

(第三版)

英语背诵 范文精华

打开心灵的窗户感受经典美文，品味人生，领悟生命，
收获改变一生的智慧箴言……

●主 编 / 谭卫国



华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

(第三版)

英语背诵 范文精华

●主 编 / 谭卫国



华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

图书在版编目(CIP)数据

英语背诵范文精华/谭卫国主编. —3版. —上海:华东理工大学出版社,2009.6
ISBN 978-7-5628-2532-6

I. 英... II. 谭... III. 英语—语言读物 IV. H319.4

中国版本图书馆 CIP 数据核字(2009)第 045495 号

英语背诵范文精华 (第三版)

主 编 / 谭卫国

责任编辑 / 陈 勤

责任校对 / 李 晔

封面设计 / 戚亮轩

出版发行 / 华东理工大学出版社

地址:上海市梅陇路 130 号,200237

电话:(021)64250306(营销部)

(021)64252710(编辑部)

传真:(021)64252707

网址:www.hdlgpress.com.cn

印 刷 / 江苏句容市排印厂

开 本 / 890mm×1240mm 1/32

印 张 / 13.375

字 数 / 384 千字

版 次 / 2000 年 12 月第 1 版

2004 年 12 月第 2 版

2009 年 6 月第 3 版

印 次 / 2009 年 6 月第 1 次

印 数 / 90491—97490 册

书 号 / ISBN 978-7-5628-2532-6/H·823

定 价 / 23.50 元

(本书如有印装质量问题,请到出版社营销部调换。)

如您对本书有任何建议,请联系:941487073@QQ.com

内 容 简 介

本书经过第三次修订更加丰富,更加完善,更具有特色,堪称不可多得的范文经典。主要内容和特点如下:一是所选范文语言规范,朗朗上口;二是题材广泛,内容全面;三是通俗易懂,可读性强;四是流行题材多,热门话题多;五是英汉对照,自学方便,适用性强,应用性广。

本书由 24 个单元组成,每个单元至少包括四篇短文。每个单元的短文自成一体,相辅相成,相得益彰。本书所有范文均精心选自国内外出版的各种书刊,其中有一部分是经编者加工、润饰,使之完善的结晶。每篇范文之后有生词短语注音释义和参考译文。参考译文与原文同样精彩,可与原文媲美。熟练诵读本书的范文,就等于掌握了成功作文、成功翻译、成功交际的金钥匙。

本书编委会

主 编 谭卫国
副主编 王颖婷 朱慧蕊
杨立达 陈怡均
谭方方

前言

背诵是公认的有效学习方法之一。著名文学家巴金曾经说过：“我是读了几百篇古文能够背诵，就开始写起文章来。”世界上的文坛巨擘之所以创作出许许多多脍炙人口、流芳百世的诗文佳作，主要是因为他们锲而不舍、坚持不懈地背诵了大量文质兼美的范文。

背诵范文对于外语学习尤其大有裨益。背诵可以帮助我们加深对文章的理解，提高阅读理解能力和作品赏析能力；还可以帮助我们了解文章中用词造句、布局谋篇的内在联系，培养和提高写作能力、听说能力和翻译能力。要想学好外语，背诵这种方法是必不可少的。背诵的文章多了，在大脑这座仓库里储存的语言材料就多了，在阅读时，就会自然而然地联想起已接触并背诵过的词语、句式、结构、篇章，从而有助于我们对新文章的理解和赏析。通过背诵，语言材料增多了，知识增加了，理解能力增强了，听说能力便随之提高了。在写作和翻译时，也会自然地联想起并且模仿运用那些已接触并背诵过的词语、句型和表达法，从而有助于提高写作能力和翻译能力。这个道理是显而易见、毋庸置疑的，无数例子充分证明了这一点。

背诵的真正意义还在于它能够锻炼并提高人的记忆力，而记忆力对于一个人的成长、成才、有所成就实在太重要了。俄国生理学家谢切诺夫(1829—1905)说过：“一切智慧的根源就在于记忆。”

