

震撼世界的声音：英语演讲名篇集萃
The Voice from the Heart

英语 正能量

感动世界的文字：每天读点英语美文
The Words from the Mind

权英焕◎编著

全书均采用中英文对照的形式，便于读者的阅读。

每篇文章后都附有单词解析、语法知识点、


经典名句和名人名言等内容，

让你在欣赏完一篇美文和演讲后

还能扩充单词量，巩固语法知识，

斟酌文中好句，并感悟人生。




 中国纺织出版社

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前言

对于一般的英语学习者而言，英语文学和演讲浩如烟海，语言的难度又非常大，你或许会因为课堂上的名著、演讲节选赏析，而对英语名著和演讲产生兴趣；也或许会因为电影中主角的低吟的诗歌，而买了一本英语诗集；亦或许会因为中文译书的精彩内容，想要尝试英语小说，但是不管是阅读名著，诗歌还是名人演讲，都远非易事，更谈不上领略其中所蕴含的美和独特的韵味了。那么，就任由这满腔的学习热情随风而逝吗？不，这本书就为你提供了更好的选择。

岁月流转，经典永存。针对英语学习者的需要，编者精心选取了24篇来自世界不同地域、不同年代最震撼的精彩演讲，风格迥异、各有特色。既有慷慨激昂的即兴挥洒，也有语重心长的教导，既有对时下人生奋斗的执着，也有对人生经验的总结。同时，本书收集了46篇难易适中的英语经典美文，涵盖了小说、散文、杂文、诗歌等各种文学体裁，有讲述感情之难能可贵的《你生活中的人们》、《论友谊》、《爱的疤痕》等，也有感慨时间之稍纵即逝的《如果我能再活一次》、《积极思考每一天》、《活在当下》等，还有描写书籍是人类之友的《充实你的思想》、《改变一生的邂逅》、《以书为伴》……

全书均采用中英文对照的形式，便于读者的阅读。每篇文章后都附有单词解析、语法知识点、经典名句和名人名言等内容，让你在欣赏完一篇美文和演讲后，还能扩充单词量、巩固语法知识、斟酌文中好句，并感悟人生。

最后，我们也节选了一小段英语美文为这篇前言作结，衷心地希望本书能给您带来妙不可言的阅读体验。

Starting a new book is a risk, just like falling in love. You have to commit to it. You open the pages, knowing a little bit about it maybe, from the back or from a blurb on the front. But who knows, right? Those bits and pieces aren't always right.

Sometimes people advertise themselves as one thing, and then when you get deep into it, you realize that they're something completely different. Either there was some good marketing attached to a terrible book, or the story was only explained in a superficial way and once you reach the middle of the book, you realize there's so much more to this book than anyone could have ever told you.

(读一本新书恰似坠入爱河，是场冒险。你得全身心投入进去。翻开书页之时，从序言简介直至封底你或许都知之甚少。但谁又不是呢？字里行间的只言片语不总是正确的。有时候你会发现，人们自我推销时是一种形象，等你再深入了解后，他们就完全变样了。有时拙作却配有出色的市场营销；有时故事的叙述流于表面，但阅读过后，你却发觉这本书真是出乎意料地妙不可言，而这种感受只能靠自己去感悟！)

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Vocabulary Bank

1. demonstration

[,deməns'treɪʃən]

■ 表示，实例

They showed a clear demonstration of their intentions.

他们表示了明显的意图。

2. symbolic [sɪm'bɒlɪk]

■ *adj.* ~ (of sth.) 用作符号的，

象征性的

The cross is symbolic of Christianity.

十字架是基督教的象征。

3. captivity [kæp'tɪvɪti]

■ 被捕，囚禁

He was held in captivity for three years.

他被囚禁了三年。

4. segregation

[,segri'geɪʃən]

■ 隔离

We oppose segregation on religious grounds.

我们反对宗教隔离。

01 | I Have a Dream

我有一个梦想



Martin Luther King, Jr.
马丁·路德·金
August 28, 1963

导言阅读

马丁·路德·金（1929—1968），美国黑人律师，著名黑人民权运动领袖。一生曾三次被捕，三次被行刺，1964年获诺贝尔和平奖。1968年被种族主义分子枪杀。他被誉为近百年来八大最具有说服力的演说家之一。1963年他领导25万人向华盛顿进军“大游行”，为黑人争取自由平等和就业。马丁·路德·金在游行集会上发表了这篇著名演说。

演讲实录

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the *Emancipation Proclamation*. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languished in the corners of American society and finds himself an exile in his own land. And so we've come here today to dramatize a shameful condition.

