

第2版

用流利的英语和老外交谈  
不再是不可能的事

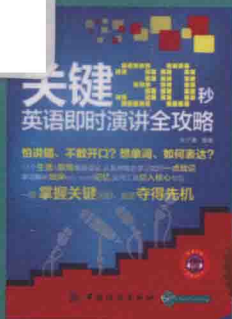
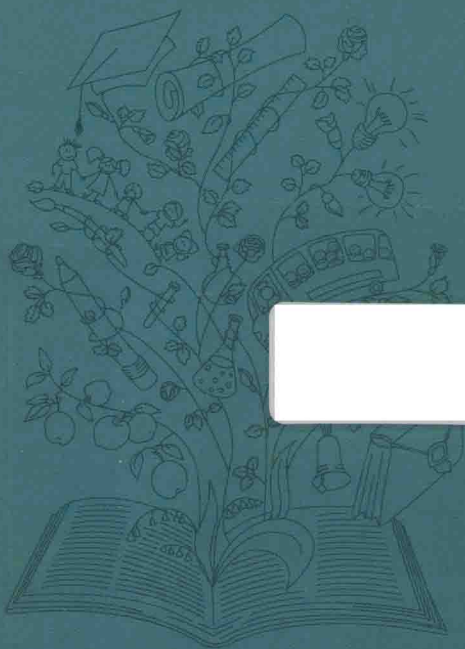
# 每天背点好英文： 精选美文50篇

Best Chicken Soup for the Soul  
50 Most Beautiful Stories for Everyday Reading.

李钰◎编著

- ◆ 单词解析，扩充词汇量
- ◆ 语法知识点，巩固语法知识
- ◆ 经典名句，斟酌文人好句

中英**双语**美文，感悟精彩人生。



赠

“国家一级出版社”



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## Preface

# 前言

阅读英语文学能够很好地提高自己的英语综合能力，然而对于一般的英语学习者而言，英语文学浩如烟海，语言的难度也非常之大。你或许会因为课堂上老师让你赏析的名著节选而对英语名著产生浓厚兴趣；或许会因为爱上电影中男主角为女主角吟诵的诗歌而跑去购买一本英文诗集；或许会因为看到中文译本的精彩内容而想去尝试阅读英文原著小说。但是不管是阅读名著、诗歌还是小说，一般的英语学习者能够十分轻松容易地读懂读透都远非易事，更谈不上领略其中所蕴含的语言之美和独特意蕴了。

难道就任由这满腔的学习热情随风而逝吗？本书将为你提供最好的选择。

岁月流转，经典永存。针对英语学习爱好者的需要，编者精心选取了50篇难易适中的英语经典美文，为您提供一场丰富多彩的文学盛宴。这里有讲述感情之难能可贵的《父爱与母爱》《友谊的价值》《爱》等，也有感慨梦想的《追随梦想》《梦想终有成真时》《我们需要梦想》等，还有描写书籍是人类之友的《书籍》《书籍的乐趣》……

全书均采用中英文对照的形式，便于读者的阅读。每篇美文后都附有单词解析、语法知识点、经典名句三大板块，让你在欣赏完一篇美文后，还能扩充单词量、巩固语法知识、斟酌文中好句，并感悟人生。在50篇不同题材风格的英语美文中，你总能找到引起你心灵共鸣的一篇。

最后，我们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你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 will 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。你得全身心地投入进去。翻开书页之时，从前言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，但阅读过半后，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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# 01 逆境求生

Adrift

## Anonymous

In 1982, Steven Callahan was crossing the Atlantic alone in his sailboat when it struck something and sank. He was floating in a life raft, alone. When three fishermen found him seventy-six days later (the longest anyone has survived a shipwreck on a life raft alone), he was still alive.

His account of how he survived is fascinating. But the thing that caught my eye was how he managed to keep himself going when all hope seemed lost, when there seemed no point in continuing the struggle, when he was suffering greatly, when his life raft was punctured and after more than a week struggling with his weak body to fix it, it was still leaking air. Giving up would have seemed the only sane option.

When people survive these kinds of circumstances, they do something with their minds that gives them the courage to keep going. Many people in similarly desperate circumstances give in or go mad. Something the survivors do with their thoughts helps them find the guts to carry on in spite of overwhelming odds.