记忆的品质表现为记忆的敏捷性、准确性、持久性和记忆的备用性。人的记忆力的好坏，与本身的遗传天赋固然有关，但主要靠后天的刻苦锻炼。训练记忆力的方法许许多多，而背诵范文就是其中最佳的方法之一。背诵和记忆语言规范、文辞优美、内容充实、饶有趣味、通俗易懂的英汉对照范文，不但能够帮助我们增长知识，优化知识结构，开阔知识视野，从而有助于我们大大提高听说读写译的能力，而且还能够帮助我们洗涤并净化心灵，纯洁和美化语言，进而有助于我们在潜移默化之中陶冶高尚情操。

本书经过第三次修订，更加精彩，更加完善，更具经典特性。本书作为独具特色的英语背诵范文精华，作为大学师生、英语专业工作

者、广大英语应考者和爱好者的背诵本，必定会产生一举多得的效用，必定会成为广大英语学习者和英语使用者的良师益友。

本书的译文大部分为主编所译，其余的则由王颖婷、朱慧蕊、廖如芳、郭应可、陈怡均和谭方方所译（她们每人翻译了约 3 万字），还有少数译文选自国内出版的书刊。所有译文由主编审定。

在此书编写的过程中，编者参考了许多国内外出版的有关书刊，在此谨向这些书刊的编者和作者表示衷心感谢。由于编译者水平有限，书中不妥之处在所难免，诚请同行专家和广大读者不吝指教，以便今后进一步完善。

编 者

2009 年 3 月

Unit 1

Home and Family/家庭与家人

1. Ideas of Home Have Changed/家庭观念的变化 1
2. Three Types of Parents/三种类型的父母 4
3. The American Way: Family/美国人的家庭观 7
4. My Most Unforgettable Character/我最难忘的人 11
5. My Forever Valentine/我永远的情人 17
6. Telling Mom I love Her/告诉妈妈我爱她 21
7. Changing Roles: Stay-at-home Dads/角色转换:居家型父亲 24
8. Is an Only Child a Lonely Child? /独生子女孤独吗? 28

Unit 2

Human Life/人生

1. Human Life/人生 33
2. How to Grow Old/如何活得老 34
3. Love of Life/热爱生命 38
4. Some Pieces of Advice About Life/给你一些生活的忠告 43

Unit 3

Men and Women/男人与女人

1. Male and Female Roles/男女职责 48
2. Please Let Me Have a Little World/给我一个小小的世界 51
3. How You Can Be a Good Wife/怎样做个好妻子 54
4. How You Can Be a Good Husband/怎样做个好丈夫 57

Unit 4

Love and Marriage/爱情与婚姻

1. Love Is a Telephone/爱情是一部电话 60
2. How to Tell When She Flirts with You/如何识别女性示爱的信号 63
3. Diamonds Are a Girl's Best Friends/钻石饰物是女孩的挚友 68
4. Empty-shell Marriages/空壳婚姻种种 72
5. Old-fashioned Romance Keeps Them Going Strong/爱情忠贞 白头偕老 77
6. Making Marriage the Best It Can Be/设法达到婚姻生活的最高境界 81

Unit 5

Laws of Lasting Love/持久爱情的法则

1. Put Time Where Love Is/舍得为爱付出时间 90
2. In Crisis, Become As One/危急时刻, 团结一致 92
3. Take a Loving Look/运用充满爱意的眼神 94
4. Try Another Perspective/换个角度看问题 96
5. Look Out for No. 2/照顾配偶的利益 98

Unit 6

Beauty and Love of Beauty/美与爱美

1. Why Beauty Matters/美为何重要 100
2. Beauty Is in the Eye of the Beholder/男人眼中的完美女人 103
3. The Search for Beauty/美的追求 108
4. Queen of the Universe/宇宙皇后 112

Unit 7

Friends and Relatives/朋友和亲戚

1. On Making Friends/交友之道 116
2. We Need Friends/我们需要朋友 118
3. A Forever Friend/永远的朋友 120
4. My Friend, Albert Einstein/我的朋友——阿尔伯特·爱因斯坦 123
5. Departing Guests/送客 126

Unit 8

Reading and Learning/读书与学习

1. Of Studies/谈读书 129
2. How We Should Read a Book/如何读书 132
3. The College Experience/上大学经验之谈 137
4. Preparing for Final Examination/为期末考试做准备 141
5. What Is a Good student? /何谓好学生? 143

