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# English Digest



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# 英语文摘

2002 年上半年合订本

主编 吴龙森

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# Henri Nouwen on Friends

亨利·诺文论朋友

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

--Henri Nouwen "Out of Solitude"

[参考译文]当我们坦率地问自己哪种人在我们的生活中对我们最具有意义时,我们常会发现不是那些给我们很多劝告、答案或对策的人,而是那些选择分担我们的痛苦,用温柔而亲切的手抚慰我们的创伤的人。朋友是那些在我们绝望或迷惘时与我们一起保持沉默,在我们悲伤和失去亲人时与我们一起共度时光,能宽恕我们的幼稚无知、苦无良策、心痛难复和与我们一起正视我们的虚弱无力的现实的人。那样的人才是真正关心我们的朋友。

——亨利·诺文《走出孤独》

(一览 摘译自 Brain Candy Quotation Collection)

# 英语文摘

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《英语文摘》编辑部

## 人生

### 感悟人生

14 林肯致异母弟弟的一封信

白桦

### 人生真谛

24 勿忘小事

李上宁

28 泰迪·斯托达德的故事

竹叶

35 世界名人论名声

许文龙

62 健全的人生

李东晖

## 创业

### 成功经验

8 世界巨富戴尔是如何成功的

黄羽玲

### 经营之道

53 如何预测失业前的征兆

华钱

### 名人小传

22 炒股须注意的几个心理问题

吉米

31 布什夫人的教学心得

马宁

## 情感

### 夫妻生活

18 男人不要装聋，女人不要认真

沈嘉晋

### 女人男人

50 女孩初识男友的技巧

贺伟华

60 你真的了解男人吗？

贾伟志

## 采风

### 文化习俗

48 不同文化的饮食习俗

魏敬安

### 社会热点

16 阿富汗珍宝在战乱中流失

伟华

20 五角大楼是如何整合好莱坞的

一宽

46 如何对孩子进行性教育

汤长安

44 辛迪士，21 世纪的女性离婚族

姜志达

58 美国人的宠物情结

宋陵宇

26 玛雅——远离喧嚣的地方

褚颖青

## 科教

### 留学指导

43 留学申请每月计划(1 月)

胡春燕

### 海外校园

10 英国名牌大学拒绝穷学生

捷青

### 人与自然

40 动物的情感

周绍雪

### 生物时代

7 男女大脑的差异

陈玉兰

### 科技前线

34 全球首台 DNA 计算机问世

官宇峰

17 健康新护卫

赵英华

## 文苑

### 诗歌欣赏

27 梦想

袁文捷

### 散文·小说

1 亨利·瓊文论朋友

一宽

3 两者之间的秘密

刻平

36 饼屑与智者

王善武

54 三姐妹，一宝贝

李志

## 保健

### 饮食疗法

33 多吃谷物 少患中风

吴春富

### 自我调节

12 如何理智饮酒

崔神家

25 青春永驻的小秘密

贺卫东

57 喷嚏能预告你的健康状况

高英

## 休闲

### 生活常识

39 醋的妙用

乐乐

### 轻松一刻

45 打点周末出行行装的最佳方法

华钱

61 奥运英语词汇

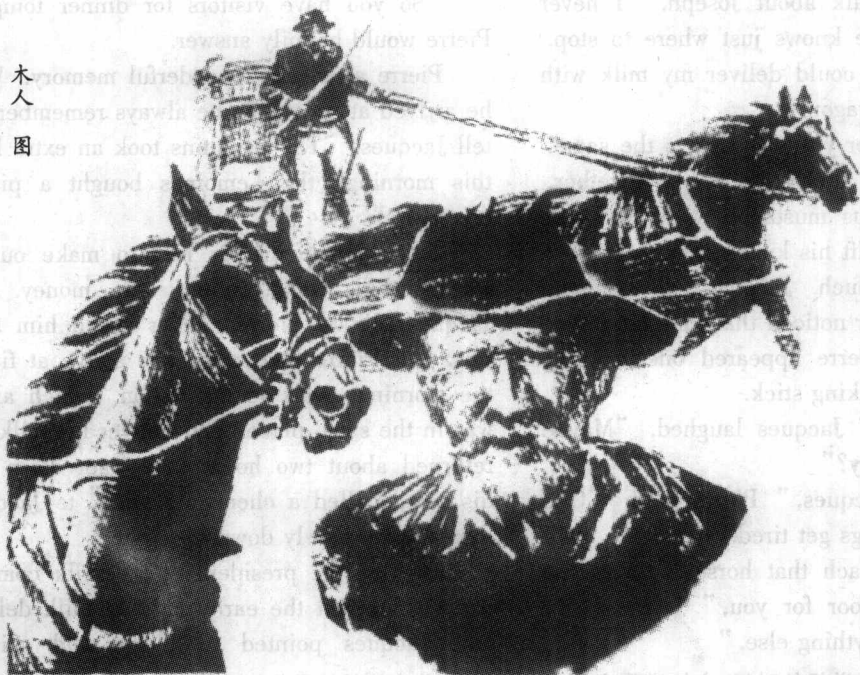
高捷



# A SECRET

# FOR TWO

木  
人  
图



两  
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密

By Quentin Reynolds

Montreal is a very large city. Like all large cities, it has small streets. Streets, for example, like Prince Edward Street -- only four blocks long. No one knew Prince Edward Street as well as Pierre Dupin. He had delivered milk to the families on the street for thirty years.