"I tell myself I can handle it," wrote

## 佚名

1982年，史蒂文·卡拉汉乘船独自穿越大西洋的时候，帆船因撞击沉了。他依靠救生筏在海面上漂浮着。七十六天之后，当三个渔夫发现他的时候，他还活着（这是在船只失事中个人依靠救生筏最后获救的最长时间记录）。

关于自己是如何幸存下来的，他的说法很有意思。但是最引我注意的是，当所有的希望全部破灭，当没有理由再继续坚持，当他遭受那么大的痛苦，当他拖着虚弱的身体在一周多时间里还没能修好漏气的救生筏时，他是如何坚持下来的。看上去放弃才是唯一明智的选择。

从这种环境中幸存下来的人，他们的毅力和信念鼓励他们继续坚持。在这种令人绝望的环境中，很多人都屈服了或者发疯了。但是幸存者的毅力和信念让他们满怀勇气，即使面对无法抗拒的趋势也要坚持下去。

卡拉汉在他的叙述中写道：“我告诉自己我可以的。



Callahan in his **narrative**. "Compared to what others have been through, I'm fortunate. I tell myself these things over and over, building up **fortitude**..." I wrote that down after I read it. It struck me as something important. And I told myself the same thing when my own goals seemed far off or when my problems seemed too overwhelming. And every time I've said it, I have always come back to my senses.

The truth is our circumstances are only bad compared to something better. But others have been through much worse. I've read enough history to know you and I are lucky to be where we are, when we are, no matter how bad it seems to us compared to our **fantasies**. It's a sane thought and worth thinking.

So whatever you're going through, tell yourself you can handle it. Compared to what others have been through, you're fortunate. Tell this to yourself over and over, and it will help you get through the rough spots with a little more fortitude.

与那些经历灾难的人相比，我是幸运的。我一遍遍地告诉自己，以此来建立信念。”我读完这些话后就写了下来。这些话深深地震撼了我。当我的目标看起来非常遥远的时候，或者当我面临的困难难以抗拒的时候，我也曾告诉自己这些。每一次我这样说的时候，我总会重新回到理智的状态中。

确实，我们身处的环境总是跟好的比起来才显得非常糟糕。但是总是有一些人经历着更加糟糕的事情。我读过很多历史资料，明白了无论现实跟幻想比起来有多残酷，其实我们都很幸运，处在这个时代、做自己本身这个人。这个观点非常明智，也很值得令人深思。

所以，无论你将要经历什么困境，告诉自己你可以的。与其他人经历的那些相比，你是幸运的。不断这样告诫自己，这会帮你增添毅力，克服困境。

#### 单词解析

#### Word analysis

life raft

救生筏

**例句** The life raft was buoyed up by two airtight oil drums.

那只救生筏是由两只密封的油桶浮起来的。

shipwreck [ˈʃɪprek]

遇难船；海难；船只失事

例句 The whole family perished in a shipwreck.  
这一家人在一次海难中全部丧生。

puncture [ˈpʌŋktʃər]

刺穿；削弱

例句 Our tires do not puncture easily.  
我们的轮胎不易爆破。

guts [gʌts]

内脏；勇气（只用复数）

例句 It takes a lot of guts to do so.  
你这样做很需要勇气。

odds [ɑːdz]

概率；可能性；差别；投注赔率；让步；优势

例句 His odds are very poor after he sprained his wrist.  
他扭伤了手腕，获胜的可能性极小。

narrative [ˈnærətɪv]

故事；叙述

例句 His adventure made an interesting narrative.  
他的冒险是个有趣的故事。

fortitude [ˈfɔːrtətʊd]

刚毅；坚毅；不屈不挠

例句 I know that my body lacks the fortitude and courage of a strapping young man, and that I cannot find my niche in life.  
我知道我身上缺少一个男子汉所应该有的刚毅和果敢，顶不起一片天空。

fantasy [ˈfæntəsi]

幻想

例句 He is unable to divorce fantasy from reality.  
他不能将幻想与现实分开。

## 语法知识点 Grammar points

① In 1982, Steven Callahan was crossing the Atlantic alone in his sailboat when it struck something and sank.

这个句子中有一结构“sb. be doing when...”，表示“当……的时候发生了……”。

### 例如

I was doing my homework when Mary called me.

