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主 编 林学明 杨静怡

编 者 汤宝莉 张艳乔 柳鑫淼 胡 静 梁 毅

策 划 曹 芸 曾惠杰

责任编辑 曹 芸

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电 话 (010)68996177/68996057(编辑部)

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电子信箱 info@flp.com.cn / sales@flp.com.cn

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编辑推荐序

读书是一种必须，也是一种乐趣！

“零生词”这个理念，我们酝酿了很久。

从学生时代开始，对于英语阅读总是忘文生怯，一个又一个生词、让人晕头转向的复杂句，等理清这些障碍之后，任何美文带来的阅读享受消失殆尽，既达不到学习的目的，也得不到阅读的快乐。读英文，成为学生时代最具压力的一件事情。

我们，深感于此。

读书是一种必须，也是一种乐趣。秉持这样的理念，我们开始了长时间的市场调查。从主题的选择到词句的把关，从插画人物设计到版式的轻松化运用……我们都做了新的尝试。无疑，我们带着学生时代的阅读情愫，运用编辑手法，正在使您的英文阅读变成一件乐事！

“零生词”畅读系列，这就是我们最终呈现给大家的。

畅读，最终“乐读”！哪怕享受到一篇故事的感动或欢愉，我们也将欣慰之至！

编 辑





作者序

将“畅”读进行到底！

“零生词”畅读系列丛书在编辑的精心构思策划下以及作者历经长时间的素材收集、整理、语料精选、编译、趣味问题设计等环节的共同努力下，今天终于与大家见面了！

“零生词”畅读系列丛书紧紧抓住青年读者喜爱的三大故事主题“青春、探险、奇幻”循序渐进展开，每篇故事短小易读，英文句式结构简单，情节引人入胜，用最少的单词诠释最精彩的主题故事，激励大家热爱生活、用心去体验美好的青春。

本系列丛书分别是《那些青春，那些事》、《爱的模样》、《梦飞扬》、《快乐小猪威伯尔》、《勇敢者的游戏》、《魔幻蓝洞》共计六册。英语畅读词汇量分别由3000词、3500词、4000词、4500词、5000词、5500词构成，阶梯式分级阅读，令大家的选择更加贴近阅读的需求，一步步到达快乐畅读的目标。

我们在编写过程中，对每个单词的难易程度严格把握，对每个句式反复揣摩，以期呈现给大家的故事，能够做到“易读、有趣、有益”！

对大家而言，通畅地读英文故事的意义在于，没有生词及复杂句式的



PREFACE

阅读阻碍，流畅的阅读一篇小说。这对建立阅读的信心和积累语感至关重要。目前，英语读物市场中英对译、中文注释的方式虽然在一定程度上减少了阅读的障碍，但是对大家而言，阅读的质量与效果则大打折扣。

光看中文，不愿看英文，只了解了故事的大意，对英文的提高没有帮助；或者边看注释边读文章，思路走走停停，阅读效率低下影响了大家读下去的耐心。这些在阅读过程中经常遇到的状况，都将使简单的“英文阅读”成为需要付出极大耐心才能完成的工程。

在我们策划的这套畅读丛书中，作者与编辑苦苦追求的是：力图对整体的构思主要显现在对故事的精选，以及对语句难易程度的严格把握上。情节起伏跌宕的故事、简单干练的词汇、轻松易读的句式，将成为这套书的最大特色与亮点。

相信大家通过这个系列的丛书能够开心畅读，淋漓的畅读。这不仅能增进大家对社会、世界奇闻趣事方面的了解，扩大知识的视野，更主要地是帮助朋友们能在轻松自如、无障碍畅读心境下，不知不觉提升英语的阅读水平。

本系列的读者对象建议是：具有初步英文基础的社会白领，青年读者；想通过课外青春趣味阅读，轻轻松松，在愉快的状态下提升英语阅读能力的大、中学校在校生朋友们。

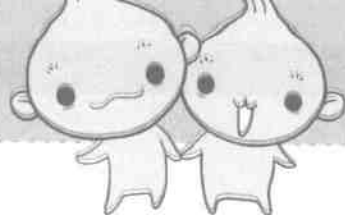
林学明、张宝丹





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SWIMMING WITH DOLPHINS

Two and a half years after I had two massive strokes, the doctor told me, “This is as good as you’re going to get.” This happens to most stroke survivors at some point. When my parents moved to Florida and excitedly told me they’d gotten back in touch with our old neighbors from twenty-five years before, I was not at all prepared.

“The Borgusses have found a dolphin research and education facility in Key Largo,” my mother said, “and Lloyd Borguss has invited you to come and swim with the dolphins!” Yes, I knew such things made vivid documentaries, but this was totally out of my business.

“What are you frightened about, Rusty?” Lloyd asked me over the phone. “This is salt water. You can’t sink.” He finally talked me into visiting, and my parents decided to come along.

