

TOPWAY



大学英语4级

经典美文

——150篇——

华研外语 四六级研究中心 主编

10

大原版素材, 覆盖四级词汇

〔 演讲、访谈、电影选段、散文、
小说选段、名家名篇、英美报刊…… 〕



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The background is white with a decorative pattern of various circles and rings in shades of gray. Some circles are solid, some are hollow, and some have smaller circles inside them, creating a bubbly, abstract effect.

Unit 1

青春励志

Never Stop Dreaming

别停下梦想的脚步

Hexema Onar ©赫瑞马·欧纳

Leave the **excess baggage** of yesterday's mistakes and dare to enter into all the tomorrows. Leave yesterday to history and **resolve** to begin fresh each new day daring to make dreams become a **reality**.

Dreams cannot be bought, sold, nor traded. Dreams are the part of us that no one else can **claim** right to **possess**. Dreams are what keeps life full of **passion** and **vitality**!

Do not allow others to **define** who we are or what our desires may be. When we allow others to define our **boundaries**, we become the limits others have **imposed** upon us. Our dreams are our own and belong to no one else.

Never admit defeat to a wasted life by **forsaking** your dreams!

Life is sweetened by friendships we **encounter** along the **highways** that journey into our dreams. Dreams are **complex** and take years to **accomplish**, while holding onto the **simplicity** of a very young child.

Do not allow life and the demands of making a living force you to put dreams on hold. Not just the successfully rich and famous have a right to their dreams. **Chase** after them as the wind!

The very fact that you are reading these words at this moment is the accomplishment of a dream coming true. Since early childhood, I have had a dream to write and for others to read what I have written, whether it is poetry or simple stories and ideas. I have not dreamed of fortune or **fame**, but only to be able to write in a manner that others can read and possibly make a difference in their lives.

People have a need to read, I have a need to create with words same as a musician creates music with instruments, or an artist paints his imaginations before our eyes.

Please keep dreaming and never give up on yourself.

昨日犯下的错误犹如超重的行李,放下它吧,勇敢地步入未来!把昨天留给

历史,下定决心,重新开始每个全新的日子,让梦想变成现实。

梦想不能买卖,也不能用来交易。梦想是每个人的组成部分,除自己以外,谁也无法占有。梦想让生命充满了激情与活力!

别让他人来界定我们是什么样的人或者应该有什么样的梦想。如果允许别人来对我们进行界定,我们就要承受别人强加于我们身上的约束。梦想只属于我们自己,不属于其他任何人。

抛弃梦想就是承认失败,承认一生虚度——千万别这样!

我们在通往梦想的途中收获的友谊会让生活变得甜美。梦想往往错综复杂,需多年方能实现,同时还要保持一颗孩童般纯洁的心。

不要因为忙于生计而搁置你的梦想。并非只有成功的富人和名人才有追求梦想的权力。要像风一样紧追着自己的梦想!

其实,此刻你读着这些文字,已是一个梦想的实现。我从童年起就梦想着写点东西,诗歌也好,简单的故事也好,思想的火花也好,总之能够供人阅读。我没有梦想过财富和名声,我只想写些东西,让别人读得懂,可能的话,对他们的生活产生一些积极的影响。

