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in Easy Approaches — Book 2

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江西教育出版社
JIANGXI EDUCATION PUBLISHING HOUSE

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目前出版有《英语阅读技巧与训练》、《英语交际法的运用》、《英语实用词汇手册》、《高中英语达纲验评》等专著，另有多篇论文散见于《中国教育报》、《中小学素质教育》、《英语画刊》等报刊。





前言

在社会日益开放的今天，英语的重要性已经不言自明，然而如何学好英语，仍然是许多莘莘学子的心病。于是有人整天泡在题海中挣扎，有人为了扩大词汇量而苦背词典，却依然写不好一篇一两百字的短文。其实古人早已说过：“熟读唐诗三百首，不会作诗也会吟。”适量的背诵不仅能够扩大知识面 and 词汇量，还能够从范文的行文中学习到写作的技巧，是快速提高英语水平的有效方法之一。

本书由从事了二十多年英语教学与研究的资深高中英语教师编写与翻译，精心选择了50篇各类题材的文章，让读者在背诵中体会到各类文章的精妙之处，最终转化为自己的写作能力。英籍资深编辑逐字审稿，保证文章脱离中式英语的尴尬，为读者带来最原汁原味的地道英文。同时，特请两位音质优美的加拿大专家逐篇朗诵，让读者在跟读的过程中，不仅能够提高听力和口语水平，同时通过模仿发音，还能学会目前最流行的纯正美式口语。

英语并不是单词和语法的堆砌，而是交流的工具。如果要做到交流的目的，仅仅学习其语言文学是不够的，还要了解和掌握其文化。本书包含了英美社会生活的方方面面，必将成为读者阅读、写作和交流的得力帮手！



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Unit 1

人生物语

Philosophy of Life





Time is Life

原文

Time is money; time is life, especially in this modern society of ours. It is important not only to businessmen but to people from all walks of life.

¹⁾**Punctuality** is a habit. We can, if we like, get into the habit of doing things at the right time. But it is not easy to do this. Many people have a ²⁾**tendency** for being late for one reason or another. No one likes to wait but we often let people wait for us, don't we?

It is much easier to put things off, and say we will do them tomorrow or next week. Because it is easy to be unpunctual, many of us get into the bad habit of always being late for everything. And once we get into this bad habit, it is very hard to get out of it.

An unpunctual person is an enemy to himself, and a ³⁾**nuisance** to everyone else. In school, the boy who is always late and behind with his lessons gets into trouble and learns little. An unpunctual clerk soon will lose his job. And a friend who always keeps you waiting may lose your friendship.

The idea of punctuality is very important. You lose out on opportunities, respect and time when you are late.

To be punctual means to do what you should do on time, and a punctual person is in the habit of doing things at the proper time and is never late for his appointments—which is especially important in the current, fast developing society. To a worker, time is productivity. To students, time is knowledge.



Reciting Guide:

时间是什么？有人说它是金钱，有人说它是生命。但对于每个人来说，时间都是宝贵的。做一个守时的人，才能赢得他人的尊敬和信任。



时间就是生命

译文

时间就是金钱，时间就是生命，尤其是在我们这样的现代社会。时间不仅对于商人来说是很重要的，它对各行各业的人都同样重要。

守时是一种习惯。只要愿意，我们便可养成定时完成任务的习惯。但真正要做到守时却又不是件容易的事。许多人喜欢为迟到找这样或那样的借口。没有人愿意等待，可是我们又常让别人等待，不是吗？

把事情往后拖延或者说明天或下周再做是件容易的事情。不守时比守时更容易做到，所以我们中的许多人养成了做什么都迟到的坏习惯。而一旦我们养成了这种坏习惯，就很难根除了。

不守时的人既是自己的敌人，也使别人感到讨厌。在学校，常迟到或迟交作业的学生经常惹麻烦，成绩也差。不守时的雇员容易被炒，而不守时的朋友则可能会失去别人的友谊。

守时的观念很重要。要不然，你会失去很多机会，失去别人对你的尊重，也会失去因为迟到而耽误的时间。

守时意味着按时做你应该做的事。守时的人有按时做事的习惯，而且约会时绝不迟到。这一点在目前这个高速发展的社会显得尤为重要。对于工人来说，时间就是生产力；而对于学生来说，时间就是知识。



Words and Expressions:

- 1) punctuality [ˌpʌŋktjuˈæliɪti] n. 准时
- 2) tendency [ˈtendənsɪ] n. 趋向，倾向
- 3) nuisance [ˈnjuːsəns] n. 讨厌的人或东西

Famous Saying:

Something attempted,
something done.

有所尝试，就有所作为。



Be a Good Student

原文

Perhaps it is in everyone's dream to be a good student at school, but quite a few students feel ¹**at a loss** on how to make it happen. It is easy if you can act on the following points:

First of all, make full use of your time and work hard. Don't put off till tomorrow what should be done today, as time that has passed will never come back. Today's fast developing society requires ²**adequate** knowledge, which presses us to spare no efforts to study. Of course, your hard work will be rewarded one day.