I spent an afternoon at Dolphins Plus and watched those mammals interact with the visitors. I saw dolphins and doctors working together with dis-

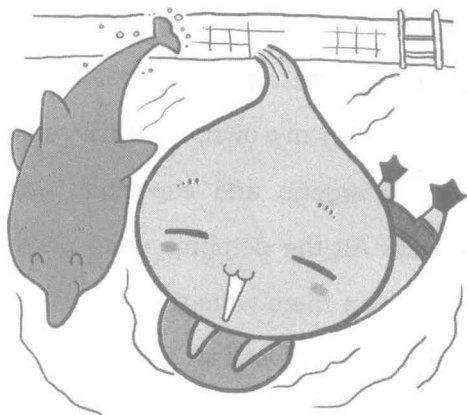
stroke [streuk] n. 中风



abled children and I was impressed. I decided to get beyond all the limits I'd accepted. I said yes to the three sessions offered and vowed to try my best.

The next morning, I used my wheelchair to get myself to a trampoline-like platform just above the water surface. Two staff people lifted me down to the mat. They put fins on both my feet — no more rest for the “bad” one. Then they supported me on both sides as the platform moved on its huge lift into the water.

When we were partially submerged, they fitted a mask and snorkel to my face, and held me carefully as we all floated together off the platform. Lloyd right — I didn't sink after all.



I lay back and put my ears under the water. I could hear the dolphins beneath me. My doctor, Christy, explained that they were “scanning” my body with their sonar. Suddenly, as I lay motionless, a dolphin brushed up against me. It knocked me off balance and I completely tensed up. “Let's set a goal of spending more time on your stomach,”

trampoline ['træmpəli:n] n. 蹦床
snorkel ['snɔ:kl] n. (潜水者的) 通气管



Christy said. "That way you can look through the mask at the dolphins as you swim." The first session lasted a half hour. I expected to be tired out, but I wasn't.

After lunch and a rest, I was more than ready for another try. My confidence level was definitely higher that afternoon as I slipped into water for my second session. This time I was able to float on my stomach, arms outstretched, and both hands balancing my body with my flotation balls. Being with the dolphins motivated me. Now that I could see them, I liked having them near me. I was amazed at how gentle these big creatures could be. They somehow accurately matched their energy with my own, as if they could sense my feelings. I found they were energetic and especially enjoyed interacting with one named Fonzie. All the dolphins were playful, twisting effortlessly through the water. But there were times I swore I saw laughter sparkling in Fonzie's eyes. I found myself laughing, too.

My playmates took me so far out of myself that I felt completely comfortable in the water. Toward the end of the second session, I asked my mother, who was watching us, whether my left leg was obeying my "commands" to move. She gestured excitedly for me to look for myself. I turned and found that my leg was moving side to side. It was still a limited motion, but it meant my brain and my leg were communicating again. I was delighted. As the session ended, I swear that Fonzie was



与海豚同游

在 我得了两次严重中风的两年半后，我的医生告诉我，“你的身体恢复成现在的状态已经很不错了。”这是大多数中风幸存者都会遇到的情况。后来，我的父母搬到了佛罗里达州。当父母兴奋地告诉我，他们与我们 25 年前的邻居取得了联系的时候，我感到有点出乎意料。

“鲍格斯一家在科拉构已经找到了一个做海豚研究和训练的机构，”妈妈说，“并且劳埃德·鲍格斯还邀请你去那里和海豚一起游泳呢！”哦，我知道有这种介绍人和海豚一起游泳的纪录片，并且十分形象生动，但是，这样的事情和我毫不沾边啊。

“你害怕什么呢，拉斯提？”劳埃德打电话问我，“这是盐水，不会沉下去的。”他最终说服我去那里参观，并且我的父母决定跟我一块去。

我在海豚中心待了一个下午，仔细地观察那些高度发达的哺乳动物与游客之间的交流。我看到海豚和医师们一起给残疾儿童治疗，这给我留下了很深刻的印象。我决定要超越自我。于是我同意接受 3 个疗程的训练，并且发誓要尽我最大努力。



第二天早上，我坐着轮椅来到一个像蹦床一样的水垫旁边，它就在水面上。两名工作人员把我抬到了水垫上。他们在我的双脚上固定好潜水用的脚蹼——没有让那只瘫痪的脚闲着。然后，两位工作人员在两侧搀扶着我，慢慢地把垫子移到水中。当我们部分浸入到水中的时候，他们给我戴上了面罩和水下通气管，小心翼翼地扶着我一起离开垫子在水面上漂浮。劳埃德说的没错，我根本不会沉下去。

我躺在水面上，把耳朵浸到水下，听到了海豚在水下发出的声音。我的主治医生克瑞斯提解释说，海豚正在用他们的声纳“扫描”我的身体。我静静地躺在水面上，突然，一只海豚从我身边擦过，使我失去了平衡，我立刻变得紧张起来。克瑞斯提说，“让我们定个目标吧，使你的腹部朝下浮在水面上，这样游泳的时候，你就可以透过面罩看到海豚了。”我的第一个训练阶段持续了半个小时。我以为我会筋疲力尽，但是却没有。

