畅；语言地道规范，闪耀着大师们的仁德智慧，体现了大师们高超的语言技巧。

诵读本书，将有助于你提高英语语言的领悟力和鉴赏力，掌握丰富多彩的表达方式，提高英语写作水平。同时，它还是陶冶情操、丰富内涵的好读本，能提升你的文化品位，使你在不知不觉中感受自然、体味人生、开阔视野、净化心灵，帮你找到人生的坐标，助你走向理想与辉煌。

在本书的编写和翻译过程中，曾得到徐文哲、杨永、徐文东、徐广伟、李乐宣、徐广于、徐博涵等的关心与支持。在此，我谨向他们表示诚挚的谢意。

徐广联



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001 *Swing Song*
秋千歌

A. A Milne

Here I go up in my swing
Ever so high.
I am the King of the fields, and the King
Of the town.
I am the King of the earth, and the King
Of the sky.
Here I go up in my swing ...
Now I go down.



我荡在秋千上，
高高在天上，
我是田野的王，
我是城镇的王，
我是大地的王，
我是天空的王，
我忽儿飞腾起，
我忽儿又下降。

注释

swing [swɪŋ] n. 秋千, 荡秋千

king [kɪŋ] n. 王, 国王

002 *The Four Seasons*

四季

There are four seasons in a year in the United States: spring, summer, fall and winter. Spring starts in March, and goes on to May. Summer lasts from June to August. And the fall months are September, October, and November. The winter months are December, January and February.

Some of the most beautiful weather comes in spring. The weather is warm. There is some rain, and a lot of warm sunshine. The plants begin to grow again, and the flowers start to come out.

In most parts of the country, the summer is hot. There is always some rain, but there is always long time of hot sunny days. Many people like to have their vacations then. They go to the mountains because it is cooler there. They go to the sea or a lake, too, because they can have a swimming there.

In fall, the days become cooler. There is usually a lot of rain, but there are also sunny days when the sky is bright blue. Vacations are finished. Children go back to school. Because of the beautiful, cool days, many people think this is the best time of the year.

In winter the weather is often bad. It is very cold, and sometimes a cold wind blows. In the south, there is a lot of rain, but at the same time there is ice and snow in the north. Some people enjoy skiing and ice skating in winter. But almost everybody is glad when winter is finished and spring comes again.



美国一年有四季：春、夏、秋、冬。春天始于三月份，延续到五月份。夏季从六月份持续到八月份。秋季是九、十、十一三月份，冬季是十二月份、一月份和二月份。

一些最美好怡人的天气在春季出现。天气暖和，会下些雨，阳光普照，暖洋洋的。植物醒来了，开始生长，花儿也开始绽放。

在美国大部分地区，夏季是酷热的。虽会有些降雨，但是也总是有长时间的炎炎夏日。这个时候，大多数人都喜欢去度假。他们去山中，因为那里凉爽；他们也去海边和湖边，因为可以在那里游泳。

在秋季，天气变得凉快些了。通常有很多雨水，但是也有天空碧蓝、阳光普照的日子。度假结束了，孩子们回到了学校。因为景色优美，天气凉爽，许多人认为这是一年中最好的时日。

在冬季，天气通常很糟糕。非常寒冷，有时候刮着凛冽的大风。南方有很多雨水，但在北方却是冰天雪地。有人喜欢在冬天去滑雪和滑冰。但是在冬天远去、春回人间的时候，几乎所有的人都兴高采烈。

003 Risk

冒险

Patty Hansen

Two seeds lay side by side in the fertile spring soil.

The first seed said, "I want to grow! I want to send my roots deep into the soil beneath me, and thrust my sprouts through the earth's crust above me. I want to spread my tender buds like banners to announce the coming of spring! I want to feel the warmth of the sun on my face and the blessing of the morning dew on my petals!"

And so she grew.