Unit 9

Interview and Employment/面试与就业

1. How to Prepare for an Interview/如何为面试做准备 146

2. What to Do on the Day of an Interview/面试之日做什么 149
3. How to Succeed in an Interview/面试成功的要点 152
4. 21 Tips: From Starting Out to Following Through/21 条启示:
指导就业的全过程 155
5. Writing the Perfect CV/撰写完美的简历 159

Unit 10

Success and Failure/成功与失败

1. Rules Every Achiever Knows/成功者知道的规则 168
2. How to Learn with Success/如何学有成效 172
3. We Can Succeed/我们能成功 174
4. Winners Never Quit/赢者永不言弃 179
5. Don't Worry About Failing/不要担心失败 182

Unit 11

Work and Careers/工作与职业

1. Work and Careers/工作与职业 187
2. Hard Work Is Good for Health/努力工作有利于健康 189
3. Attitude Is What Counts/工作态度至关重要 191
4. When Opportunity Knocks.../当机会敲门的时候…… 194
5. Towards the Teaching Profession/教书职业论 198

Unit 12

Valuable Advice/宝贵的忠告

1. Good Manners/文明礼貌 200
2. Just Stop and Say Hello/停下来问候一声 201
3. Five Traits of the Educated Man/有教养者的五大特点 204
4. What to Do When You Feel Lonely/孤独之时,做些什么 209
5. Advice on Partner Choice/择偶忠言 213
6. Making Requests Instead of Issuing Orders/要提请求,别发命令 216

Unit 13

Literature and Art/文学艺术

1. Jane Austin's Novels/简·奥斯汀的小说 221

2. Tribute to the White Poplar/白杨礼赞 222
3. Artists' Aspiration/艺术家们的心愿 228
4. Music/音乐 230
5. The Reading of a Painting/读画 232
6. The Necessity of Operas and Other Forms of Culture/歌剧和其他娱乐必不可少 238

Unit 14

Science and People/科学与人

1. Science/科学 240
2. Science — A Way of Thinking/科学 —— 一种思维方式 242
3. The Study of Science/科学研究 245
4. Science and People/科学与人 247
5. Spring for Science/科学的春天 249

Unit 15

Great People in the World/世界伟人

1. William Shakespeare — Popular Then and Now/威廉·莎士比亚 —— 当时和现在同样受人喜爱 252
2. Beethoven and Lennon/贝多芬与列侬 255
3. Alfred Nobel — A Man of Contrasts/阿尔弗雷德·诺贝尔 —— 一个对比鲜明的人 260
4. Benjamin Franklin/本杰明·富兰克林 264
5. Governor Ella Grasso/埃拉·格拉索州长 267

Unit 16

Sports & Games and Hobbies/体育运动与业余爱好

1. Sports and Games/体育运动 270
2. What We Want from Sports/我们从体育运动中获得什么益处 273
3. The Pleasure of Walking/步行的乐趣 275
4. Collecting — A Serious Hobby/收藏 —— 一种严肃的爱好 278

Unit 17

World Civilization and Its Fruits/世界文明及其成果

1. Civilization/文明 282
2. The Development of Civilization/文明的发展 284
3. Paper and Its Uses/纸及其用途 288
4. Material Science in the 21st Century/21 世纪的材料科学 292

Unit 18

World-famous Cities/世界名城

1. Beijing/北京 294
2. Shanghai: The Oriental Pearl/东方明珠 —— 上海 297
3. Three New Yorks/三个纽约 303
4. Tokyo/东京 305

Unit 19

Man and Nature/人与自然

1. Man and His Environment/人与环境 308
2. Population and Natural Resources/人口与自然资源 310
3. Significance of Wildlife Protection/保护野生生物意义重大 313
4. Becoming a Child of Nature: It's a Twofold Task of Parents and Children/
做大自然的孩子:父母与孩子的双重任务 315
5. My Heart Was Broken After the Earthquake/地震之后我的心碎了 319

