

英文美丽

• 英汉典藏版 •



晨间版

Beautiful

照料你的梦想

English

励志篇

陈根花 李碧莲 / 主编

CARE YOUR DREAM

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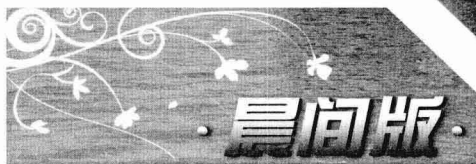
这是短小精悍的智慧读本，展现英文的美丽和人生的美丽。展卷而读，尽览人生哲理；触类旁通，领悟成功真谛……



天津教育出版社
TIANJIN EDUCATION PRESS

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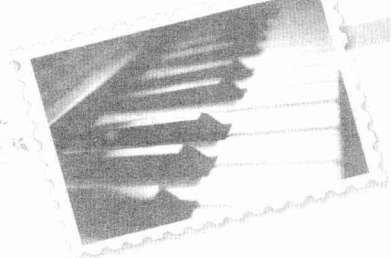
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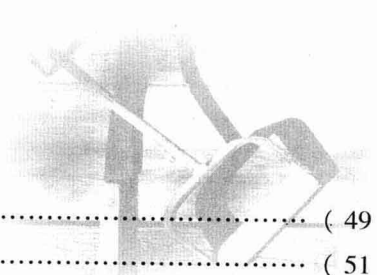


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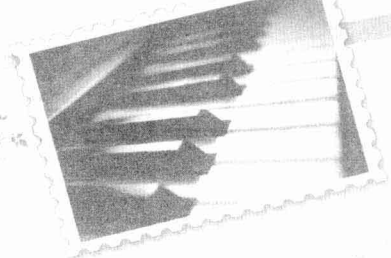
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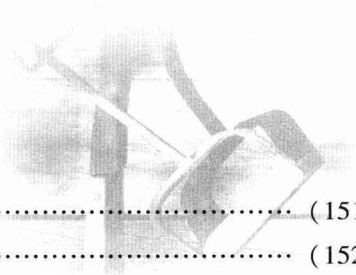




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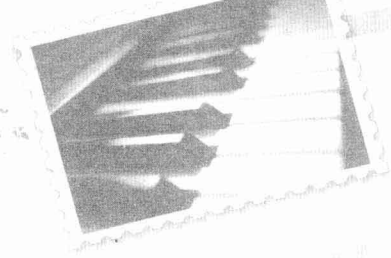


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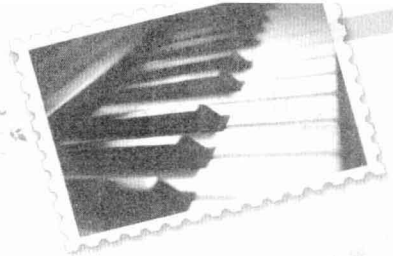
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No. 01

Keep Your Goal in Sight

When she looked ahead, Florence Chadwick saw nothing but a solid wall of fog. Her body was numb. She had been swimming for nearly sixteen hours.

She was the first woman to swim the English Channel in both directions. Now, at age 34, her goal was to become the first woman to swim from Catalina Island to the California coast.

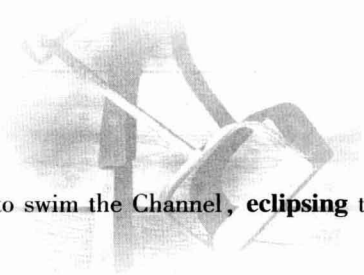
On the morning of July 4th, 1952, the sea was like an ice bath and the fog was so dense that she could hardly see her support boats. Sharks **cruised** toward her lone figure, only to be driven away by rifle shots. Against the **frigid** grip of the sea, she struggled on hour after hour, while millions watched on national television.

Alongside Florence in one of the boats, her mother and her trainer offered encouragement. They told her it wasn't much farther, but all she could see was fog. They urged her not to give up. She never had...until then. With only a half mile to go, she asked to be pulled out.

Still **thawing** her chilled body several hours later, she told a reporter, "I'm not excusing myself, but if I could have seen land I might have made it." It was not **fatigue** or even the cold water that defeated her. It was the fog. She was unable to see her goal.

Two months later, she tried again. This time, despite the same dense fog, she swam with her faith **intact** and her goal clearly pictured in her mind. She knew that somewhere behind that fog was land and this time she made it!