人们有读书的需要,而我有用文字进行创作的需要,正如音乐家用乐器创作音乐,或者画家把他想象的画面呈现于我们眼前一样。

请不要停下梦想的脚步,永远不要放弃。

四级词汇

excess /ɪk'ses/ *a.* 超重的

resolve /rɪ'zɒlv/ *vi.* 决定

claim /kleɪm/ *vt.* 对……提出要求

passion /pæʃən/ *n.* 激情

define /dɪ'faɪn/ *vt.* 给……下定义

impose /ɪm'pəʊz/ *vt.* 把……强加于

encounter /ɪn'kaʊntə/ *vt.* 遇到

complex /kəmpleks/ *a.* 复杂的

simplicity /sɪm'plɪsɪti/ *n.* 简单

fame /feɪm/ *n.* 名声

baggage /'bæɡɪdʒ/ *n.* 行李

reality /rɪ'ælɪti/ *n.* 现实

possess /pə'zes/ *vt.* 占有

vitality /vaɪ'tæləti/ *n.* 活力

boundary /'baʊndəri/ *n.* 界限

forsake /fə'seɪk/ *vt.* 抛弃

highway /'haɪweɪ/ *n.* 公路

accomplish /ə'kʌmplɪʃ/ *vt.* 实现

chase /tʃeɪs/ *vi.* 追求

Take Full Advantage of Your Mistakes

利用好你的错误

Mistakes and **errors** are the **disciplined** truth which we advance in life. Mistakes are great teachers. Success comes to those who are willing to risk making mistakes in the **pursuit** of their goals and **aspirations**, and who are able to learn from those mistakes. And in order to learn from mistakes you must be willing to pay for them.

Mistakes can be **enormously** valuable, but when you try to get others to pay for your mistakes, then you **deprive** yourself of the opportunity to learn from them. When something goes wrong, it's usually very easy to find someone else to blame, but what does that really **accomplish**?

Much of the value of mistakes comes from the fact that they demand a cost that must be paid. The person who learns the most from a mistake is the person who pays the price for that mistake.

When you make a mistake, the last thing you want to do is run away from it. You need to accept it because you can learn a lot from it. The mistake has been made, so make the most of it. Pay the price, learn the lesson, and grow that much stronger.

When you make a mistake, don't look back at it long. Remember the reason for it, and then look forward. Mistakes are lessons of **wisdom**. The past cannot be changed. The present is still in your power. Take full advantage of your mistakes to achieve your goals and aspirations.

过失和错误让我们辨别是非,帮助我们前进。错误是伟大的老师。成功总是眷顾那些敢于冒着犯错的危险去追求他们的目标和理想,并善于从错误中吸取教训的人。为了从过失中吸取教训,你必须愿意为之付出代价。

错误可能具有巨大的价值,但是如果你想让别人来为你的错误付出代价,那你就丧失了从错误中学习的机会。当出了差错时,去责备他人总是很容易的,但是那又有什么用呢?

错误的价值在很大程度上体现为人们必须为所犯的错误的付出代价。从错误中学到最多的那个人就是为之付出代价的人。

当你犯错时,你最不应该做的事情就是逃避错误。你需要接受这个事实,因为你可以从中吸取很多教训。既然已经犯了错误,那就最大限度地利用它。付出代价,得到教训并成长得更加坚强。

当你犯错时,不要总放在心上。记住犯错的原因,然后向前看。犯错是智慧的课程。过去无法改变。现在仍在你的手中。利用好你的错误,来实现你的目标和理想。

四级词汇

error /erə/ *n.* 错误

discipline /ˈdɪsɪplɪn/ *vt.* 训导

pursuit /pə'sju:t/ *n.* 追求

aspiration /æspɪ'reɪʃən/ *n.* 志向

enormously /ɪ'nɔ:məʃli/ *ad.* 极大地

deprive /dɪ'praɪv/ *vt.* 使丧失

accomplish /ə'kʌmplɪʃ/ *vt.* 达到(目的)

wisdom /ˈwɪzdəm/ *n.* 智慧

佳句赏析

【背诵佳句】 Success comes to those who are willing to risk making mistakes in the pursuit of their goals and aspirations, and who are able to learn from those mistakes.

【赏析】 作者在这里通过一句话恰当地指明了获取成功所需要的条件:敢于犯错、目标坚定并学会吸取教训。其中两个 **who** 引导的定语从句完美地展现了成功者的特点。

【写作佳句】 The person who learns the most from a mistake is the person who pays the price for that mistake.

【赏析】 这是一句非常容易模仿的句式。The person who... is the person who... 的意思是“……的人就是……的人”。例如: The person who makes you happiest is the person who can hurt you the most. (能让你最开心的人也可能成为让你最受伤的人。)

Another Door Opens

另一扇门为你敞开

When I come across a good **essay** in reading newspapers, I am often **inclined** to cut and keep it. But just as I am about to do so, I find the article on the opposite side is as much interesting. It may be a discussion of the way to keep in good health, or advice about how to **behave** and **conduct** oneself in society. If I cut the front essay, the opposite one is **bound** to suffer damage, leaving out half of it or keeping the text without the subject. As a result, the **scissors** would stay before they start, or halfway done when I find out the regretful **consequence** that **inevitably** causes my **repentance**.