Unit 20

Tourism/旅游

1. Reasons for Traveling/旅行的种种理由 322
2. Taishan/泰山 324
3. Australia: A Land of Exceptional Beauty/
澳大利亚 —— 一个格外美丽的国家 327
4. Travel Manners/入乡随俗 332
5. Cultural Taboos/文化禁忌 335

Unit 21

Culture and Cultural Exchange/文化与文化交流

1. Folk Culture vs. Popular Culture/民间文化与大众文化 340
2. Cultural Exchange/文化交流 343

3. Christmas Celebrations/庆祝圣诞节 346

4. Wedding Customs/婚礼习俗 348

5. Fashionable Decisions/时装抉择 352

Unit 22

Hot Topics/热门话题

1. The Importance of Time in Modern Life/现代生活中时间的重要性 357

2. Crime: An Ever-growing Problem/犯罪: 一个日益严重的问题 360

3. Buying Accommodation/购房 363

4. A Global Economy/全球化的经济 366

5. New Product Development/新产品的开发 369

6. Peace and Development: The Themes of Our Times/
和平与发展: 我们时代的主题 374

Unit 23

Important Topics/重要话题

1. Happiness Index/幸福指数 377

2. Education and Schooling/普通教育与学校教育 382

3. Happiness and Wealth/幸福与财富 385

4. Honesty Is the Best Policy/诚实为上策 389

5. Think It Over.../好好想想 392

Unit 24

Prospects of the New Century/新世纪的展望

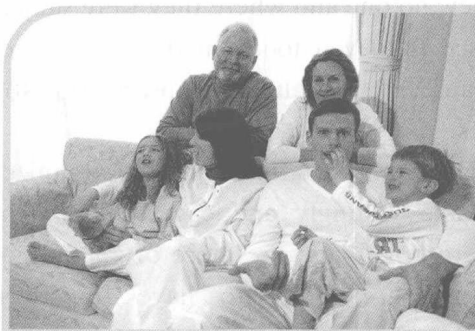
1. Looking to the 21st Century/展望 21 世纪 395

2. Trends for the 21st Century/21 世纪的趋势 400

3. Life-styles of the 21st Century/21 世纪的生活方式 406

4. Prospects of the New Century/新世纪的展望 410

参考书目 414



Unit 1

Home and Family

家庭与家人

① Ideas of Home Have Changed

A great many people, when they speak of home, tend to associate it with a certain atmosphere, certain physical surroundings, and certain emotional attitudes within themselves. This sentimentality toward home is something that has come down to us from the past. Many modern people do not have it, and I think it is a good thing that they do not.

In the old days life was difficult. Enemies could attack you and kill or rob you, and you had little protection against them. People did not live in well-built houses where doors could be locked. They did not have the protection of an organized police force or telephones which could summon the police instantly. How did this influence the way people felt about home? Small family groups clung tightly together for protection against beasts and against other men. Only the bravest went beyond the small family area. Even in the Middle Ages only the most daring went to lands beyond the sea. The human pursuit of security conditioned men to love their homes. I am sure that this feeling must have been very strong among the early settlers of the United States who were obliged, by famine and oppression, to take the plunge and go to

the new land where they knew no one and where they were subject to Indian attack. We can see this even today in the attitudes of minority groups who, because of a feeling of insecurity, still preserve cohesive family ties.

Today, thanks to modern transportation and well-organized societies, thousands of people willingly and eagerly leave the surroundings where they were born, and the more often they do so, the less sentiment they are likely to have for those surroundings. I lived in England for three years, and I noticed that boys and girls left their parents' homes and lived in dwellings of their own. There they could just telephone and ask an agency to provide them with a house or an apartment, which was their home. How has the meaning of the word *home* been altered by such activity? What does *home* mean to those people or to families who often move about, living in first one hotel and then another? I believe that for them home means a place where they can have privacy.

This idea of *home* as being a place of privacy is emerging in my country, Saudi Arabia, where the young are abandoning their parents' homes to live their own life. As for me, the atmosphere and surroundings of the place where my parents live have no sentimental attachment. *Home* is where I can shut the door and be by myself. At the moment it is a room in Eaton Hall. When I left my parents several years ago, I was anxious to leave. You might call it unfeeling, but that was the way I felt. On the day of my departure for the United States, my grandmother sobbed and wept. My father, however, indicated that he understood how I felt. "Son," he said, "I am not sorry that you are leaving us. I only hope that you make the most of your time."