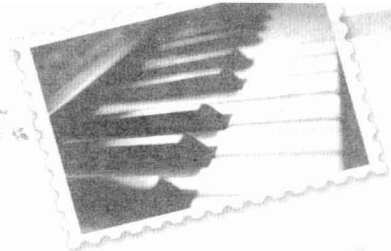


Florence Chadwick became the first woman to swim the Channel, **eclipsing** the men's record by two hours!

【日积月累】

- ◇ *cruise v.* 巡游, 巡航
- ◇ *frigid adj.* 很冷的, 长期严寒的
- ◇ *thaw v.* 变暖和, 解冻
- ◇ *fatigue n.* 疲乏, 疲劳 *v.* (使) 疲劳
- ◇ *intact adj.* 尚未被人碰过的, 完整的
- ◇ *eclipse v.* 使……黯然失色, 给……投下阴影





【参考译文】

别让目标离开你的视线

当她抬起头往前看时，佛罗伦斯·查威维克看到的只是一堵严实的雾墙。她的身体没了知觉。她已经游了将近 16 个小时。

她是第一个来回游过英吉利海峡的女人。现在她 34 岁，她的目标是成为第一个从卡达琳纳岛游到加利福尼亚海岸的女人。

1952 年 7 月 4 日的早晨，大海就像装满冰块的浴缸，迷雾蒙蒙，她几乎看不见引导她的船。鲨鱼围着形单影只的她转，只有来福枪的子弹能把它们驱走。一个小时接着一个小时过去了，她与大海强劲的手腕搏斗着，同时全国成千上万的观众正在电视机前收看。

在佛罗伦斯旁边的一艘船上，她的母亲和教练在鼓励着她。他们告诉她，目标不远了，但是她看到的只有雾。他们鼓励她不要放弃。她一直没有放弃，但直到仅剩半公里的时候，她放弃了，她要求上船。

几个小时后，她一边暖着身体，一边对一个记者说：“我不是在为自己找借口，但是如果我当时能看到陆地，我可能游得到目的地。”打败她的不是疲劳和冰冷的海水，而是迷雾。她看不到她的目的地。

两个月后，她又试了一次。这一次，尽管还是有雾，她仍信念坚定地游着，目标清清楚楚地在她脑海里。她知道陆地一定在那重重大雾后面的某个地方，这一次她成功了。佛罗伦斯·查威维克成了第一个穿越海峡的女人，比男性纪录快了两个小时。

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【人生启迪】

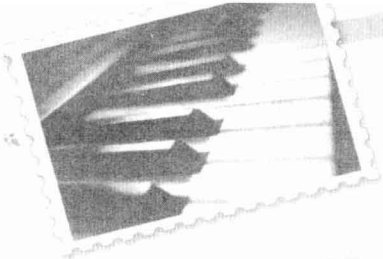
法国思想家孟德斯鸠说过：“知道多久才能成功常常决定成功与





否。”要成功，首先我们要明确目标，第二要估算出达到目标需要花去的时间。把这两项铭记于心，我们才能保持士气，力破重重关卡，抵达成功的彼岸。





No. 02

Bend, But Don't Break

One of my fondest memories as a child is walking by the river and sitting idly on the bank. There I would enjoy the peace and quiet, watch the water rush downstream, and listen to the **chirps** of birds and the **rustling** of leaves in the trees. I would also watch the bamboo trees bend under pressure from the wind and watch them return gracefully to their upright or original position after the wind had died down.

When I think about the bamboo's ability to bounce back or return to its original position, the word **resilience** comes to mind. When used in reference to a person this word means the ability to readily recover from shock, **depression** or any other situation that stretches the limits of a person's emotions.

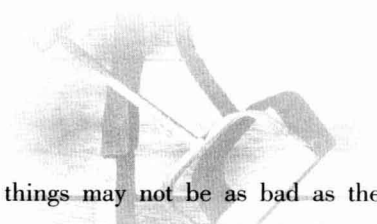
Have you ever felt like you are about to **snap**? Have you ever felt like you are at your breaking point? Thankfully, you have survived the experience to live to talk about it.

During the experience you probably felt a mix of emotions that threatened your health. You felt emotionally drained, mentally exhausted and you most likely endured unpleasant physical **symptoms**.

Life is a mixture of good times and bad times, happy moments and unhappy moments. The next time you are experiencing one of those bad times or unhappy moments that take you close to your breaking point, bend but don't break. Try your best not to let the situation get the best of you.

A measure of hope will take you through the unpleasant **ordeal**. With hope





for a better tomorrow or a better situation, things may not be as bad as they seem to be. The unpleasant ordeal may be easier to deal with if the final result is worth having.