午饭和午休过后，我已经迫不及待地准备好再次尝试。下午第二阶段，我下水的时候，自信心大大增加了。这一次，我可以腹部朝下漂浮在水面上了，胳膊张开，两只手借助漂浮球来平衡身体。这可能是因为受到海豚的鼓舞吧。现在我可以看到海豚了，我喜欢它们在我的周围游来游去。我很吃惊这样的庞然大物竟然如此地温柔。它们总是准确地配合着我的能力而活动，仿佛能猜透我的心思。我发现它们精力很充沛，我特别喜欢与一个名叫风姿的海豚交流。所有的海豚都很顽皮，非常轻松地在水中旋转。我发誓有时我真的看见风姿的眼中闪烁着笑容。这时，我发现自己



也笑了。

我和这些海豚伙伴们都玩疯了，在水里真是太舒服了。当第二个疗程结束的时候，我问一直在旁边关注着我的妈妈，我的左腿是否在听从大脑的指挥，她兴奋地向我比划着，让我自己看。我转身一看，发现我的左腿正一摆一摆地动。虽然只是很有限的摆动，但是这意味着我的大脑和腿又开始交流了。我兴奋极了。第二疗程结束了，我发誓风姿一定也在笑，分享着我成功的喜悦。

第三疗程比第二疗程更顺利。我发现我的那条病腿运动得更加灵活了，而且我也能控制痉挛了，这在第二疗程时我还做不到呢。几只海豚迎面和我优美地擦身而过，我也没有感到害怕。克瑞斯提说那是它们用自己的方式对我表示欢迎。我简直不敢相信我曾经居然害怕这些可爱的家伙。它们对我的接受及其欢快的精神状态，使我重新找回了自己，承接生命的快乐。我感到重获新生。

三个疗程结束了，我回到了家。我感到自己精力充沛，热情四射，信心十足。我又能控制我的腿了，而之前我们差点就放弃了。对于我取得的进步，医学上无法解释，可这都是真的。而且，不只是在身体上，我的精神状态也改善了许多。海豚毫无保留地接受我，帮助我重新接纳了自己，并且学会了爱自己。



A DOG'S LOVE

After two months of my puppy playing tug-of-war with me, one day he just stopped. No matter how much I dangled the rope in front of Rusty, he would not pull on it. The most he would do was to take it and chew on it, but the second my hand touched the rope, he would drop it.

Several days later he began to lay his head on my stomach when I sat on the couch. This was cute until he began to growl at my husband or daughter when they approached me. It was annoying, but didn't seem too serious until he actually nipped my daughter for jumping on me. After that, my husband and I decided that we needed to find Rusty a new home, probably one without any children. We thought it was very odd because he had been so very friendly and good with our daughter up until that incident.

Weeks later when we had finally settled on a new home for our puppy, I discovered I was pregnant. My

dangle ['dæŋgl] v. 摇摆

growl [graʊl] v. 怒吠, 咆哮, 吼



husband and I felt that Rusty had somehow sensed that I was pregnant before we did and, with his odd behavior, was only trying to protect the baby growing inside me. I was the happiest I had been in weeks. We called the people we had found to give Rusty a new home and told them we had changed our minds.

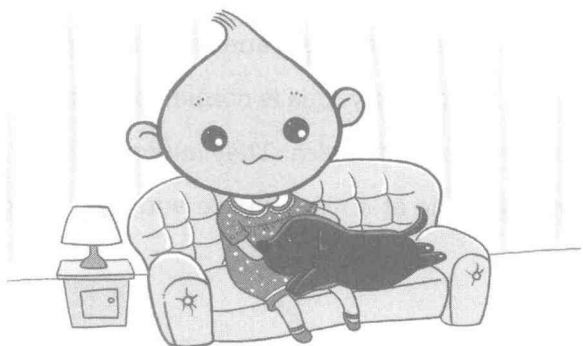
Later that day I called our veterinarian's office and told them what had been happening. Apparently, this is normal for dogs who have developed a strong attachment to females. They suggested that my husband and daughter approach me at a slower pace and try to be gentler when they touched me.

We tried this, and after a week or so, Rusty began to ease up and let them sit by me. He continued to rest his head on my stomach and acted protectively when he felt I was threatened. As time went by he began to bark at me if I lifted anything heavier than clothes or if I started to clean the house. By the time I was three months pregnant, he even pulled on my pant leg if I was on my feet for too long. As soon as I sat down, Rusty would let go and lie at my feet or next to me with his head on my stomach. He often fell asleep this way and would wake up if I moved. Until that time I had no idea that dogs could be so protective or so sensitive to their humans' needs.

When I reached the four-month point in my pregnancy, Rusty's behavior toward me changed abruptly. One night, I was sitting on the



couch watching TV when he got up on the couch and laid his head on my stomach. Nothing unusual about that — until he jumped back up and started barking, looking directly at my stomach. My husband and I were confused.



After that Rusty would not go anywhere near my stomach. He let me pet him for a few minutes but no more. He no longer seemed comfortable around me for any length of time. I grew increasingly nervous as the days passed. I just knew that Rusty was trying to tell me something. My husband insisted I was being silly because I was not having any problems with my pregnancy and there were no signs to indicate that anything was wrong.

A week later I went to an appointment with my doctor and discovered that the baby's heart had stopped beating. It was that Rusty had been trying to tell me.