Words and Expressions

1. associate [ə'səʊʃieɪt] *vt.* 由……联想到,把……与……联想在一起
2. surroundings [sə'raʊndɪŋz] *n.* 周围的事物,环境
3. sentimentality ['sentɪmen'tælɪtɪ] *n.* 多愁善感,感伤
4. summon ['sʌmən] *vt.* 召唤,召集;集拢,聚集
5. cohesive [kəʊ'hɪsɪv] *adj.* 有附着力的,有内聚力的
6. sentiment ['sentɪmənt] *n.* 感情,情绪,情操;伤感;意见;观点
7. dwelling ['dwelɪŋ] *n.* 住处,住宅
8. agency ['eɪdʒənsɪ] *n.* 经销;代理;经销处;代理处;工具;媒介;作用;力量
9. emerge [ɪ'mɜ:dʒ] *vi.* 出现,暴露;(从困境中)摆脱;发生
10. attachment [ə'tætʃmənt] *n.* 附着,附属,附带;附属物,附件;情感,深情友爱
11. to take the plunge: 采取断然行动;冒险尝试,毅然从事
12. where they were subject to Indian attack: (在那儿)他们受到印第安人的攻击

参考译文

家庭观念的变化

许多人在谈到家的时候往往将它和某种气氛、某种环境及内心的某些情感态度联系在一起。这种对家的依恋情感古已有之,代代相传。许多现代人不再有了,我认为这是件好事。

在遥远的过去,人们生活十分艰难。敌人可能会攻击你,杀害你或抢劫你的财富,而你却毫无还手之力。人们并不住在可以锁门闭户的构造坚固的房子里。他们没有一支有组织的警察队伍的保护,也不能随时打电话报警。这些怎样影响人们对于家的感情呢?小家族的成员紧密团结,聚在一起,共同抵御野兽和敌人。只有最勇敢的人才离开小家族管辖区。甚至在中世纪也只有最勇敢的人才敢涉足海外。人类对安全的追求决定了人们对家的热爱。我相信,美国的

早期定居者对此一定深有感触。他们被饥荒、压迫逼得走投无路，只好毅然决然冒险来到这个举目无亲、易受印第安人攻击的陌生的地方。甚至今天，我们从少数民族团体的态度也可以看出这一点。由于缺乏安全感，他们仍然保持着富有凝聚力的家庭纽带。

今天，由于有了现代交通工具和组织良好的社会，成千上万的人们愿意并且渴望离开他们出生的环境。而且，他们离家外出越频繁，对那个环境的情感就可能越少。我曾经在英国呆过三年。我注意到孩子们离开父母的家，住进自己的房子。在英国，他们只需拿起电话，要求一家房地产经销处提供一幢房子或一套公寓，那就是他们的家了。家这个词的意义是如何被这种行为改变的呢？家对于那些经常流动、从一家旅馆搬到另一家旅馆居住的人们或家庭成员又意味着什么呢？我认为，家对他们来说是一个离群独处不受干扰的地方。

在我的国家沙特阿拉伯，年轻人放弃父母的家去过他们自己的生活。这种把家作为私人独处之地的看法正在我的国家形成。我对父母居住之地的气氛、环境没有眷恋的情感。家就是一个我关起门来独处的地方。现在我的家就是伊登宿舍的一个房间。几年前当我离开父母时，我没有恋恋不舍，巴不得快快离开。你也许会觉得这是无情无义，然而那确实是我的感受。我离家去美国那天，祖母呜咽，泪流不止。但我的父亲却表明他能理解我的心情。“孩子，”他说，“我对于你的离去不觉得悲伤。我只希望你能充分利用时间。”

② Three Types of Parents

It is universally true that all parents in the world love their children. However, as parents' views of life vary, they show their love in different ways. Generally speaking, parents can be classified into three types: the monarch type, the servant type, and the friend type according to their different ways of showing their love for their children.

The monarch type of parents are intolerant, autocratic, and