

The background of the cover is a dark, textured black. In the upper left, several white birds are shown in flight, their wings spread. A large, stylized white wave or ribbon shape curves across the middle of the cover. Behind this wave, the pages of an open book are visible, fanned out. In the lower right, there is a blurred image of a sunset or sunrise over water, with a bright orange sun partially visible. The title '英语晨读之旅' is printed in large, bold characters, with '英语' in black and '晨读之旅' in orange. Below the title, the editors' names and the English title are listed in a smaller font. At the bottom, the publisher's name is written in a traditional Chinese style.

英语晨读之旅

主编 潘锡娟 洪欣平 范隽瑜
English Morning Reading Journey

航空工业出版社

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北 京

内 容 提 要

本书共涉及 20 个话题,每个话题都包括“生活口语对话”“英语名段诵读”“英美文化赏读”“名人励志格言”四个部分。英文原文原汁原味,表达地道;中文译文文字优美,表达精准。每天朗读可帮助学习者在潜移默化中改善发音、提升语感,并培养英语思维和跨文化交际能力。

本书既可作为高等院校学生进行英语晨读的工具书,也可供有一定英语基础的社会学习者参考使用。

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前言 Preface

编写背景

一年之计在于春，一日之计在于晨。早晨步入校园，开启英语晨读之旅能迅速激活我们的脑力，并燃起我们英语学习的活力。我国宋代理学家朱熹也认为学习需要朗读。他说：“凡读书，需要读得字字响亮，不可误一字，不可牵强暗记。而且要‘逐句玩味’‘反复精详’‘诵之宜舒缓不迫，字字分明’。”朗读对于英语学习必不可少。在学习英语的过程中，通读朗读，我们不仅能深刻领会语言的意义、气韵和节奏，还能强化我们对英语语言的记忆和认识，培养自己的英语语感和英语思维，从而为将来用英语进行交流打下扎实的基础。

《英语晨读之旅》这本书所提供的英语材料能让我们的英语学习走得更远，能让我们看到英语学习的新天地，感受英语学习的精彩纷呈，然后对英语学习有所发现、有所感悟和有所创造。

编写特色

本书每个话题都包括“生活口语对话”“英语名段诵读”“英美文化赏读”“名人励志格言”四个部分。

- **生活口语对话——话题实用，语言生动** 20个话题涉及日常生活的方方面面，对话呈现原生态的交流情景，便于学习者模仿记忆并迅速运用到实际交流中。
- **英语名段诵读——语言优美，文法地道** 所选文章短小精悍，包含深刻的思想内涵和无穷的人生智慧，让学习者充分领略大师们高超的语言技巧和丰富的人生阅历。每篇文章下的“作者简介”对作者进行了简单介绍，以帮助学习者进一步理解名篇名段，同时还可以让学习者尽情感受名人风采。
- **英美文化赏读——内容丰富，妙趣横生** 所选文章难度适中，反映英美国家的文化历史和社会风俗，并具有一定的趣味性，能让学习者充分领略西方文化的精髓，并在提升自身的跨文化知识的同时，增进自身的跨文化交际能力。
- **名人励志格言——经典恒久，意犹未尽** 所选名人格言和谚语皆为经典，不仅能启迪智慧、激励斗志，还能潜移默化地培养学习者学习英语的毅力。

《英语晨读之旅》的编者为无锡旅游商贸高等职业技术学校江苏省职业教育英语名师工作室团队成员。主编潘锡娟，副教授，无锡市英语学科带头人，负责编写“英语名段诵读”部分；主编洪欣平，副教授，无锡市英语学科带头人，江苏省职业英语名师工作室领衔人，负责编写“英美文化赏读”部分；主编范隽瑜，讲师，无锡市教学新秀，负责编写 Topic 11 至 Topic 20 的对话；副主编许蕴莹，副教授，负责编写 Topic 1 至 Topic 10 的对话；副主编朱琳，讲师，无锡市教学新秀，负责编写“名人励志格言”部分。