In a sense we've come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the "unalienable Rights" of "Life, Liberty and the pursuit of Happiness." It is obvious today that America has defaulted on this promissory note, insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked "insufficient funds."

But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. And so, we've come to cash this check, a check that will give us upon demand the riches of freedom and the security of justice.

5. discrimination

[dis,krimi'neɪʃən]

❏ ~ (against/in favor of) 歧视/偏袒

This is a clear case of discrimination against foreign imports.

这显然是对进口货的排斥。

6. languish ['læŋɡwɪʃ]

❏ 失去活力

Since the war the industry has gradually languished.

开战以来，这一工业的生产每况愈下。

7. architect ['ɑ:kitekt]

❏ 建筑师，设计师

He is the chief architect for the new theatre.

他是这座新剧院的总设计师。

8. obligation [ˌɒbli'geɪʃən]

❏ (法律、道义、承诺等的) 义务，责任

To pay taxes is an obligation.

纳税是一种义务。

9. democracy [di'mɒkrəsi]

民主，民主制度

Is there more democracy
in Australia than in Britain?

澳大利亚比英国更民主吗？

10. legitimate [li'dʒɪtɪmɪt]

合法的，合法的

I'm not sure that his business
is strictly legitimate.

很难说他的生意是否绝对
合法。

11. equality [i:'kwɒlɪti]

平等

Women are still struggling
for true equality with men.

女性仍在争取与男性的真
正平等。

12. revolt [ri'vɔʊlt]

叛乱，反抗

The army has put down
the revolt.

军队镇压了叛乱。

We have also come to this hallowed spot to remind America of the fierce urgency of Now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quick sands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. And those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. And there will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people, who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force.

The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by

their presence here today, have come to realize that their destiny is tied up with our destiny. And they have come to realize that their freedom is inextricably bound to our freedom.

We cannot walk alone. And as we walk, we must make the pledge that we shall always march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as our children are stripped of their self-hood and robbed of their dignity by a sign stating: "For Whites Only." We cannot be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until "justice rolls down like waters, and righteousness like a mighty stream."

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. And some of you have come from areas where your quest—quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair, I say

13. dignity ['digniti]

▣ 高尚的品质，尊严

Only a truly free person has human dignity.

只有真正自由的人才具有人的尊严。

14. discipline ['disiplin]

▣ 纪律，风纪

The soldiers showed perfect discipline under fire.

士兵在枪林弹雨中严守军纪。

15. inextricably

[in'ekstrikəbli]

▣ *adv* 无法分开的

Her career was inextricably linked with his.

她的事业和他的事业紧密联系在一起。

16. pledge [pledʒ]

▣ 誓言，保证

He gave a pledge never to reveal the secret.

他保证绝不泄密。

17. brutality [bru:'tæliti]

▣ 野蛮的行为

The brutalities of war are unacceptable.

战争的暴行是不可原谅的。

18. persecution

[,pə:'si:kju:ʃən]

▣ 迫害，骚扰

They suffered persecution for their beliefs.

他们因信仰问题受到迫害。

19. creed [kri:d]

▣ 信条，教义（尤指宗教信仰）

What is your political creed?
你的政治信仰如何？

Language Guide

The Emancipation

Proclamation

《解放奴隶宣言》

美国总统亚伯拉罕·林肯 (Abraham Lincoln, 1809—1865) 公布的宣言，规定从1863年1月1日起废除叛乱诸州的奴隶制，此宣言立即解放了少部分奴隶，但实质上强化了联邦军的权威性，并为最终废除全美奴隶制度预先铺路。

to you today, my friends. And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today!

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of "interposition" and "nullification" -- one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a dream today!

I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight; and the glory of the Lord shall be revealed and all flesh shall see it together.