For the past fifteen years a large white horse pulled his milk wagon. In Montreal, especially in the French part of the city, animals and children are often given the names of saints.

【参考译文】蒙特利尔是一个大城市。和所有大城市一样，它也有它的小街道，比如爱德华王子街，小到只有4个街区。没有人知道这条街道，也没有人知道皮埃尔·迪潘是谁。他是一个送奶工，就往这条街上的住户家送奶，整整送了30年。

在过去的15年里，一直是一匹体格高大的白马给他拉着送奶车。在蒙特利尔，尤其是在它的法语区，人

Pierre's horse had no name when it first came to the milk company. Pierre was told he could use the horse. He moved his hand gently and lovingly across the horse's neck and sides. He looked into the animal's eyes. "This is a gentle horse," Pierre said. "I can see a beautiful spirit shining out of its eyes. I will name him after Saint Joseph, who also was a gentle and beautiful spirit."

After about a year, the horse Joseph got ►

们经常用圣人的名字给小孩和动物起名。皮埃尔的马来刚来牛奶公司时，还没有名字。皮埃尔得知，自己可以使用这匹马。他轻抚着马身，怜爱满怀。他盯着马的眼睛，说：“这是一匹温顺的马，从它的眼里，我能看到一种美好的东西。我要用圣·约瑟夫的名字给它命名，那也是一个既文雅又出色的人。”

大约一年以后，这四名叫约瑟夫的白马已经对 ►

to know every house that received milk, and every house that did not.

Every morning at five, Pierre arrived at the milk company's stables to find his wagon already filled with bottles of milk and Joseph waiting for him, Pierre would call, "Bonjour, my old friend.", as he climbed into his seat, while Joseph turned his head toward the driver.

Pierre would talk about Joseph. "I never touch the reins. He knows just where to stop. Why, a blind man could deliver my milk with Joseph pulling the wagon."

So it went on for years -- always the same. Pierre and Joseph slowly grew old together. Pierre's huge walrus mustache was white now and Joseph didn't lift his knees so high or raise his head quite so much. Jacques, the bossman of the stables, never noticed that they both were getting old until Pierre appeared one morning carrying a heavy walking stick.

"Hey, Pierre," Jacques laughed. "Maybe you got the gout, hey?"

"Mais oui, Jacques," Pierre said. "One grows old. One's legs get tired."

"You should teach that horse to carry the milk to the front door for you," Jacques told him. "He does everything else."

自己的工作驾轻就熟:送奶的时候,它知道哪家订了奶,哪家没订。

每天早晨5点钟,皮埃尔赶到牛奶公司的马房。这时,瓶装牛奶已经装上了车,约瑟夫也在等着他了。于是,皮埃尔就爬上车,坐好;一边还跟约瑟夫打招呼:"早上好,老朋友。"那马儿也回过头来倾听。

皮埃尔这样评价约瑟夫:"它知道什么时候该走,什么时候该停,甚至都不用我碰一下缰绳。所以,只要约瑟夫拉车,即便是一个盲人也可以完成我这份送奶工作。"

就这样年复一年,时光流逝,皮埃尔和约瑟夫都慢慢变老了。皮埃尔那浓密的海象胡子已是花白一片,而约瑟夫也再不能像以前那样昂首奋蹄了。马房的老板雅克,并没有注意到这些。直到有天早晨,皮埃尔扶着粗重的手杖出现时,他才意识到这回事。

"嗨,皮埃尔,你是不是得了痛风了,啊?"雅克笑道。

皮埃尔说:"恐怕是这样,雅克。老啦,腿也不听使唤啦。"

The horse knew every one of the forty families that got milk on Prince Edward Street. The cooks knew that Pierre could not read or write; so, instead of leaving orders in an empty milk bottle, they simply sang out if they needed an extra bottle. "Bring an extra bottle this morning, Pierre," they often sang when they heard Pierre's wagon rumble over the street.

"So you have visitors for dinner tonight," Pierre would happily answer.