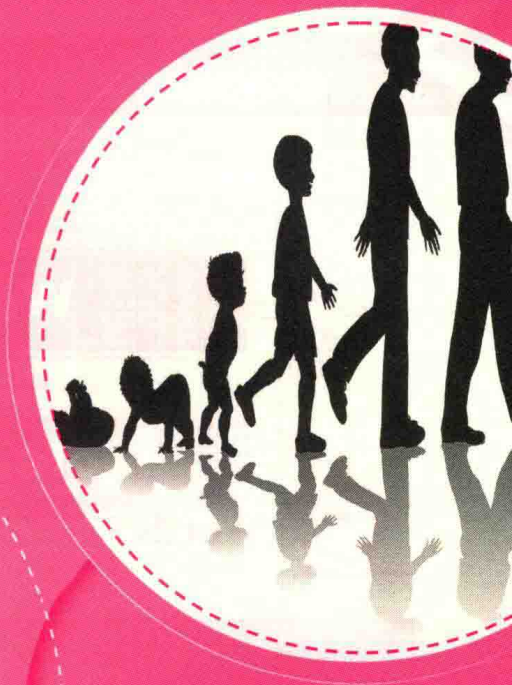
本书编者在编写过程中，参考了一些著作和网络资源，在此向这些资料的作者一并表示感谢。由于编写时间仓促，编者水平有限，疏漏之处在所难免，敬请广大读者批评指正。

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Topic 1



Stages of Life 人生阶段

Words and Phrases



Words

1. childhood	英 ['tʃaɪldhʊd]	美 ['tʃaɪld,hʊd]	<i>n.</i> 童年; 儿童时代
2. upbringing	英 ['ʌpbriːŋɪŋ]	美 ['ʌp,briːŋɪŋ]	<i>n.</i> 养育; 教养
3. uptight	英 [,ʌp'taɪt]	美 [,ʌp'taɪt]	<i>adj.</i> 愤怒的; 拘谨的; 紧张; 心情焦躁的
4. graduate	英 ['grædʒʊeɪt]	美 ['grædʒu,et]	<i>v.</i> 授予学位或毕业证书
5. degree	英 [dɪ'ɡri:]	美 [dɪ'ɡri]	<i>n.</i> 程度; 学位
6. literature	英 ['lɪtrətʃə(r)]	美 ['lɪtrətʃər]	<i>n.</i> 文学; 文学作品
7. occupation	英 [,ɒkju'peɪʃn]	美 [,ɑ:kju'peɪʃn]	<i>n.</i> 工作; 职业; 业余活动
8. freelance	英 ['fri:lɑːns]	美 ['fri:læns]	<i>n.</i> 自由作家; 自由记者
9. fiction	英 ['fɪkʃn]	美 ['fɪkʃn]	<i>n.</i> 小说; 虚构的事
10. fresh	英 [freʃ]	美 [freʃ]	<i>adj.</i> 新鲜的
11. challenge	英 ['tʃælɪndʒ]	美 ['tʃælɪndʒ]	<i>n.</i> 挑战; (比赛等的) 邀请; 提议 <i>v.</i> 对……怀疑 (或质疑); 向 (某人) 挑战
12. eventually	英 [ɪ'ventʃuəli]	美 [ɪ'ventʃuəli]	<i>adv.</i> 终于; 最后
13. foreign	英 ['fɒrən]	美 ['fɒrən]	<i>adj.</i> 外国的; 外来的
14. experience	英 [ɪk'spiəriəns]	美 [ɪk'spiəriəns]	<i>n.</i> 经验; 经历; 阅历



Phrases

- | | |
|----------------------------|----------------------------|
| 1. strict upbringing 严厉的教育 | 2. fight about... 为……争斗 |
| 3. get along with... 和……相处 | 4. reach middle age 人到中年 |
| 5. graduate from... 从……毕业 | 6. magazine article 期刊文章 |
| 7. fiction book 小说 | 8. a fresh challenge 全新的挑战 |

9. for fun 为了好玩

10. strange experience 奇特的经历

11. sound interesting 听起来有趣

Expressions and Dialogue



Useful Expressions

1. I spent most of my childhood in China.
我大部分的童年时光都是在中国度过的。
2. I had a pretty strict upbringing, and my parents and I were always fighting about it.
小时候父母对我严格管教，我和父母也总是为此而争吵。
3. Once they reached middle age, they became a lot less uptight.
他们到了中年，心态就不再那么紧张了。
4. I graduated from Oxford University with a degree in English Literature.
我毕业于牛津大学，获英国文学学位。
5. What is your current occupation?
你现在的职业是什么？
6. I'm a freelance writer. I write magazine articles and fiction books.
我是自由撰稿人。我写杂志文章和小说。
7. I decided to take a fresh challenge.
我决定要尝试一个新的挑战。
8. It's about a group of friends living in a foreign country and all the strange experiences they have.
这是一本关于一群好友在异国他乡生活的奇特经历的书。



Dialogue

Emma: You know, Aiden, I don't know much about you. Where were you born?