This is our hope, and this is the faith that I go back to the South with. With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith, we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith, we

will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

And this will be the day -- this will be the day when all of God's children will be able to sing with new meaning:

My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the Pilgrim's pride, from every mountainside, let freedom ring!

And if America is to be a great nation, this must become true.

And so let freedom ring from the prodigious hilltops of New Hampshire.

Let freedom ring from the mighty mountains of New York.

Let freedom ring from the heightening Alleghenies of Pennsylvania.

Let freedom ring from the snow-capped Rockies of Colorado.

Let freedom ring from the curvaceous slopes of California.

But not only that:

Let freedom ring from Stone Mountain of Georgia.

Let freedom ring from Lookout Mountain of Tennessee.

Let freedom ring from every hill and molehill of Mississippi.

From every mountainside, let freedom ring.

And when this happens, when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last! Free at last! Thank God Almighty, we are free at last!

The Constitution and the Declaration of Independence

《独立宣言》

美国《独立宣言》是北美洲十三个英属殖民地宣告脱离大不列颠王国，并宣告独立的纲领性文件。1776年7月4日，此宣言由第二次大陆会议在费城批准。7月4日从此以后成为美国独立纪念日。《独立宣言》的原件由大陆会议出席代表共同签署，并永久展示于美国华盛顿特区美国国家档案馆。宣言为美国最重要的立国文书之一。

Grammar Master

在表示只要、如果 (on condition that, provided that或if only) 的含义时，经常会用到as long as或so long as。

例 You can go out, as / so long as you promise to be back before 11 o'clock.
你可以出去，只要你答应在11点以前回来。

例 I'll accept any job as /
so long as I don't have
to get up early.

只要不必早起，任何工
作我都可以接受。

有时由as / so long as引
导的状语从句可以不依
附主句而单独使用，用
来表示说话人的希望、
愿望或遗憾的心情等。

例 It's said it's going to turn
colder and freeze later
on.

听说过些时候天气会更
冷，会有霜冻。

例 As long as it doesn't
spoil the weekend.

(= I hope that it doesn't
spoil the weekend.)

只要不把周末弄糟了就
没事。

在用as / so long as连
接的从句中，当谓语为
be，而主语和主句的主
语相同时，则从句的主
语和be可以省略。

参考译文

今天，我高兴地同大家一起，参加这次将成为我国历史上为了争取自由而举行的最伟大的示威集会。

100年前，一位伟大的美国人签署了《解放宣言》，今天我们就站在他的雕像前集会。这一庄严的宣言犹如灯塔的光芒，给千百万在那摧残生命的不义之火中受煎熬的黑奴带来希望。它的到来犹如欢乐的黎明，结束了束缚黑人的漫长黑夜。

然而100年后的今天，我们必须正视黑人还没有得到自由这一悲惨的事实。100年后的今天，黑人依然悲惨地蹒跚于种族隔离和种族歧视的枷锁之下。100年后，黑人依然生活在物质繁荣的贫困孤岛上。100年后，黑人依然在美国社会中间向隅而泣，依然感到自己在国土家园中流离漂泊。所以，我们今天来到这里，要把这骇人听闻的情况公之于众。

从某种意义上说，我们来到国家的首都是为了兑现一张支票。我们共和国的缔造者在拟写宪法和独立宣言的辉煌篇章时，就签署了一张每一个美国人都能继承的期票。这张期票向所有人承诺——不论白人还是黑人——都享有不可剥夺的生存权、自由权和追求幸福权。

然而，今天美国显然对她的有色公民拖欠着这张期票。美国没有承兑这笔神圣的债务，而是开始给黑人一张空头支票——一张盖着“资金不足”的印戳被退回的支票。但是，我们决不相信正义的银行会破产。我们决不相信这个国家巨大的机会宝库会资金不足。因此，我们来兑现这张支票。这张支票将给我们以宝贵的自由和正义的保障。

我们来到这块圣地还为了提醒美国：现在正是万分紧急的时刻。现在不是从容不迫悠然行事或服用渐进主义镇静剂的时候。现在是实现民主诺言的时候。现在是走出幽暗荒凉的种族隔离深谷，踏上种族平等的阳光大道的时候。现在是使我们国家走出种族不平等的流沙，踏上充满手足之情的磐石的时候。现在是使上帝所有孩子真正享有公正的时候。