Pierre also had a wonderful memory. When he arrived at the stable he always remembered to tell Jacques. "The Pacquins took an extra bottle this morning; the Lemoines bought a pint of cream..."

Most of the drivers had to make out the weekly bills and collect the money. But Jacques, liking Pierre, never asked him to do this. All Pierre had to do was arrive at five in the morning, walk to his wagon, which always was in the same place, and deliver his milk. He returned about two hours later, got down from his seat, called a cheery "Auvou" to Jacques, then walked slowly down the street.

One day the president of the milk company came to inspect the early morning milk deliveries. Jacques pointed to Pierre and said: ▶

"你应该教教马儿怎么替你送奶。他什么都能干。"雅克给他出主意。

是的,爱德华王子街有40家订奶户,马儿知道每一家的确切所在。那儿的厨子们知道皮埃尔既不能读,也不会写。所以,如果他们想多要一瓶奶,就直接喊一声,而不是像通常那样,把订单放到空奶瓶里。皮埃尔的马车辘辘驶过,经常听到厨子们大喊:"皮埃尔,今早上多送一瓶过来。"

每一次,皮埃尔都高兴地回应:"好啊,今晚又有客人哪。"

皮埃尔记性很好,每次回来,他总记得告诉雅克:"今早晨,帕坎家多要一瓶奶,勒穆瓦家买了一品脱奶油。"

送奶工要每周列出订奶账单,并且把钱收回来,唯独皮埃尔例外。雅克喜欢他,知道他识字,从没要求他这样做。因此,皮埃尔的工作就是:每天早晨5点钟在老地方找到他的送奶车,去送奶。大约两小时后,他回来了;下车,高高兴兴地跟雅克道声"再见",慢慢地走回家去。

一天,公司董事长来视察早晨送奶情况。雅克指 ▶



"Watch how he talks to that horse. See how the horse listens and how he turns his head toward Pierre? See the look in that horse's eyes? You know, I think those two share a secret. I have often felt it. It is as though they both sometimes laugh at us as they go off. Pierre is a good man. Monsieur President, but he is getting old. Maybe he ought to be given a rest, and a small pension."

"But of course," the president laughed. "I knew Pierre's work. He has been on this job now for thirty years, all who know him love him. Tell him it is time he rested. He will get his pay every week as before."

But Pierre refused to leave his job. He said his life would be nothing if he could not drive Joseph every day. "We are two old men," he said to Jacques, "Let us wear out together. When Joseph is ready to leave, then I too will do so."

There was something about Pierre and his 着皮埃尔对他说：“您看，他在跟他的马说话。看到那马在听他说话，把头转向皮埃尔了吗？看到那马的眼神儿了吗？我觉得他俩之间有个秘密。我时常有这种感觉。好像他们离开的时候在笑话我们什么。皮埃尔是一个好人，董事长先生，可是他老了。或许他该退休了，该得到一小笔养老金。”

“那当然，”董事长笑道，“我了解皮埃尔的工作。他已经为我们工作了30年。所有认识他的人都爱他。告诉他，他该退休了，工资照付。”

但是皮埃尔却拒绝退休。他说他若不能和约瑟夫一起工作，他的生活就毫无意义。他告诉雅克：“我们俩都老了，就让我们有始有终吧。什么时候约瑟夫去了，我就跟他一起去。”

皮埃尔与约瑟夫之间，有种让人忍俊不禁的温情。他们能从彼此间获得力量。干活时，皮埃尔驾着约瑟夫拉的车，谁也不显得老。工作干完了皮埃尔离开时却磕磕绊绊，老态毕现；马儿也脑袋低垂，慢慢挪着步子回

horse that made a man smile tenderly. Each seemed to get some hidden strength from the other. As Pierre sat in his seat, with Joseph tied to the wagon, neither seemed old. But when they finished their work -- then Pierre walked lamely down the street, seeming very old indeed, and the horse's head dropped and he walked slowly to his stall.

Then one cold morning, Jacques had terrible news for Pierre. It was still dark. The air was like ice. Snow had fallen during the night.

Jacques said, "Pierre, your horse, Joseph, didn't wake up. He was very old, Pierre. He was twenty-five and that is like being seventy-five for a man."

"Yes," Pierre said slowly. "Yes. I am seventy-five. And I cannot see Joseph again."

"Of course you can", Jacques said softly. "He is over in his stall, looking very peaceful. Go over and see him."

Pierre took one step forward, and then ►



木人 图

畜舍。

一个寒冷的早晨，雅克给皮埃尔带来了坏消息。天还很黑，空气冰冷，夜里下了大雪。

雅克说：“皮埃尔，你的马约瑟夫醒不过来了。它太老了，已经25岁了，相当于一个75岁的老人一样。”

“是的，”皮埃尔缓缓地说，“是的。我也75岁了。我再也见不到约瑟夫了。”

“你当然可以见到，”雅克轻声说道，“它就在马厩里，看起来很安然，去看看它吧。”►

turned. "No... no... you.., you don't understand, Jacques."