Sometimes two things are to be done at the same time, both **deserving** your attention. You can only take up one of them, the other has to wait or be given up. But you know the future is unpredictable—the changed situation may not allow you to do what is left behind. Thus you are caught in a fix and feel sad? How come that nice opportunities and **brilliant** ideas should gather around all at once? It may happen that your life changes dramatically on your preference of one **alternative** to the other.

In fact, that is what life is like: we are often faced with the two opposite **aspects** of a thing which are both **desirable** like newspaper cutting. It often occurs that our attention is drawn to one thing only after we are engaged in another. The **former** may be more important than the **latter** and give rise to a divided mind. I still remember a **philosopher's remarks**, "When one door shuts, another opens in life." So a **casual** or **passive** choice may not be a bad one.

Whatever we do in our lifetime, wherever life's storm **tosses** us, there must be something we can achieve, some shore we can land, that opens up new vistas to us. Don't forget God always keeps an alternative door open for every one. While the front door is closed, there must be another open for you.

读报的时候,看到一篇好文章,总想把它剪下来收藏。就在我拿起剪刀准备剪的时候,才发现反面的文章也很有趣,它要么是讨论如何健康养生,要么是建议你如何为人处世。假如你剪了这一面的文章,那么另一面的文章势必会被损坏,只留下一半或缺少文章题目。因此,举起的剪刀往往停在半空便不舍下手去剪,继而不可避免地后悔、遗憾。

有时候,在同一时间有两件事要做,并且这两件事都值得你去关注。你只能选择其中一件,另一件事只能等到以后再做或者干脆放弃。可是你知道,未来不可预知,今后的变化可能不允许你完成剩下的这件事。所以你会觉得郁闷:为什么这么好的机遇和绝妙的想法会聚集到同一个时间?有可能就是因为你选择了这件事而放弃了那件事,你的一生就会发生戏剧性的改变。

这就是生活,像剪报一样,我们经常面临正反都完美的一件事,可是当我们忙碌于这件事的时候,注意力却又被另一件事所吸引。前者或许比后者更重要,我们举棋不定。我仍然记得一位哲学家的话:“当一扇门关闭时,生活会为你开启另一扇门。”所以不经意或被动选择,或许并不是坏事。

不管我们做什么,不管生活的暴风雨把我们吹向何处,我们一定可以实现梦想,哪里都有我们可以落脚的海岸,因为生活会为我们开启另一扇门。当有一扇门对你关闭时,一定会有另一扇门为你敞开。

四级词汇

essay /'eseɪ/ *n.* 散文

behave /bɪ'heɪv/ *vt.* 检点(自己的)行为

bound /baʊnd/ *a.* 一定的

consequence /'kɒnsɪkwəns/ *n.* 后果

repentance /rɪ'pentəns/ *n.* 悔改

brilliant /brɪljənt/ *a.* 杰出的

alternative /ɔ:l'tɜ:nətɪv/ *n.* 供选择的东西

desirable /dɪ'zɑ:ərəbl/ *a.* 值得拥有的

latter /lætə/ *n.* 后者

remark /rɪ'mɑ:k/ *n.* 话语

passive /'pæsɪv/ *a.* 被动的

incline /ɪn'klaɪn/ *vi.* (使)倾向于

conduct /kən'dʌkt/ *vt.* (行为)表现

scissors /'sɪzəz/ *n.* 剪刀

inevitably /ɪn'evɪtəblɪ/ *ad.* 不可避免地

deserve /dɪ'zɜ:v/ *vt.* 应受

aspect /æspekt/ *n.* 方面

former /'fɔ:mə/ *n.* 前者

philosopher /fɪ'lɒsəfə/ *n.* 哲人

casual /'kæʒʊəl/ *a.* 偶然的

toss /tɒs/ *vt.* 扔