Secondly, use your own judgment and present your point of view. A ³**credulous** attitude will only make you ⁴**take things for granted**. With your own judgment you will be able to tell right from wrong and form your own theories.

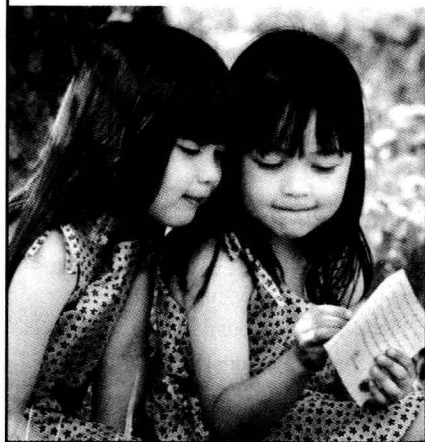
Thirdly, ⁵**set aside** enough time for ⁶**relaxation**, entertainment, etc. Don't ignore the harmful effects of all work and no play. Proper sports will build up your body and improve the ⁷**efficiency** of your studying.

To be a good student is easier said than done, for it requires students to make consistent efforts. But nothing is difficult to a man if he puts his heart into it.



Reciting Guide:

要成为一名好学生，说起来容易做起来难，但也不是完全无章可循的。怎样才能做到呢？我们来听听他人的意见吧！



做个好学生

译文

每个人在读书时可能都梦想成为一名好学生，但相当多的人却不知道该怎样做。如果你按以下几点去做，可能会容易得多。

首先，充分利用时间努力学习。因为时间是一去不复返的，所以不要把今天的事留到明天去做。今天高速发展的社会要求学生掌握大量的知识，所以我们需要不遗余力地学习。当然，你的努力总有一天会得到回报的。

其次，自己要开动脑筋，阐明观点。轻信容易使你将什么事情都当成是理所当然。凭借自己的判断力，你将能够辨别是非，从而提出自己的理论。

第三，留出足够的时间来放松和娱乐等。不要忽视了只工作不玩耍带来的危害。适当的体育活动将使你体格健壮并提高学习效率。

要成为一名好学生，说来容易做来难，因此它需要不懈的努力。但对于一个有心人来说，做什么都不会是难事。



Words and Expressions:

- 1) at a loss 困惑
- 2) adequate [ædɪkwɪt] adj. 适当的，足够的
- 3) credulous ['kredjʊləs] adj. 轻信的
- 4) take sth. for granted 认为某事是理所当然的
- 5) set aside 留出
- 6) relaxation [ri:læks'eɪʃən] n. 放松
- 7) efficiency [ɪ'fɪjənsɪ] n. 效率

Famous Saying:

There is no time like the present.

时不我待，没有比现在更宝贵的了。



Money isn't Everything

原文

If young people, struggling to make a life for themselves, were asked what is the most ¹**desirable** thing to them, one of the most popular answers would be "money—as much as possible". People are ²**materialistic** in a ³**market economy**. And money is often the standard by which people are judged in such an environment. Usually, those people with more money are considered to be more successful.

So what do people already rich value most? Is it really a wise thing to value money over other things in life? A wise man does not believe that money should be the thing most ⁴**cared for** in the journey of one's whole life.

When you are young, there are many things including love which are more valuable and to be cared for than the ownership of money. If you have one billion dollars when you are old, the money will be of little value to you. So rich people often offer a lot of money to schools and homes for old people in poor areas.

Health is the most valuable thing in the world, because without it we can do nothing. ⁵**Confidence** is also ⁶**crucial**, as it can help us to overcome difficulties.



Reciting Guide:

现代人常说，金钱不是万能的，但没有金钱却是万万不能的。在你的心目中，是否还有什么比金钱更重要的呢？



金钱不是万能的

译文

如果问问那些正在为生存而奋斗的年轻人，他们最想要得到的是什么，最常见的一种回答可能就是“钱——越多越好”。在市场经济时代，人们往往很重视物质。因此在这样的环境下，钱常被认为是衡量一个人的标准。一般说来，钱越多的人就会被认为是越成功的人。

那么，对于那些相当有钱的人来说，他们最看重的是什么呢？把金钱看得高于一切是否明智呢？明智的人认为金钱不应成为每个人一生旅程中的最大追求。

当你年轻的时候，有许多东西比金钱更值得追求，包括爱情在内。而当你老了的时候，即使你有10亿美元，它对你也没有什么用处了。因此，有钱人常会把大量的钱捐献给贫困地区的学校或老人院。

健康是世界上最有价值的东西，因为一旦没有了健康的身体，你将一事无成。而对于每个人来说，自信心也是至关重要的，因为它可以帮助你渡过难关。



Words and Expressions:

- 1) desirable [di'zaiərəbl] adj. 令人想要的
- 2) materialistic [mə'tiəriə'lɪstɪk] adj. 重视物质的
- 3) market economy 市场经济
- 4) care for 关心
- 5) confidence ['kɒnfɪdəns] n. 自信心
- 6) crucial ['kru:ʃəl] adj. 极重要的

Famous Saying:

Treat other people
as you hope they will
treat you.

