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*A Little English Classic
in the Morning*



发音基础篇

主编 林萌



大连理工大学出版社
DALIAN UNIVERSITY OF TECHNOLOGY PRESS



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那些被我们视为永恒的东西。

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每天一段经典篇章，
每天一个发音技巧，
用你最美丽的发音传承最美丽的文字。

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Chapter One



如烟似水的往事 The Dim Memory



Russell on Affection

By Bertrand Russell

伯特兰·亚瑟·威廉·罗素(1872~1970),20世纪著名的资产阶级思想家和社会活动家,一生著作达40余部,论文或其他文章更多。他在多方面的建树深刻地影响了西方哲学。

1970年2月2日,罗素伯爵以98岁的高龄死于威尔士的家中。他的一生迭宕曲折,以致人们对他的评价毁誉参半。罗素是这样描述自己漫长、刺激、复杂生活的动力的:“三种简单而又极度强烈的情感支配着我的一生:对爱情的渴望、对知识的追求和对人类苦难的深切同情。”他也说过,只有一种情感即对爱情的渴望得到了完全的满足。

本段文字阐释了作者对美好爱情的定义。

/æ/ 音的发音技巧:

1. 舌尖抵下齿。

2. 双唇向两旁平伸,成扁平形,两齿间可以容纳食指和中指。

The best type of affection^[1] is reciprocally^[2] life-giving; each receives affection with joy and gives it without effort, and each finds the whole world more interesting in consequence of^[3] the existence of this reciprocal happiness. There is, however, another kind, by no means uncommon, in which one person sucks^[4] the vitality^[5] of the other, one receives what the other gives, but gives almost nothing in return. Some very vital^[6] people belong to this bloodsucking type. They extract^[7] the vitality from one victim^[8] after another, but while they prosper and grow interesting, those upon whom they live grow pale and dim and dull. Such people use others as means to their own ends, and never consider them as ends in themselves. Fundamentally they are not interested in those whom for the moment they think they love; they are interested only in the stimulus^[9] to their own activities, perhaps of a quite impersonal sort. Evidently this springs from some defect in their nature, but it is one not altogether easy either to diagnose^[10] or to cure. It is a characteristic^[11] frequently associated with^[12] great ambition^[13], and is rooted, I should say, in an unduly one-sided view of what makes human happiness.

[1] affection [ə'fekʃən] n. 爱,感情

[2] reciprocally [ri'siprəkli] adv. 相互地

[3] in consequence of 由于,因为……的缘故

[4] vitality [vai'tæliti] n. 活力,生命力 [5] vital ['vaitl] adj. 有活力的

[6] extract [iks'trækt] v. 提取,吸取 [7] victim ['viktɪm] n. 受害者

[8] stimulus ['stimjʊləs] n. 刺激 [9] diagnose ['daɪəgnəʊz] n. 诊断

[10] characteristic [kæriktə'ristik] n. 特征

[11] associate with [ə'səʊʃieɪt] 和……联系在一起

语音课堂

我们一起来练习/æ/音的发音：

请大家注意以下发音技巧：

1. 舌尖抵下齿。
2. 双唇向两旁平伸，成扁平形，两齿间可以容纳食指和中指。

发/æ/音的字母组合有以下两种，我们一起来朗读下列单词，请注意/æ/音的发音：

a: happiness vitality extract activities characteristic

ai: plaid plait

请跟读下列句子，注意句中单词发音。

1. Each finds the whole world more interesting in consequence of the existence of this reciprocal happiness.
2. There is, however, another kind, by no means uncommon, in which one person sucks the vitality of the other, one receives what the other gives, but gives almost nothing in return.
3. They extract the vitality from one victim after another, but while they prosper and grow interesting, those upon whom they live grow pale and dim and dull.
4. They are interested only in the stimulus to their own activities, perhaps of a quite impersonal sort.
5. It is a characteristic frequently associated with great ambition, and is rooted, I should say, in an unduly one-sided view of what makes human happiness.



罗素论爱

伯特兰·罗素

如烟似水的往事

最好的那种爱是彼此愉悦的爱；彼此很愉快地接受，很自然地给出，并且由于有了这种互惠的快乐，彼此都觉得整个世界更有趣味。然而，还有一种决非少见的爱，那就是一方吸收着另一方的活力，接受着另一方的给出，但他这一方几乎毫无回报。某些生命力极旺的人便属于这吸血的一类。他们把一个又一个牺牲者的活力吸净，但是当他们越发生机勃勃，兴致盎然之时，那些被榨取的人却变得越来越苍白、黯淡和迟钝。这种人总是把他人当作工具来实现自己的目标，却从不考虑他人也有自己的目标。他们一时以为他们爱着那些人，其实那些人根本引不起他们的兴趣；他们感兴趣的不过是为自己的活动添些刺激，而他们的活动也许当属全无人格的那种。这种情形显然源于他们本性上的某种缺陷，但是这种缺陷既不容易诊断也不容易治疗。它往往与极大的野心有关，同时也是由于他们总是不恰当地从单方面去看待人生幸福的缘故。

Bill Gates' s Speech at Harvard

By Bill Gates

威廉·亨利·盖茨, 昵称比尔·盖茨, 1955年10月28日出生。1973年进入哈佛大学法律系学习, 19岁时退学, 与同伴保罗·艾伦(Paul Allen)创办电脑公司, 直到后来创办了微软公司, 自任董事长、总裁兼首席执行官。2000年1月13日, 他宣布不再担任该公司的首席执行官一职, 以便从对公司日常事务的管理中脱出身来, 集中精力推进下一步研究发展工作。

在演讲中, 盖茨谈到他的学生时代、他的退学经历以及他眼中人生最有意义的事情。他还将话题转到对抗贫穷与爱滋。盖茨对哈佛毕业生说, “各位有责任改善世界不公平之处。想想你们目前享受到的, 大家就能明白世界对各位的期望是什么。”

本段文字寓意深刻, 教育年轻人要心存大志, 造福人类, 引导这个世界向更好的更加光明的方向发展。这才是界定一个人成功与否的真正标准。

/e/ 音的发音技巧:

1. 舌尖抵下齿,舌前部稍抬起,比/i:/低。
2. 唇形稍扁,牙床半合开得比/i:/宽,上下齿间可容纳一个食指。

Don't let complexity stop you. Be activists. Take on the big inequities^[1]. It will be one of the great experiences of your lives.

You graduates are coming of age in an amazing time. As you leave Harvard, you have technology that members of my class never had. You have awareness of global inequity, which we did not have. And with that awareness, you likely also have an informed conscience that will torment^[2] you if you abandon these people whose lives you could change with very little effort. You have more than we had; you must start sooner, and carry on longer.

Knowing what you know, how could you not?

And I hope you will come back here to Harvard 30 years from now and reflect on what you have done with your talent and your energy. I hope you will judge yourselves not on your professional accomplishments alone, but also on how well you have addressed the world's deepest inequities, on how well you treated people a world away who have nothing in common with you but their humanity^[3].

[1] inequity [in'ekwiti] n. 不公平, 不公正

[2] torment [tɔ:'ment] v. 使苦恼, 拷问

[3] humanity [hju:'mæniti] n. 人类, 人性, 人道