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晨读夜诵 * 高中生英语 名篇诵读 精华

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美好的人生由爱来激发, 由知识来引导.

徐广联 主编

◎ 华东理工大学出版社

Selected Masterpieces of English Reading

中国语言学家许国璋先生英语学习观：

不要总是把阅读的目的放在提高英文上，阅读首先是吸收知识。



《晨读夜诵·高中生英语名篇诵读精华》是一本旨在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，提高英语写作水平的阅读书，它还是陶冶情操、丰富内涵、提升文化品味的好读本。本书特点有三：

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前言

英语语言底蕴深厚,名家大师辈出。他们的思想精华,经妙笔点化,遂成精湛的美文、瑰丽的诗篇。这些名篇,蕴藏着大师们卓越的见识、睿智的思考、伟大的抱负、高尚的情操;这些名篇,承载着大师们对人类的希冀,对自然的关爱,对良知的呼唤,对邪恶的鞭挞;这些名篇,有对童年乐园的怀念,对已故亲人的追忆,对往昔恋情的梦回,对千古失足的叹惋;这些名篇,属于人类宝贵的精神财富。

书中共有 150 篇精美的短文,是精中求精、反复筛选、最终确定的,均为英美文学名篇中的精华。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,闪耀着大师们璀璨的智慧之光,体现了大师们高超的语言技巧。

诵读本书,你既能得到审美的愉悦,提高英语语言的领悟力,又能学习英语写作技巧,掌握丰富多彩的表达方式,提高英语写作能力。同时,它还是道德修养、为人处世的好读本。通过阅读,能提升你的文化品味,了解人生百态、世事沧桑,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的过程中,曾得到徐文哲、杨永、徐文东、徐广伟、李乐宣、徐博涵、徐广于等的关心与支持,在此,我谨向他们表示诚挚的谢意。

徐广联



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*Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.*

*Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.*

坚守你的梦想，
如果梦想失去，
生活就像鸟儿折翅，
不能飞翔。

坚守你的梦想，
如果梦想失去，
生活就像不毛之地，
仅剩冰霜。



001 *Youth*

青春

Samuel Ullman

Youth is not entirely 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 temper of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means courage over timidity and the appetite of adventure over the love of ease. This often exists in a man of sixty more than in a boy of twenty. Nobody grows old by merely living 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, doubt, self-distrust, fear and despair—these bow the heart and turn the spirit back to dust.

Whether sixty or sixteen, there is in every human being's heart the love of wonder, the sweet amazement at the stars and the star-like things, the **undaunted** challenge of events, the **unfailing** child-like appetite for what's next, and the joy of the game of living.

You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.

注释

supple ['sʌpl] *adj.* 灵活的, 柔软的

undaunted [ʌn'dɔ:ntɪd] *adj.* 无畏的, 大胆的

unfailing [ʌn'feɪlɪŋ] *adj.* 经久不衰的, 永恒的

grandeur ['grændʒə] *n.* 庄严, 壮丽

cynicism ['sɪnɪsɪzəm] *n.* 愤世嫉俗



In the central place of your heart there is a wireless station, so long as it receives message of beauty, hope, courage, grandeur and power from the earth, from man and from the Infinite, so long are you young.

When the wires are all down, and all the central places of your heart are covered with the snows of pessimism and the ice of cynicism, then, and only then, are you grown old indeed.



青春并不完全是人生的一段时间,它是一种心境。青春不关乎什么红润面颊、樱桃红唇和灵便腿脚,它关乎意志的磨炼、富有想象力的素质和情感的充沛激昂,它是深深的生命之泉的清冽气息。

青春意味着勇气战胜胆怯,热衷冒险而不贪图安逸。这种特质常常存在于一个年过六旬的老人身上,而在一个年方二十的年轻人身上却看不到。我们并不因为年岁增长而变老,而是因为放弃了理想而变老。

岁月可以使我们的皮肤起皱纹,而放弃热情则使我们的灵魂颓废。担忧、疑虑、自卑、恐惧、失望——这些都会伤害我们的心灵,使我们的精神萎靡不振。

无论是六十岁还是十六岁,每个人的心中都充满着对未知事物的热爱,对群星甜美的惊叹,对人生世事不屈不挠的挑战精神,对未来所抱有的无尽的孩童般的憧憬,对人生游戏的愉悦感。

满怀信心,你就年轻,心存疑虑,你就苍老;充满自信,你就年轻,忧虑恐惧,你就苍老;心存希望,你就年轻,悲观绝望,你就苍老。

你的内心深处有一个无线电台,只要它能够接收到来自地球、来自人类、来自宇宙的关于美、希望、勇气、高贵和力量的信号,你就永远年轻。

当所有的信息都隔绝于耳,当你的心灵全都被悲观和愤世嫉俗的冰雪所覆盖,那时,也只在那时,你才真的老了。

002 *True Nobility*

真正的高贵

Ernest Hemingway

In a calm sea every man is a pilot.