The second seed said, "I am afraid. If I send my roots into the ground below, I don't know what I will meet in the dark. If I push my way through the hard soil above me I may damage my delicate

注释

fertile ['fɜːtaɪl] *adj.* 肥沃的, 富饶的

thrust [θrʌst] *v.* 猛推, 猛挤

sprout [spraut] *n.* 新芽, 幼苗

crust [krʌst] *n.* (物的)硬外壳

bud [bʌd] *n.* 芽, 蓓蕾

banner ['bænə] *n.* 旗, 旗帜

petal ['petl] *n.* 花瓣

delicate ['delɪkət] *adj.* 稚嫩的, 娇嫩的

what if 要是……怎么办

snail [sneɪl] *n.* 蜗牛

scratch [skrætʃ] *v.* 抓, 搔, 扒拉



sprouts. What if I let my buds open and a snail tries to eat them? And if I were to open my flowers, a small child may pull me from the ground. Oh no, it is much better for me to wait until it is safe."

And so she waited.

A yard hen scratching around in the early spring ground for food found the waiting seed and immediately ate it.



在春天肥沃的土壤中，并排埋藏着两颗种子。

第一颗种子说：“我要生长！向着我下面的土地里深深地扎根，把我的幼芽从上面的地壳中拼命地挤出去。我要像旗帜那样舒展我柔嫩的蓓蕾，宣布春天的到来！我要感受照在我脸上的阳光的温暖，还要体验落在我花瓣上的晨露的赐福！”

于是她就这样生长着。

第二颗种子说：“我害怕。如果我把根扎在地下，我不知道在黑暗中会遇到什么。如果我要从坚硬的土壤中挤出去，会损坏我那娇嫩的幼芽。如果我让自己的蓓蕾开放，叫蜗牛给吃掉怎么办？而且，如果我当真开了花，小孩子会把我从地上连根拔起。哎呀，不！最好让我等到安全的时候再说。”

于是她一直在等待。

庭院的母鸡在早春的地上觅食，发现了等待的种子，一口就吃掉了她。

I Didn't Notice It

Mother: I left two pieces of cake in the cupboard this morning, Johnny, and now there is only one piece left. Can you explain that?

Johnny: Well, I suppose it was so dark that I didn't notice the other.

004 *Life(I)*

生活(1)

Langston Hughes

Life can be good,
Life can be bad,
Life is mostly cheerful,
But sometimes sad.

Life can be dreams,
Life can be great thoughts;
Life can mean a person
Sitting in court.

Life can be dirty,
Life can even be painful.
But life is what you make it,
So try to make it beautiful.

注释

cheerful [ˈtʃɪəfəl] *adj.* 愉快的, 高兴的court [kɔ:t] *n.* 法庭painful [ˈpeɪnfl] *adj.* 痛苦的

But life is what you make it. 但生活由你创造。

So try to make it beautiful. 因此就尽力使生活美好。



生活会很美好，
生活也会很糟，
时常充满欢笑，
有时也有烦恼。

生活能充满美好梦想，
生活是产生伟大思想，
生活能使人成为罪犯，
囚禁在牢房苦果尝。

生活会脏如泥沼，
可以是痛苦煎熬，
生活却是自己造，
要力争生活美好。



005 *Words to Live by*
人生箴言

1. Honesty is the best life policy.
2. Diligence is the mother of success.
3. Faith will move mountain.
4. Pride goes before a fall.
5. He who recognizes his folly is on the road to wisdom.
6. Nothing is impossible to a willing heart.
7. The greatest things must have the smallest beginning.
8. A lazy man's garden is full of weeds.
9. He who does not go forward stays behind.
10. Gold glitters even in the mud.
11. Honor is much dearer than money.
12. He that hurts another hurts himself.
13. He that inquires much, learns much.
14. The more we study, the more we discover our ignorance.
15. Drop by drop the jug is filled.
16. Knowledge is treasure.
17. He who laughs last laughs best.
18. Virtue is fairer than beauty.

注释

diligence [ˈdɪlɪdʒəns] *n.* 勤奋

folly [ˈfɒli] *n.* 愚蠢

glitter [ˈɡlɪtə] *v.* 发光, 闪耀

jug [dʒʌɡ] *n.* 壶, 罐

virtue [ˈvɜ:tju:] *n.* 美德