Aiden: I was born in London, but I spent most of my **childhood** in China.

Emma: What was your childhood like?

Aiden: I had a pretty strict **upbringing**, and my parents and I were always fighting about it.

Emma: Do you get along with your parents now?

Aiden: Oh sure. Once they reached middle age, they became a lot less **uptight**.

Emma: Where did you go to university?

Aiden: My parents wanted me to stay in China, but I decided to go back to England. I **graduated** from Oxford University with a **degree** in English **Literature**.

Emma: What is your current **occupation**?

Aiden: I'm a **freelance** writer. I write magazine articles and **fiction** books.

Emma: Did you always know that you wanted to be a writer?

Aiden: No, I didn't. I had been an English teacher for about five years. But by the time I was 30, I decided to take a **fresh challenge**.

Emma: How did you start writing?

Aiden: I started writing magazine articles for fun and **eventually** was asked to write a book, so I was pretty lucky.

Emma: Are you writing a book now?

Aiden: Yes, it's about a group of friends living in a **foreign** country and all the strange **experiences** they have.

Emma: Sounds interesting.

艾玛: 艾登, 我对你了解不多。你出生在哪里?

艾登: 我出生在伦敦, 但我大部分童年时光都是在中国度过的。

艾玛: 你的童年是什么样的?

艾登: 小时候父母对我严格管教, 我和父母也总是为此而争吵。

艾玛: 你现在和你父母相处得好吗?

艾登: 哦, 现在很好了。他们到了中年, 心态就不再那么紧张了。

艾玛: 你在哪里上的大学?

艾登: 我父母想让我留在中国, 但我决定回英国去。我毕业于牛津大学, 获英国文学学位。

艾玛: 你现在的职业是什么?

艾登: 我是自由撰稿人。我写杂志文章和小说。

艾玛: 你一直都知道自己想成为一名作家吗?

艾登: 不, 我没有。我当了五年的英语老师。但到 30 岁时, 我决定要尝试一个新的挑战。

艾玛: 你是怎么开始写作的?

艾登: 我开始写杂志文章是为了好玩。后来, 应邀写一本书, 所以我很幸运。

艾玛: 你现在在写书吗?

艾登: 是的, 是一本关于一群好友在异国他乡生活的奇特经历的书。

艾玛: 听起来很有趣。

Classic Reading



English Essays

自古以来，众多文人墨客都在思索人生的本质。有人把人生比成一盒巧克力：你永远也不知道下一颗会是什么味道；有人认为人生就像道路，有坎坷的，也有平坦的……

Life Is a Chess-board

The chess-board is the world: the pieces are the phenomena of the universe; the rules of the game are what we call the laws of nature. The player on the other side is hidden from us. We know that his play is always fair, just and patient. But also we know, to our cost, that he never overlooks a mistake, or makes the smallest allowance for ignorance.

Excerpt from *A Liberal Education and Where to Find It*

By Thomas Henry Huxley

► 注释

overlook [ˌəʊvəˈlʊk]: to fail to see or notice 忽视

make allowance for: 考虑到……

► 译文

人生如棋盘

棋盘宛如世界：一个个棋子仿佛世间的种种现象；游戏规则就是我们所称的自然法则。竞争对手藏于暗处，不为我们所见。我们知晓，这位对手向来处事公平，正义凛然，极富耐心。然而，我们也明白，这位对手从不忽视任何错误，也不因我们的无知而做出一丝让步，所以我们也必须为此付出代价。



——摘自托马斯·亨利·赫胥黎《通识教育》

► 作者简介

Thomas Henry Huxley (1825–1895) was a renowned English biologist in the 19th century. He was born in a poor family, so his father could not afford to send him to school. Then he

began to educate himself. He excelled in science as he was blessed with an open mind and free thinking. He was recognized for his contribution and honored by the Royal Society when he was only twenty six years old. He was unwilling to believe the Biblical theory of creation and instead he supported Darwin's theory of evolution. His contribution to the study of marine biology, geology and the study of invertebrates, based on research and reason, is invaluable. He made biology a discipline in universities, elevated the status of the School of Mines and Zoology and brought the issue of adult education to the fore. For his service to science, he was conferred honorary degrees and titles in many European countries. He will always be remembered as one of the pioneers of scientific thought.