当我做作业的时候，玛丽打电话给我。

② But the thing that caught my eye was how he managed to keep himself going when all hope seemed lost, when there seemed no point in continuing the struggle, when he was suffering greatly, when his life raft was punctured and after more than a week struggling with his weak

body to fix it, it was still leaking air.

这个句子比较长，让我们逐步分析。第一个that引导的是定语从句，先行词是thing，that在从句中作主语。catch one's eye 是固定搭配，表示“吸引某人注意力”，注意eye 要用单数。

was后面是how引导的表语从句。这里有两个固定搭配：1. manage to do sth. 设法成功做某事。2. keep sb. doing 让某人一直做某事。

#### 例如

Disguising himself as an old man, he managed to make his way through the enemy lines.

他化装成一个老头子，设法通过了敌人的封锁线。

The police keep the traffic moving.

警察使交通畅通无阻。

后面是四个由when引导的时间状语从句。其中，第二个从句里有一个句型是“there be / seems / seemed no point in doing sth.”，表示“没有理由做某事，做某事没用”。

最后一句中，注意单词leak 的用法。leak的基本含义是“漏”，指由于包装破损或没有妥善包装而引起内部物质的外泄，通常是指液体或气体，引申可指新闻或秘密等。leak可用作及物动词，也可用作不及物动词。用作及物动词时，后接名词作宾语。

- ③ I've read enough history to know you and I are lucky to be where we are, when we are, no matter how bad it seems to us compared to our fantasies.

句中“no matter how”就相当于however，后面引导的是让步状语从句。

#### 例如

No matter how hard he may try, he will not succeed.

不管他怎么努力去干都不会成功的。

- ④ No matter how many prototypes we make, we just cannot get it right.

不管做多少次样品，我们都无法满意。

还要注意compare的用法。句中是“compare to”，意思是“同……相比”，一般用于两个不同性质的事物比较。而compare with 的意思是“把……跟……比较”，一般用于两个同类事物之间，着重区别。

## 例如

We may well compare the little girl to a kitten.

我们可能把这个小姑娘比作小猫来看待。

She compares me with my sister.

她把我和我妹妹进行比较。

## 经典名句 Famous classic

1. To find a friend one must close one eye. To keep him — two.

觅一知己，需闭一只眼；守一知己，需闭两只眼。

2. I have lost friends, some by death ... others through sheer inability to cross the street.

我失去过一些朋友，一些是因为他们的去世……另外的只是因为懒得走过几条马路。

3. How few of his friends' houses would a man choose to be at when he is sick.

一个人在生病的时候，还有几个朋友能为他提供去处呢。

4. There is more shame in distrusting one's friends than in being deceived by them.

不相信自己的朋友比被自己的朋友欺骗更让人羞愧。

5. Friendship is tested in the thick years of success rather than in the thin years of struggle.

比起清贫单薄的日子，友谊在功成名就的富足生活中要经受更大的考验。

6. A hedge between keeps friendship green.

君子之交淡如水。

7. The holy passion of friendship is of so sweet and steady and loyal and enduring a nature that it will last through a whole lifetime, if not asked to lend money.

友谊是一种神圣的情感，它甜蜜而稳固，忠诚而长久以致持续一生，只要不涉及借钱这回事就可以了。

8. We cherish our friends not for their ability to amuse us, but for our ability to amuse them.

我们爱我们的朋友并非因为他们能逗笑我们，而是因为我们能够逗笑他们。

## 02 美是难以言传的 Beauty Is Meaningless

### Anonymous

A young man sees a sunset and, unable to understand or to express the emotion that it rouses in him, concludes that it must be the gateway to a world that lies beyond. It is difficult for any of us in moments of intense aesthetic experience to resist the suggestion that we are catching a glimpse of a light that shines down to us from a different realm of existence, different and, because the experience is intensely moving, in some way higher. And though the gleams blind the eyes and dazzle, yet they do convey a hint of beauty and serenity greater than we have known or imagined. Greater too than we can describe, for language, which was invented to convey the meanings of this world, cannot readily be fitted to the uses of another.

That all great art has this power of suggesting a world beyond is undeniable. In some moods, nature shares it. There is no sky in June so blue that it does not point forward to a bluer, no sunset so beautiful that it does not wake the vision of a greater beauty, a vision which passes before it is fully glimpsed, and in passing leaves an indefinable longing and regret.