你希望别人如何对待
你，你就如何对待别人。



Be a Noble Person

原文

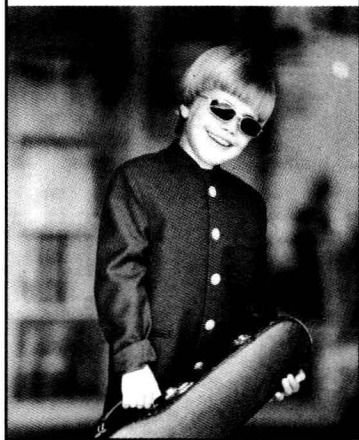
Great men are usually presented as the high-¹⁾**achievers** of humanity in our history books. ²⁾**Biographies** are written, films are made, and the stories are told about their lives. Students are often encouraged to ³⁾**endeavor** to ⁴⁾**emulate** such people—often at the cost of their sincerity. What a social ⁵⁾**disgrace** this is! After all, is it really fair and accurate to measure a person's greatness only by the ⁶⁾**yardstick** of his social standing? When we use such a measure to praise a high-achiever, aren't we forgetting to consider the nobleness of his heart?

People who are noble at heart can never cheat either themselves or others. They can never make cunning deals to obtain success, or take advantage of others for their own benefit. However, such people are often unfairly branded as a weak-minded, slow-witted low-achiever. After all, there are many around us who are not successful politicians, rich industrialists, or Nobel Prize winners—like our own parents and some of our friends. These people are not considered “great” in our society. In my ⁷⁾**estimation**, those are the very people who have nurtured the feels of compassion, love and ⁸⁾**benevolence** towards others. I would rather respect those “small” people around me than the “great” figures whose virtues are extolled in our history books.



Reciting Guide:

做一个伟大的人，还是做一个高尚的人，这是一个问题。社会地位的高低真的是衡量一个人成功与否的唯一标准吗？我们究竟该怎么做呢？



做一个高尚的人

译文

我们的史书通常都把伟人描述为道德品质高尚的人。人们为他们写传记、拍电影，讲述有关他们生平的故事，并鼓励学生们尽力去效仿这些伟人，而代价则是他们的真诚。这真是社会的耻辱！毕竟，只靠社会地位的高低来衡量一个人伟大与否是否公平与正确呢？当我们依照这个标准去赞美那些取得了巨大成就的人时，我们是否忘了考虑他们心灵的高贵呢？

心灵高贵的人不会欺骗自己和他人。他们绝不会靠欺骗的手段去获得成功。他不会为自己的利益而利用别人。然而这样的人常被不公平地认为是优柔寡断、反应迟钝、没成就。毕竟，在我们身旁有很多人并不是成功的政治家、富有的企业家或诺贝尔奖的获得者，一如我们的父母和一些朋友。在我们的社会中，他们都算不上“伟人”。但是在我的心目中，就是这些人培养了我对他人的怜悯、热爱及仁爱心。我宁愿尊敬我身旁的这些“小人物”，而不是史书中吹捧的那些所谓品德高尚的“大人物”。



Words and Expressions:

- 1) achiever [ə'tʃi:və] n. 有成就的人
- 2) biography [baɪ'ɒɡrəfi] n. 传记
- 3) endeavor [ɪn'devə] v. 努力
- 4) emulate ['emjuleɪt] v. 仿效
- 5) disgrace [dɪs'ɡreɪs] n. 耻辱
- 6) yardstick ['jɑ:dstɪk] n. 尺码
- 7) estimation [estɪ'meɪʃən] n. 尊重
- 8) benevolence [bɪ'neɪvləns] n. 仁爱心

Famous Saying:

If you would have a thing well done, you must do it yourself.

如果你要将事情做好，就得亲自动手。



Young but Once

原文

Many young girls like to copy grownups. They wear high-heels, paint their faces, and dress in tight clothes. They willingly let tight clothes ¹⁾**suffocate** their breathing, high-heels ²⁾**hinder** their walking, and make-up ³⁾**mar** their natural beauty. They believe that by assuming such burdens, they can be the equal of adults and consider ⁴⁾**peers** who do not wish to behave in the same way as childish.

In fact, to be considered as a grown-up one requires more than just presenting a particular appearance, often attributes are needed, such as ⁵⁾**maturity** of thought—which can only be seasoned by time.

Youth is indeed a very precious gift—and remember—we are only young once. While we still have youth with us, why should we restrict and limit our youth by attempting to be much older than we really are?

Chances, once lost, may never come again—and youth definitely will not. Once youth is over, real life brings responsibilities, making our life less free and ⁶⁾**blissful** as we are today. As our present tasks in life are light and our hearts are still full of youthful spirits and ⁷⁾**enthusiasm**, we should enjoy and appreciate our youth to the full before it ⁸⁾**wither** away.

Reciting Guide:

许多人小时候都有过偷穿大人衣服的经历，可是长大后却又开始怀念儿时的天真。青春只有一次而已，我们要珍惜青春，珍惜欢乐的童年时光！