Jacques patted him on the shoulder. "We'll find another horse just as good as Joseph. Why, in a month you'll teach him to know all the homes as well as Joseph did. We'll...."

The look in Pierre's eyes stopped him. For years Pierre had worn a large heavy cap that came down low over his eyes. It kept out the bitter cold wind. Now, Jacques looked into Pierre's eyes and he saw something that shocked him. He saw a dead, lifeless look in them.

"Take the day off, Pierre," Jacques said. But Pierre was gone limping down the street. Pierre walked to the corner and stepped into the street. There was a warning shout from the driver of a big truck... there was the screech of rubber

皮埃尔向前迈了一步,又转了回来。“不……不……你,你不懂的,雅克。”

雅克拍拍他的肩:“我们会给你另找一匹马,像约瑟夫一样棒。然后,不出一个月,你就能教会他知道所有的住户,就像约瑟夫那样。我们会……”

皮埃尔的眼神制止了他。多年来,皮埃尔一直戴着一顶又大又沉的帽子,帽檐一直垂过他的眼睛。它可以遮挡刺骨的寒风。现在,雅克注视着皮埃尔的眼睛,他看到令他震惊的东西。那是一双呆滞而毫无生气的眼睛。

“休息一天吧,皮埃尔。”雅克说。但是皮埃尔已经走了,跌跌撞撞地去了。他走到拐弯处,进入那条街。一辆大卡车迎面而来,司机大叫:“小心!”……一阵刺耳的急刹车声传了过来,但是皮埃尔置若罔闻。

tires as the truck tried to stop. But Pierre heard nothing.

Five minutes later a doctor said, "He's dead... killed instantly."

"I couldn't help it," the truck driver said. "He walked in front of my truck. He never saw it, I guess. Why, he walked as though he were blind."

The doctor bent down. "Blind? Of course the man was blind. See those growths? This man has been blind for five years." He turned to Jacques, "You say he worked for you? Didn't you know he was blind?"

"No... no..." Jacques said softly. "None of us knew. Only one... only one knew -- a friend of his, named Joseph... It was a secret, I think, just between those two." 文编

5分钟后,一位医生说:“他已经死了……当场死亡。”

“我无能为力,”卡车司机说,“他冲着车走来。我觉得他根本就没看见。怎么回事儿,他走路像瞎子。”

医生弯下腰去检查皮埃尔的眼睛:“瞎子?他当然是个瞎子。看见那些浑浊物没有?这人已经瞎了5年了。”他转向雅克,“你说他为你工作?难道你不知道他是瞎子?”

“不知道……不知道……”雅克喃喃地说,“没有一个人知道。只有……只有一个除外,是他的一个朋友,叫约瑟夫……这是一个秘密,我想,是一个只属于他们俩的秘密。”

(济南陆军学院语言教研室 刘平 摘译)

## Better Perfect



远翔 图

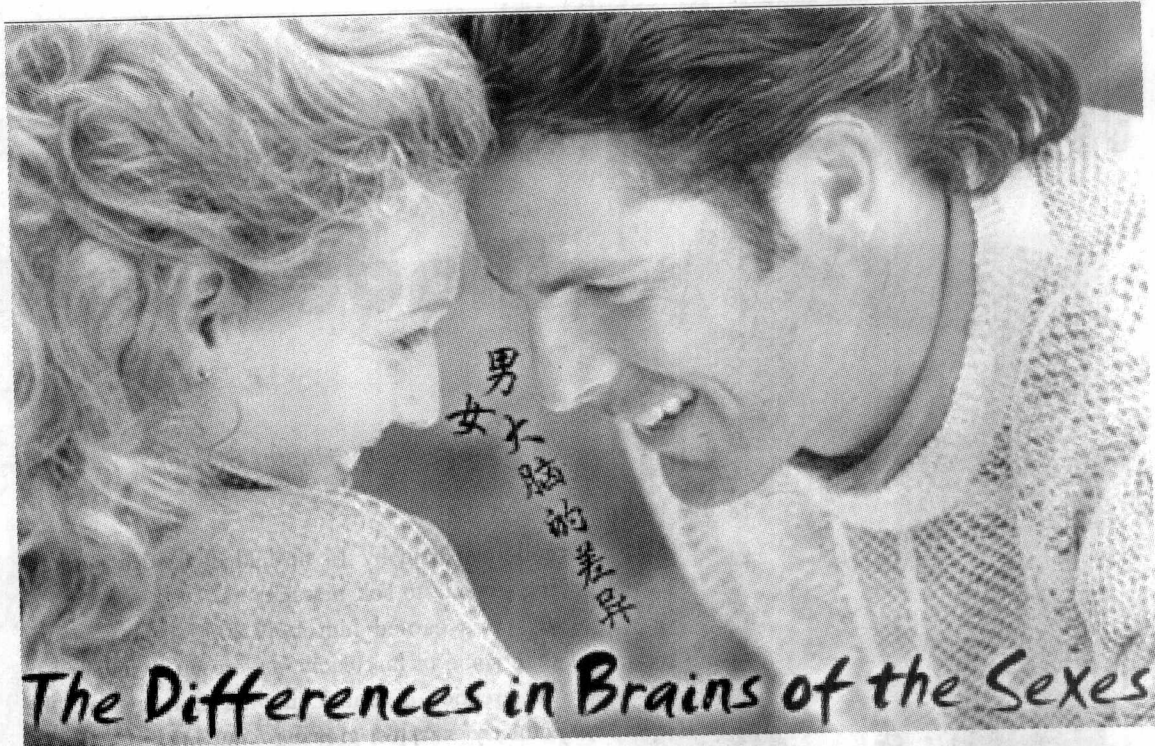
Our dinner-table discussion one evening focused on homework assignments, specifically our ten-year-old's lesson on acronyms. I asked him if he knew what "CEO" stood for. He didn't, so I explained that it meant "chief executive officer."