### 佚名

年轻人看到日落，由于无法理解或表达心中激起的那种强烈感情，便断定日落处一定是通往遥远世界的大门。我们任何人在强烈感受到美的时刻都不禁联想到：我们似乎瞥见从一个不同世界射向我们的的一线光芒，不仅不同，而且因为这种美具有强烈的感染力，所以在某种程度上更高级。还有，尽管这光芒使人眼花缭乱，但它确实传送了一种我们未曾经历的和无法想象的美和静谧的启示。这种美和静谧是我们所不能描述的，因为人们创造语言的目的是表达我们的世界的各种意义，无法轻易地运用于另一个世界。

不可否认，一切伟大的艺术都具有使人超尘脱俗的浮想的力量。在某种状态下，大自然就具有这种魅力。六月的天空不是蓝得不能再蓝，日落不是美得不能再唤起一个更美的景象，一个未被饱览就消失的、而且在消失的时候留给人们一种莫名的渴望和遗憾的景象。但是，如果这个世界不只

But, if this world is not merely a bad joke, life a vulgar flare amid the cool radiance of the stars, and existence an empty laugh braying across the mysteries, if these intimations of a something behind and beyond are not evil humor born of indigestion, or whimsies sent by the devil to mock and madden us, if, in a word, beauty means something, yet we must not seek to interpret the meaning. If we glimpse the unutterable things, it is not wise to try to utter it, nor should we seek to invest with significance which we cannot grasp. Beauty in the terms of human meanings is meaningless.

是一场恶作剧的话，如果生命不只是惨淡星光里的平凡的一闪的话，如果存在不只是神秘宗教发出的一阵空虚的笑声的话，如果对某种玄妙事物的暗示不是由于消化不良而引起的不好的情绪，或者不是一种魔鬼送来嘲笑我们并使我们发狂的怪念头的話，一句话，如果美有某种意义的话，我们千万不要设法去阐明它的意义。如果我们瞥见难以言传的东西，企图用语言把它表达出来是不明智的。我们也不应该设法给我们所不理解的事物赋予意义。从人生各种意义来看，美是难以言传的。

### 单词解析

### Word analysis

**rouse** [rauz]

唤醒；激起

**例句** He's very hard to rouse in the morning.  
他早晨很难被唤醒。

**gateway** ['gertweɪ]

门；通路

**例句** We stood by the gateway watching the sunset.  
我们站在门口看日落

**aesthetic** [es'θetɪk]

美学的；审美的；有美感的

**例句** From an aesthetic point of view it's thetic.  
从美学观点来说，这是个武断的看法。

**realm** [relm]

领域；王国

**例句** The material realm is one area that everyone relates to.  
物质领域是与每个人有联系的一个地方。

**gleam** [gli:m]

微光；闪光；闪现

**例句** I could see the faint gleam of light in the distance.  
我能看见远处微弱的灯光。

<p><b>dazzle</b> ['dæzl]</p> <p>■ 使眼花; 使赞许</p>	<p><b>例句</b> His eyes dazzled before the strong light. 他面对强光头晕目眩。</p>
<p><b>hint</b> [hɪnt]</p> <p>■ 暗示</p>	<p><b>例句</b> There were subtle hints in his letter. 他的信中有些微妙的暗示。</p>
<p><b>serenity</b> [sə'renəti]</p> <p>■ 宁静; 沉着</p>	<p><b>例句</b> I enjoyed the serenity and the peacefulness when I was in the church. 当我身处大教堂时感到平和与宁静。</p>
<p><b>vulgar</b> ['vʌlgər]</p> <p>■ 通俗的; 粗俗的; 乡土的</p>	<p><b>例句</b> Her taste in clothing is rather vulgar. 她穿着相当俗气。</p>
<p><b>amid</b> [ə'mɪd]</p> <p>■ 在其间; 在其中</p>	<p><b>例句</b> He sat down amid deafening applause. 他在震耳欲聋的掌声中就座。</p>
<p><b>radiance</b> ['reɪdiəns]</p> <p>■ 光辉; 辐射</p>	<p><b>例句</b> The radiance of electric lights radiates from the ceiling. 电灯的光芒从天花板上辐射下来。</p>
<p><b>whimsy</b> ['wɪmzi]</p> <p>■ 怪念头; 异想天开; 心情浮动; 反复无常</p>	<p><b>例句</b> Some show cars are pure whimsy, dreamed up by young designers at play. 展出的车型中有些纯属异想天开, 只是年轻设计师们闲来无事的凭空想象。</p>
<p><b>madden</b> ['mædn]</p> <p>■ 使发狂; 激怒</p>	<p><b>例句</b> I cannot reconcile myself to this idea-it would madden me. 我不能接受这种想法, 它会使我发疯的。</p>
<p><b>interpret</b> [ɪn'tɜ:prɪt]</p> <p>■ 口译; 解释; 翻译; 诠释</p>	<p><b>例句</b> Not everybody agreed with the way she interpreted the violin concerts, but it was still a technically perfect performance. 并非每人都同意她对那首小提琴协奏曲的诠释, 但是她的演奏在技巧上仍是无懈可击。</p>