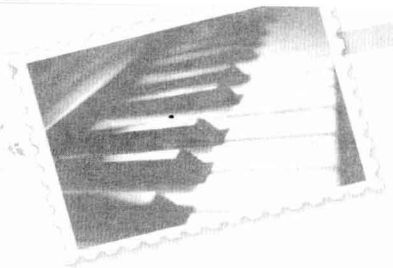
If the going gets tough and you are at your breaking point, show resilience. Like the bamboo, bend, but don't break!

.....

【日积月累】

- ◇ chirp *n.* 喳喳声, 叽叽声
- ◇ rustle *v.* (使) 沙沙作响
- ◇ resilience *n.* 弹性, 韧性
- ◇ depression *n.* 抑郁, 沮丧, 情绪低落
- ◇ snap *v.* 突然折断
- ◇ symptom *n.* 病症, 症状
- ◇ ordeal *n.* 严酷的考验, 苦难的经历





【参考译文】

弯下腰,不要断

我记忆里最美好的时光就是小时候在河边散步,悠闲地坐在岸上。在那里我可以享受平静,看河水顺流而下,听小鸟叽叽喳喳地叫以及树叶沙沙作响。我还常看到竹子因为风吹的力量而弯下腰,但风渐平息后,它又会优雅地恢复到原来笔直向上的姿势。

当我想起竹子能恢复到原先的位置的时候,我脑海里出现了韧性这个词。当这个词用来指人的时候,它说明这个人能快速地从遭受打击、失意或其他超出人类情感极限的境况中挺过来。

你是否有过自己快折成两段的感觉?是否感到过自己处在崩溃的边缘?所幸的是你熬了过来,并能与人分享那段经历。

在那种时候你很可能产生危害健康的复杂情绪。你觉得感情枯竭,精神萎靡,而且还可能出现难受的生理症状。

生活既有幸运的日子又有倒霉的日子,既有快乐的时光又有悲伤的时光。下一次,你遇到倒霉的日子或不开心的时刻,感觉即将崩溃,请你弯下腰,但是不要断了,并尽力不要让这种状况占你的上风。

抱着一定的希望会让你渡过所面对的难关。如果你相信明天会更好,情况会有所改善,事情就不会像看上去那样糟。如果最后的结果值得为之奋斗,那么所面对的难关就可能容易应对些。

如果事情变得非常艰难,令你到了崩溃边缘,那就拿出你的韧性来。像竹子一样,弯下腰,但是不要断。

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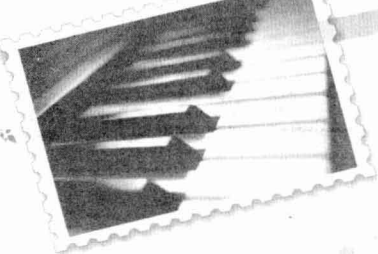




【人生启迪】

成大事者，须能屈能伸。尽管在通往成功的道路上可能充满坎坷和荆棘，也可能途中遭遇失败，但是不要因此倒下，不要受失败后产生的消极情绪的影响，而应尽快调整好心态，从哪里跌倒就从哪里爬起来，因为越快从失败的阴影里走出来的人就能越早到达终点。





No. 03

In the Right Hands

I've been working in my backyard the last few weeks. It's part of a "keep-myself-busy" plan. I am self-employed. Well, I have lost my job. So, the yard needs attention. While cleaning up a corner of the yard, I found a tiny bottle. It's about two inches high and a half inch thick. It looks like it has a **cork** in the top, but I think perhaps it was a glass **stopper**, like one in a **perfume** bottle.

Then, my mind begins to play with all kinds of possibilities. I wonder who it belonged to and where it came from. Was it a gift from a young man to his sweetheart? I show it to my neighbour and challenge him with the idea.

"It's junk! Look! There's a piece broken on the top. I threw it out," he concludes.

But it's not junk to me. It's still useful. I like seeing it as a gift. Not only the imagined one from a guy to his girl, but the gift I am given just because I have found it. It can still hold something. I'll find a small cork and add a little colored water to it.

When I hold it, I imagine the hand that has thrown it away. Junk? The slight damage doesn't mean it has lost its function. It is just like me: I've been damaged, broken, but I am still useful. God picked me up out of the trash pile, dusted me off and found something new I could do. Perhaps writing was the thing I was meant to do all along. Maybe, just maybe, I needed to be broken and thrown away in order to fulfill His plans for me.