"That definitely must be what Dad is," our son commented. My husband was beaming with pride but felt the need to be truthful. "No, I'm not a chief executive officer," he said.

Our son replied, "Oh, I thought Mom said 'cheap' executive officer."

--Contributed by Kathleen Reilly

(姜志达 摘自 Reader's Digest)



It's an age -- old dispute: Men are from Mars. Women are from Venus. Males and females show different behaviors almost from birth. Researchers say these behaviors are due to basic differences in brain structure and activity. Studies show men are better at hitting targets and solving math problems while women are better at memorizing words and recognizing faces. Why the difference?

A test of the brain's electrical activity (EEG) shows that women commonly use both sides of their brain while men rely more on one. Scientists already know that the two sides of the brain control different functions -- one controlling the sense of space, for example, the other controlling language. Some researchers believe that the different ways men and women use their brains evolved from ancient times, when cave men hunted and women cared for the children. Men had to have good aim. Women had to talk to the kids.

Whatever the explanation, the battle of the sexes continues. And although their brains are constructed slightly differently, men and women may be equally capable. They may simply rely on different abilities. Take a couple arguing over the location of their car in a parking lot. The man might use his sense of space to find it, while the woman relies on her recognition of landmarks. They both find the car. But chances are, they'll still argue about who's the better driver and who's better at finding the way home. **文编**

**[参考译文]**这是一个自古就存在的争论:男人来自火星,女人来自金星。男人和女人几乎自出生起就有不同的行为。研究人员表示,这些行为是由大脑结构和大脑活动的基本差异所引起的。研究显示男人较擅长射中标靶和解决数学问题,而女人则比较擅长记忆文字和辨识脸孔。为什么会有这种差异呢?

检验大脑的电流活动(脑波图)显示,女人通常是左右脑并用,而男人则常使用一边的大脑。科学家已经知道左右两边的大脑掌管不同的功能——例如一边掌管空间感,另一边掌管语言。有些研究人员相信,男女使用大脑方式的差异是从远古时代演化而来的。当时穴居的男人负责狩猎,女人则负责照顾小孩。所以男人必须擅长瞄准,女人则必须和小孩说话。

无论是何种解释,两性之间的争论仍在继续进行。而且虽然他们的大脑构造稍有不同,但男人和女人的能力可能是一样的。他们只是仰赖不同的能力而已。例如,一对男女在为他们的车子停在了停车场的哪个位置而争吵,这位男士可能会运用他的空间感来找车子,女士则可能会依靠辨认地标。两人都能找到车子。但很有可能,他们还会争论谁的驾驶技术比较好或谁更善于找到回家的路。(陈玉兰 摘自 Someguy.com)



# How Billionaire Dell

## Made Good

By Rupert Steiner



### 世界巨富戴尔是如何成功的

Some of the world's most successful entrepreneurs cut their business teeth in the playground. Bernie Ecclestone sold Chelsea buns to his classmates, and Sir Richard Branson produced a student magazine.

Michael Dell, 35, is no exception. At 12 he made \$2,000 (£1,255) selling his stamp

[参考译文]世界上一些最成功的企业家往往是从孩提时代就开始学习经商。伯尼·埃克斯通向他的同窗出售切尔西小面包，而理查·布兰森爵士是从创办学

生杂志起步的。35岁的迈克尔·戴尔也不例外。12岁时，他销售收藏的邮票挣了2000美元(1255英镑)；14岁时，他制定了一项销售报纸计划。

这次他挣了11200英镑——比他的某些老师挣得多，并由此逐步发展创建了戴尔计算机公司，成了该行业中发展最快的一家公司。

现在他是世界第九大富翁，拥有私人资产125亿

collection and by 14 he had devised a marketing scheme to sell newspapers.