托马斯·亨利·赫胥黎(1825—1895年)是英国19世纪著名的生物学家。由于出生在一个贫穷的家庭,他的父亲负担不起他上学的费用。于是,他开始自学。他思想开阔,善于思考,在科学方面表现出色。他年仅26岁时,就以自己的贡献而受到认可,并获得了英国皇家学会的嘉奖。他不愿相信圣经的创造论,而是支持达尔文的进化论。在深入研究和理性思考的基础上,他对海洋生物学、地质学和无脊椎动物研究作出了巨大贡献。他使生物学成为大学的一门学科,提高了矿业与动物学学院的地位,并使成人教育这一议题得到重视。由于他对科学的贡献,他在欧洲许多国家被授予荣誉学位和头衔。他将作为科学思维的开拓者之一而被世人所铭记。



Culture Learning

American Popular Culture

When you think of American culture, what first comes to your mind? McDonald's? Coca Cola? Disneyland? Michael Jordan? Many people think American culture is a collection of popular symbols like these. Actually, these symbols are only one small part of American culture — pop culture.

What is pop culture? Well, pop is short for popular. The origins of pop culture can often be traced to popular movies, television shows, music stars and sports figures. Pop culture is also promoted by business and advertising. The most common examples of American pop culture appear among high school and college students. Trends set by famous personalities quickly become part of young people's lifestyles.

American pop culture has spread around the world. One major reason for its popularity is that English is a universal language. English is the language of diplomacy, international business and transportation. Since language and culture go together, learning English means becoming

aware of English-speaking cultures. Also, America is a world leader in movies, music and magazines. The kind of American culture communicated in those media is pop culture. Finally, pop culture is easy to package and to export. For that reason, it is easy to “sell” to the world.

► 译文

美国流行文化

当你想到美国文化时，首先想到的是什么？麦当劳？可口可乐？迪斯尼乐园？迈克尔·乔丹？许多人认为美国文化是这些流行符号的集合。实际上，这些符号只是美国文化的一小部分——流行文化。

什么是流行文化？好吧，pop 是 popular 的缩写。流行文化的起源通常可以追溯到流行电影、电视节目、音乐明星和体育人物。商业和广告也促进流行文化的发展。美国流行文化最常出现在高中生和大学生中间。名人引起的风潮会迅速成为年轻人生活方式的一部分。

美国流行文化已经在世界范围内传播。其流行的一个主要原因是英语是一种通用语言。英语是外交、国际商务和运输用语。由于语言和文化不可分割，学习英语意味着要了解英语文化。此外，美国在电影、音乐和杂志这些方面领先于世界。在那些媒体中传播的美国文化就是流行文化。最后，流行文化易于包装和传播。因此，很容易向世界“出售”。



Proverbs and Sayings

No act of kindness, however small, is ever wasted.

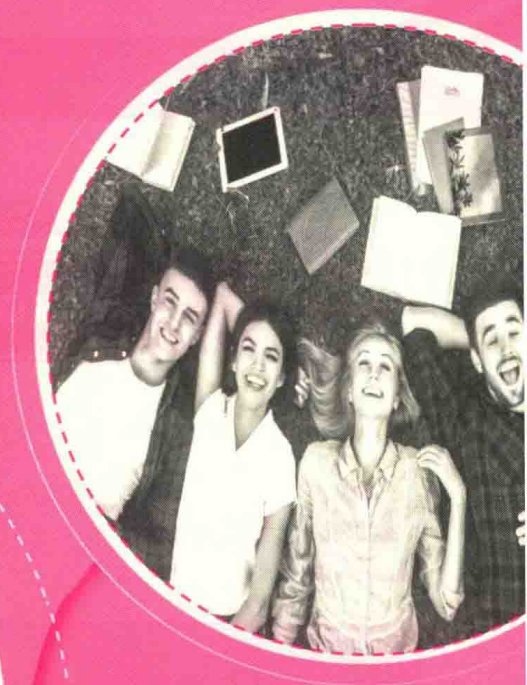
—Aesop

勿以善小而不为。

——伊索



Topic 2



College Life 大学生生活