But all sunshine without shade, all pleasure without pain, is not life at all. Take the lot of the happiest—it is a **tangled yarn**. Bereavements and blessings, one following another, make us sad and blessed by turns. Even death itself makes life more loving. Men come closest to their true selves in the sober moments of life, under the shadows of sorrow and loss.

In the affairs of life or of business, it is not intellect that tells so much as character, not brains so much as heart, not genius so much as self-control, patience, and discipline, regulated by judgment.

I have always believed that the man who has begun to live more seriously within begins to live more simply without. In an age of extravagance and waste, I wish I could show to the world how few the real wants of humanity are.

To regret one's errors to the point of not repeating them is true **repentance**. There is nothing noble in being superior to some other man. The true nobility is in being superior to your **previous** self.

注释

lot [lɒt] *n.* 命运, 遭际

tangled ['tæŋɡld] *adj.* 缠绕在一起的, 复杂的

yarn [jɑ:n] *n.* 纱线

bereavement [bi'ri:vmənt] *n.* 丧亲(之痛), 居丧

repentance [ri'pentəns] *n.* 悔悟

previous ['pri:vɪəs] *adj.* 过去的, 先前的



在风平浪静的大海上,人人都是领航员。

但是,只有阳光没有阴影,只有欢乐没有痛苦,并不是生活。以最幸福的人的命运为例,生活就是一团缠结的线。亲人故世,幸运降临,使我们时而悲伤,时而喜悦。甚至死亡本身也使得生活变得更加可爱。人们在清醒的时候,在痛苦和损失的阴影下,最接近真实的自我。

在生活和生意的诸多事务中,智力没有性格产生的效果大,大脑没有心灵成效大,天资没有由判断力调节的自我克制、耐心和自律发挥的作用大。

我一直认为,一个在内心开始更加认真生活的人,在外表上也就开始生活得更加简朴。在一个奢侈浪费的时代,我希望能够向世人表明人类的真正需求是多么少。

一个人深深后悔自己的错误而不再犯错,这才是真正的忏悔。觉得比别人优越,这并无任何高贵可言。真正的高贵,是比先前的自我优越。

箴言

Man cannot have dignity without loving the dignity of his fellow.

人若不尊重别人的尊严,自己就不会有尊严。

by Leonard Bernstein



003 *A Bright Beautiful Spring* 明媚春光

Jack London

It was beautiful spring weather, but neither dogs nor humans were aware of it. Each day the sun rose earlier and set later. It was dawn by three in the morning, and **twilight** lingered till nine at night. The whole long day was a blaze of sunshine. The **ghostly** winter silence had given way to the great spring murmur of awakening life. This murmur arose from all the land, **fraught** with the joy of living. It came from the things that lived and moved again, things which had been as dead and which had not moved during the long months of frost. The **sap** was rising in the pines. The willows were bursting out in young buds. Shrubs and vines were putting on fresh **garbs** of green. Crickets sang in the nights, and in the days all manner of creeping, crawling things rustled forth into the sun. **Partridges** and wood-peckers were booming and knocking in the forest. Squirrels were chattering, birds singing, and over the head

注释

twilight ['twaɪlaɪt] *n.* 暮色, 黄昏时分

linger ['lɪŋgə] *v.* 逗留, 徘徊

ghostly ['ɡəʊstli] *adj.* 幽灵似的, 像鬼似的

fraught [frɔ:t] *adj.* 充满的, 伴随着的

sap [sæp] *n.* (植物的) 汁, 液

garb [ɡɑ:b] *n.* 服装, 制服

partridge ['pɑ:trɪdʒ] *n.* 鹧鸪

honk [hɒŋk] *v.* (雁) 叫

cunning ['kʌnɪŋ] *adj.* 精巧的

wedge [wedʒ] *n.* 楔形