This earned him £11,200 -- more money than some of his teachers were on -- and led to the creation of Dell Computer Corporation, the industry's fastest-growing company.

He is now the ninth-richest man in the world, with a personal fortune of £12.5 billion from seed capital of just £627 in 1984.

Within 16 years, sales have grown from £3.76m to £25.3 billion. The company has opened offices in 34 countries and employs 36,500 people.

Dell first dabbled in electronics at 15 when he was given a calculator by his father to help him in the after-school maths club he attended.

He says: "I was fascinated that this little device could do my maths homework, and it sparked an early interest in electronics. I loved taking things apart and putting things back together again, although I could not always get them working. ▶

英镑，而1984年时他只有627英镑的原始资本。

16年内，销售额从376万英镑上升到253亿英镑。该公司在34个国家设有营业办事处，有雇员36500人。

戴尔在15岁时首次涉猎电子学。那时，他父亲为了帮助他在课余数学俱乐部开展活动，给了他一个计算器。

他说：“这个小小的装置能帮我做数学家庭作业。我对此很着迷。这大大激发了我早期对电子学的兴趣。我爱把东西拆开，再把它们拼起来，虽然装回去后不一定都好使。”▶

"I quickly became interested in personal computers when I was given an Apple II, and set up computer bulletin boards to swap ideas with other enthusiasts. I wanted to own every gadget possible."

Dell attended a computer convention in Austin, Texas, and was astonished at the huge mark-ups. He found that he could buy a disk drive for £500, which would sell in the shops for £1,882.

This discovery set him thinking, as a customer, about finding a way to bypass the retailer.

At the same time, he was advising friends and family on what equipment to purchase. He would buy chips and other pieces of hardware to customise their systems after reading up about the computer.

He says: "Instead of souping up cars, I was souping up computers. Because technology changed so quickly I customised each one."

Dell began a pre-med degree at the University of Texas in 1983. This allowed him to spend more time playing with computers away from the eyes of his disapproving parents.

"College gave me the freedom to do what I wanted," he said. "But it only lasted until Thanksgiving. My parents figured out that I was

"我得到一台苹果 II 型计算机后,就很快对个人计算机产生了兴趣。我在计算机上设立了公告栏,同其他的热衷者交流思想。我想有自己的各种设备。"

戴尔参加过一次在得克萨斯州奥斯汀召开的计算机大会,他对零售商给商品标价感到十分吃惊。他发现他用 500 英镑可买到的一个磁盘驱动器,在商店却卖到 1882 英镑。

这一发现使他想到,作为用户,要设法找到一种绕过零售商的办法。

同时,他为亲友购买所需设备提供咨询。他在研读了有关计算机的书后,便购买芯片和其它硬件零部件为他们组装计算机。

他说:"我没搞汽车开发,而搞了计算机的开发与改进工作。因为技术改革如此快速,我要按顾客的要求制造每一台计算机。"

戴尔于 1983 年在得克萨斯大学开始攻读医学预科。这使他可以避开父母的耳目,花更多的时间去摆弄他们并不赞成他搞的计算机。

"大学给了我自由,我可以做我想做的事,"他说。"但是好景不长,这种状况只持续到感恩节。我的

more interested in computers than school and made me stop.

"This forced me into a corner. I had to make a decision on my future and I realised that it revolved around computers."

"I decided to go it alone and left college to set up in business full time. I started with a simple question: how can we make the process of selling a computer better? The answer was: sell computers directly to the end customer. Eliminate the reseller's mark-up and pass those savings on to the customer."

This Dell did at a frightening pace. An expert helped him to build prototype computers while Dell concentrated on finding cheap components.

In the company's first nine months it notched up sales of £3.76m, and then £20.7m within two years. Dell says the trick was to introduce better technology at cheaper prices.

The business grew by 80% in the first five years and was floated in 1988.

