



Art of Existence

生活艺术

李雪莲 编著
金莉莉 译

关注自身 营造生活 艺术人生



知识出版社

·中学生英语课外阅读系列丛书·

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前 言

什么样的书才能帮助青少年学好英语呢？单靠课本上的知识是远远不够的。对于正在打基础的中学生来说，增加课外阅读量、扩展知识面也相当重要。

《中学生英语课外阅读系列丛书》就是专为中学生编排的英文科普类课外读物。本套丛书包括《生物乐园》、《世界名人》、《走遍世界》和《生活艺术》四册。它有以下几个特点：

其一，篇幅短小。一篇文章一个主题，符合中学生学习时间紧的特点。他们可以随时利用课余空闲的小块时间进行阅读，学习英语，摄取知识。

其二，知识充实，内容新颖，富有现代气息。其中一些饶有趣味的篇章，能引起读者的阅读兴致。有趣味才能保持学习的劲头，而知识性和现代感又是引起兴趣的关键。

其三，题材广泛。有奇观胜景、人情风俗、珍禽异兽、花草树木、名人逸事，以及涉及日常生活方方面面的知识等。

扩展知识，了解文化，开阔视野，关注自身，启迪人生，是本套丛书的着眼点。为了便利英语学

习者使用,在每篇文章后附有词汇注释和参考译文。

本套丛书是中学生和英语爱好者学习英语、扩展知识面的最佳读物。希望它能带领读者步入广阔的英语世界,畅游奇妙的知识海洋。

编 者

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Growth

成长篇



1. Becoming an Adult

When do you become an adult—a grown-up? At eighteen? Twenty-one? Thirty? Adulthood may seem a long way away to you, but the fact is that you are in the process of becoming an adult right now. The changes are so gradual that you may not notice them, but you can be sure that they're happening.

When you were a child, a parent or older relative probably bought your clothes and helped you clean up your room. Now you are likely to have a clothes allowance, to care for your bedroom, and to share other cleaning chores. You may once have had trouble getting your homework finished on time. By now, you may have learned to pace yourself. You know how much time you need. Do you remember begging your parents to stop for ice cream, or take an after-school job when you want money for a new clock radio. Of course, you don't always budget your time and your money perfectly. Your room doesn't always



pass inspection. And you are often less than even-tempered when something upsetting happens. But you're learning.

As you get older, you have more privileges and more responsibilities. You may baby-sit for younger brothers and sisters, help cook dinner, and do odd jobs to contribute to the family income. You may get to stay up to watch a late movie on television, sit in on adult conversations, take subways and buses alone, or go on camping trips with your friends. Eventually, you will have a job and an apartment of your own. You'll become a voter and perhaps a husband or wife, maybe even a parent. But doing things adults do does not necessarily mean you will be wiser, braver, or more self-assured. It takes time to acquire self-assured. It takes time to acquire knowledge and build self-confidence. Adults need to test themselves in the world, just as you do as a teen. Being an adult is a continual process of growth.

Notes:

1. gradual['grædjuəl] a. 逐渐的, 慢慢的
2. chore [tʃɔ:] n. 家庭杂务
3. budget['bʌdʒɪt] v. 预算
4. inspection[in'spekʃən] n. 检查, 视查

5. privilege [ˈprɪvɪlɪdʒ] n. 特权

6. eventually [ɪˈventʃuəli] ad. 最终

【参考译文】

长大成人



你什么时候会长大——长成一个成人？是 18 岁，21 岁，还是 30 岁？成年看起来似乎离你还相当遥远，但事实是你现在就正在逐渐长大成人。变化是如此缓慢以至于你都没有注意到，但你可以确信它们正在发生着。

当你还是一个孩子时，父母或年长的亲属会为你买衣服，帮你清理房间，现在你可能被允许自己买衣服，已开始收拾自己的卧室并要分担一些清洗之类的家务活。你以前很难按时完成家庭作业，但现在，你已学会自己来调整进度，因为你知道会需要多长时间。还记得你曾恳求父母为你买冰激凌，或者为了去买一个新的脉冲式收音机而做了一份业余工作的事吗？当然，你并不总是能够很好地预算自己的时间和金钱，你的房间也不总是干净得经得起检查，当有些令人沮丧的事发生时，你也没法做到心情平静。但你正在学习，正在长大。

因为你又长大了一些，你有了更多的权利，也



承担了更多的责任。你可以照看更小的弟弟妹妹,帮着做饭或做一些临时工作以增加家庭收入。你还可能熬夜去看电视里播放到很晚的一部电影,加入成人的谈话,独自一人乘坐地铁和公交车或者和朋友外出郊游野营。最后,你终于拥有了自己的工作和公寓,成为一名选举人、一个丈夫或妻子,甚至孩子的父母。但你做这些成人的事情时并不表明你会变得更聪明、更勇敢、更加自我肯定。需要时间获得自我肯定,需要时间获取知识、建立自信。成人也要在现实世界中检验自己,就像你还是一个十几岁的孩子时做的一样。成为一个成年人,是成长中一个持续的过程。

Knowledge is power.

知识就是力量。

——霍布斯(Thomas Hobbes)



2. Your Looks in Adolescence

Adolescence is the period when a child matures into an adult. During adolescence, your body grows and changes in many different ways. The changes do not happen in one graceful stretch. They take place in spurts. The process of maturing usually begins about two years earlier for girls than for boys. On the average, a girl's adolescent growth begins ten and thirteen, a boy's between twelve and fifteen. Between the ages of eleven and seventeen, the average girl will grow 17 centimeters (7 inches) and gain 20 kilograms (44 pounds). The average boy will grow 22 centimeters (13 inches) and gain 31 kilograms (68 pounds). All of this is caused by your glands. Glands are small organs that send chemicals, called hormones, directly into your blood. The hormones sent out by the pituitary gland cause you to grow taller. They also cause other physical changes that make you look more and more like



an adult. You develop more muscles, more curves. Your hair gets darker. Your nose and chin become more defined, and your eyebrows thicken. Your voice becomes lower as your larynx or voice box, get larger. As glands in your skin develop, you notice that your skin becomes more oily and that you perspire more than you used to.

Many young people feel all alone as they go through these changes. This is especially true for a girl who is taller than anyone in her class or a boy whose voice is the last to change. Everyone's growth pattern is different. Each person develops according to her or his own biological clock, and there is nothing you can do to speed things up or slow them down.

Many teenagers are critical of themselves as they change. You may make the mistake of comparing yourself to an ideal. You may spend time in front of the mirror, secretly observing, criticizing, practicing. A girl may experiment with smoky eye shadow, turn sideways, and wonder, "Am I pretty?" A boy may exercise his muscles, test his voice, and check his beard. You may think about going out on dates and wonder if anyone of the other sex will ever want to date you. For a while, the idea may seem impossible.