语法知识 **Grammar points**

- ① A young man sees a sunset and, unable to understand or to express the emotion that it rouses in him, concludes that it must be the gateway to a

world that lies beyond.

这是一个较为复杂的句子。句子的主干是“A young man sees a sunset and concludes that it must be the gateway to a world that lies beyond.”句中有两个that。其中第一个that引导的是宾语从句，that在从句中不充当成分；第二个that引导的是定语从句，先行词是world，that在从句中充当主语。

另外，两个逗号中间的部分“unable to understand or to express the emotion that it rouses in him”作主语补语，是补充解释说明主语“A young man”的。

#### 例如

He arrived at home at ten p.m., tired and hungry.

他晚上十点才到家，又累又饿。

- ② It is difficult for any of us in moments of intense aesthetic experience to resist the suggestion that we are catching a glimpse of a light that shines down to us from a different realm of existence, different and, because the experience is intensely moving, in some way higher.

这个句子用了“It is+adj.+ for sb. to do sth.”这一句型。其中，it作形式主语，真正的主语是后面的to do不定式。因为主语较长，为了避免头重脚轻，所以用了it来做形式主语。

#### 例如

It is very necessary for students to study hard.

对学生来说，用功读书是很必要的。

句中有两个that。其中，第一个that引导的是同位语从句，suggestion是先行词，从句是对suggestion的解释说明，从句是一个完整的句子，that在从句中不充当成分；第二个that引导的是定语从句，先行词是light，that在从句中充当主语。

#### 例如

The news that the team of our school won the game excited us.

我们学校的球队赢得比赛的消息令我们十分振奋。

后面的两个逗号之间的“because the experience is intensely moving”是插入语。分析句子结构时可忽略不看。

- ③ If we glimpse the unutterable things, it is not wise to try to utter it, nor



should we seek to invest with significance that which we cannot grasp. 这个句子中有部分倒装结构“nor should we seek to...”。以no, nor, only in this way, never, little, often, not only, not until, hardly, scarcely 等词引起的句子，常用倒装语序。

### 例如

Under no circumstances must a soldier leave his post.

无论在什么情况下，一个士兵都不会离开他的岗位。

I couldn't answer the question. Nor could anyone else answer in our class.

我回答不出这个问题，我们班上的其他人也都回答不出来。

### 经典名句 Famous classic

1. Whenever a friend succeeds, a little something in me dies.  
每当有一个朋友功成名就，我的心里就多了一点失落。
2. How often are we to die before we go quite off the stage? In every friend we lose a part of ourselves, and the best part.  
在我们完全离开这个世界以前，我们是怎样慢慢死去的呢？每次失去一个朋友，我们就有一部分死去了，而且是最好的那一部分。
3. If a man does not make new acquaintance as he advances through life, he will soon find himself left alone. A man, Sir, should keep his friendship in constant repair.  
如果一个人在生活中不能认识新的朋友，他很快就会发现自已孤身一人。一个人应该不断地维护与朋友的友谊。
4. A good friend can tell you what is the matter with you in a minute. He may not seem such a good friend after telling.  
一个好朋友应该能够告诉你你的毛病，但是在那之后你就不觉得他是个很好的朋友了。
5. You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.  
通过对别人感兴趣来交朋友比试图让别人对你感兴趣来交朋友要快得多。