Dell says you cannot learn how to be an entrepreneur: "It comes from somewhere deep inside. I have always looked at problems in a different way and realised what I am good at and surrounded myself with a successful team." 文摘

父母得知我对计算机比对上学更感兴趣,他们迫使我辍学。

"此事把我逼到了死胡同。我不得不为我的前途做出决定,我意识到我的前途离不开计算机。"

"我决定单干,离开学院,用全部时间从事商业。我开始时就考虑一个简单的问题:怎样才能使计算机更好卖?答案就是要把计算机直接销售到用户手中。消除转销商的加价,而让利给顾客。"

在这方面,戴尔雷厉风行。一位专家帮他组装起原型计算机,而戴尔则集中精力寻求便宜零部件。

他的公司在头 9 个月内销售额达到 376 万英镑,而后在两年内创下了 2070 万英镑的佳绩。戴尔说,诀窍是以更便宜的价格提供更好的技术。

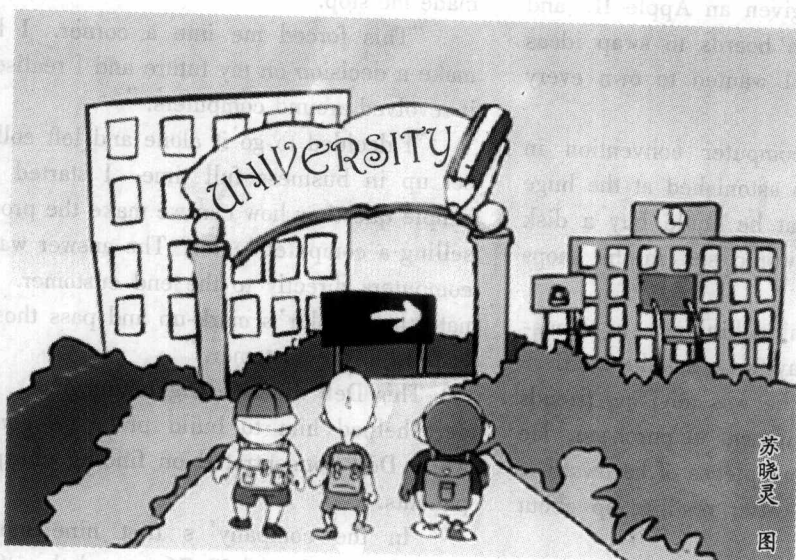
头 5 年内,他的企业业务增长了 80%,1988 年进行了股票。

戴尔说,说不好怎样才能成为一个企业家:"是你潜在的某种气质在起作用。我总是以不同的方式来看问题,认识到我擅长什么,同时在我自己周围组织一支成功的团队。"(黄蓓莺译)

中国人民大学 黄羽玲 摘自 *The World of English*



英国名牌大学拒绝穷学生



# Britain's Leading Universities Exclude Students From Poor Backgrounds

By John O'Leary

The chances of working-class children from poor areas winning a place at one of Britain's leading universities are less than one in 100, according to a study published today that questions the effectiveness of moves to open up top courses.

An analysis of statistics

【参考译文】今天发表的一项调查称,来自贫民区的工人阶级子女,在英国名牌大学赢得一席之地的机会不到1%。这项调查对开放一流高校课程措施的有效性提出了质疑。

collected by government advisers shows the most successful universities to be far more socially exclusive than previously supposed. While students from poor backgrounds are conspicuous by their absence, almost a quarter of sixth-formers at independent schools win places.

政府顾问人员收集的一项统计数字分析显示,这些最成功的大学在社会歧视方面远比以前想像的严重。来自贫穷家庭的学生凤毛麟角,而私立中学6年级学生中有差不多1/4可以上名牌

Previous studies have focused on Oxford and Cambridge universities, where social imbalance remains most marked. But new research by the Sutton Trust, which is spending millions of pounds on initiatives to extend educational opportunities for children from poor homes, ►

大学。  
以往的调查主要集中在牛津大学和剑桥大学。在这两所大学中,社会地位的不均衡仍然是十分明显的。但是萨顿信托基金会进行的新研究表明,这种情 ►

shows that the pattern extends to other leading universities.

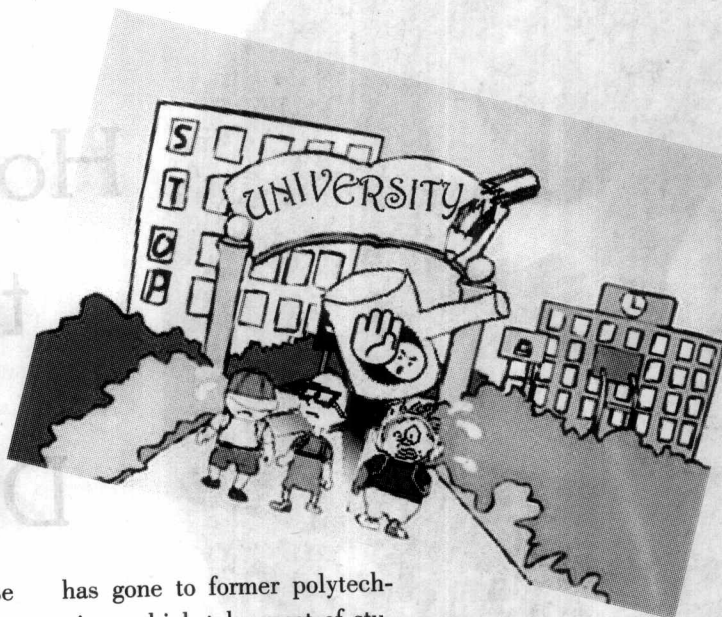
The trust has analysed admissions figures for the 13 universities with the best record in last year's league tables. Peter Lampl, the trust's founder, describes the findings as evidence of a "scandalous waste of talent".

The research shows that the probability of winning a place at one of the 13 universities is approximately 25 times greater for those from a private school than those who come from a lower social class or live in a poor area. The imbalance is twice as great as government advisers expected after adjusting the figures to take account of the subjects offered at each university.

The higher education funding councils, which published the statistics, have offered financial incentives to universities to widen their intake. But much of the money 况扩大到了其他的知名大学。萨顿信托基金会正耗资几百万英镑, 积极为贫穷家庭子女提供教育机会。

该信托基金会对去年高校排名榜中名次最好的 13 所大学的新生录取数字进行了分析。该基金会创办人彼得·兰普尔称这项研究结果证明了存在“可耻的人才浪费”。

这项研究显示, 私立中学毕业生进入这 13 所大学就读的可能性是来自社会地位较低或生活



has gone to former polytechnics, which take most of students from poor backgrounds.

Several leading universities, including Oxford and Cambridge, have launched initiatives to encourage more applications from the state schools. They have had only limited success: half of the intake at Oxford and Cambridge are from independent schools and only 8 per cent come from the three lowest socio-economic classes in 穷人区家庭学生的大约 25 倍。这种差距, 是政府顾问人员在考虑了各校的科目设置之差异而对统计数字作出调整后所预计出的差距的两倍。

公布这些统计数字的各高等教育基金管理委员会已经向大学提供了资助, 以鼓励它们扩大招生范围。但是这些钱大多拨给了以前的工艺专科学校, 这些学校的绝大部分学生来自贫穷人家。

一些知名大学, 例如牛津和剑桥等, 已经启动了鼓励更多公

es, which account for 50 per cent of the population.

Mr Lampl acknowledges that the universities are trying to widen their intake, but he says: "Despite these efforts and good intentions, the situation is if anything getting worse rather than better." The leading universities should follow the example of their American counterparts in seeking out bright students from poor backgrounds. 立中学毕业生申请入学的计划。但这些计划只取得了有限的成功: 牛津和剑桥录取新生的一半来自私立学校, 只有 8% 来自占人口 50% 的三个社会经济地位最低的阶层。

兰普尔先生承认, 各大学正在设法扩大招生范围, 但他说: "尽管有这种努力和良好的意愿, 实际情况却越来越糟, 而不是越来越好。" 在挑选穷人家的优秀生方面, 英国知名大学应该以美国的大学为榜样。(捷青 摘译)

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# How to Drink Sensibly

## 如何理智饮酒

How do you drink sensibly? Mostly by not allowing yourself to get intoxicated. To do that, you need to be aware of what alcohol is, what it does to you, and how to control its effects. Here are a few pointers:

1. Restrict your drinking, even on special occasions. Don't overdo it just because it's your best friend's wedding. A few extra drinks can put you out of commission and make you a danger or a nuisance to those around you.

2. Avoid drinking daily or regularly. If your drinking gets that steady, you're likely to develop a habit that can lead to dependence.

3. Know your limit and make sure you don't exceed it. Keep track of those drinks. If you aren't sure how much alcohol you can handle without losing control, test yourself at home with someone else observing. Then stay within that limit at parties.

4. Avoid mixed drinks that use two kinds of liquor, such as martinis and Manhattans. They are stronger and will get you drunk faster. Choose a drink that is mixed with a nonalcoholic beverage such as orange juice or club soda. ▶

[参考译文]怎样喝酒才理智呢?主要靠不让自己喝醉。要做到这一点,你需要知道酒精是什么,它对你的作用及如何控制其后果。以下是一些点子:

1. 即使在特殊场合,也要节制饮酒。不要因为是最好的朋友的婚礼就喝过头。过量地多喝几杯就可让你忘乎所以,使你成为周围人们的危险人物或讨厌对象。

2. 避免天天喝酒或经常喝酒。如果喝酒如此有规律,你就可能产生依赖性的习惯。

3. 了解你的限量并保证不要超过它。记录你喝下的数量。如果你拿不准避免失控的酒量,就在家自测一下,并请别人在一旁观察。然后在各种聚会上保持在该限度之内。

4. 回避混合饮用两种烈酒,像马提尼和曼哈顿。它们酒劲更大,使你醉得更快。选择掺用诸如橘汁或 ▶