

新东方  
名师

宋平明◎主编

# 新大学英语四级 美文夜读120篇

赏析与学习结合 · 于轻松中掌握词汇语法

语言与文学结合 · 于悦读中领略双语魅力

经典与时代结合 · 于方寸中纵览全球热点

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# 新大学英语四级 美文夜读120篇

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## 前言

作为一名在新东方讲授近十年的英语老师，我能够深刻感受到同学们在英语学习过程中的困惑和难处，也能够切实把握住同学们学习英语的节奏和规律，所以我希望通过自己对英语学习特点的理解以及学习规律的掌握，为同学们提供力所能及的、切实有效的以及简单易学的英语学习方法和教材。

前几年，我出版过一套大学英语四、六级美文阅读系列的图书，这些图书深受同学们喜爱，一再加印，供不应求；但是几年过去了，有些文章过于陈旧，出版时因为水平有限时间紧张也有些错误，所以这次重新遴选更为时尚和经典的美文编写成书，希望能够给同学们的英语学习提供更大的帮助。

本套书是作者在深刻领悟四级考试规律、综合英语综合水平提升技巧以及总结长期一线教学实践经验而倾心编著的。我们精选了与大学英语四级考试难度相似以及长度相似的各类文章，配上精美译文，标注常考词汇以及常考词组，精准分析长难句，供大家学习、模仿以及写作时参考使用。总的来说本套书有如下特点和功用：

经典选文与时尚选文结合，扩展知识面

本套书既选编了流传已久的经典美文，也选入了与时代脉搏紧密相连的时尚美文，让同学们阅读时既可以感悟经典也可以与时俱进，从而能够紧跟时代步伐，掌握英语精华。

素质提升与应试教育结合，注重实用性

同学们可以通过阅读和学习本套书而使阅读、翻译、语法甚至写作方面得到全面的提高，既能应付各类考试，亦能提高综合素质，成为时代完美弄潮儿。

常考词汇与语法分析结合，提升阅读力

选文结合大学英语四级常考词汇，让同学们能够全面掌握考试词汇，同时配备长难句的精准名师讲解，全面提升英语基词汇基础和长难句分析能力。

我希望这套书能够为大家的英语学习提供切实的帮助，同学们能够在阅读之后提升英文水平、感受英文魅力。希望大家能喜欢这套书！

宋平明

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# Part One

## 成长教育

# Unit 1

## Foreword

习惯是一种最不被人重视的存在,然而习惯却会把你导向成功或者失败。良好的习惯能使平庸者成为人才,不好的习惯却只能埋没人才。

## Excellence Is Not an Act, But a Habit

Our character, basically, is a composite of our habits. 'Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny,' the maxim goes.

Habits are powerful factors in our lives. Because they are consistent, often unconscious patterns, they constantly, daily, express our character and produce our effectiveness or ineffectiveness.

As Horace Mann, the great educator, once said, 'Habits are like a cable. We weave a strand of it everyday and soon it cannot be broken.' I personally do not agree with the last part of his expression. I know habits can be learned and unlearned. But I also know it isn't a quick fix. It involves a process and a tremendous commitment.

① Those of us who watched the lunar voyage of Apollo 11 were transfixed as we saw the first men walk on the moon and return to earth. But to get there, those astronauts literally had to break out of the tremendous gravity pull of the earth. More energy was spent in the first few minutes of lift off, in the first few miles of travel, than was used over the next several days to travel half a million miles.

Habits, too, have tremendous gravity pull more than most people realize or would admit. ② Breaking deeply imbedded habitual tendencies such as procrastination, impatience, criticalness, or selfishness that violate basic principles of human effectiveness involves more than a little willpower and a few minor changes in our lives. 'Lift off' takes a tremendous effort, but once we break out of the gravity pull, our freedom takes on a whole new dimension.

Like any natural force, gravity pull can work with us or against us. The gravity pull of some of our habits may currently be keeping us from going where we want to go. But it is also gravity pull that keeps our world together, that keeps the planets in their orbits and our universe in order. It is a powerful force, and if we use it effectively, we can use the gravity pull of habit to create the cohesiveness and order necessary to establish effectiveness in our lives.



## 卓越仅仅是一个习惯

人的品德基本上是由习惯组成的。俗语说:思想决定行动,行动决定习惯,习惯决定品德,品德决定命运。

习惯对我们的生活有绝大的影响,因为它是一贯的。在不知不觉中,经年累月影响着我们的品德,暴露出我们的本性,左右着我们的成败。

美国著名教育家曼恩曾说:“习惯就仿佛是一条缆绳,我们每天为他缠上一股新索,不用多久就会变得牢不可破。”这句话的后半段我不敢苟同,我相信习惯可以养成,也可以打破,但绝不是一蹴而就,而是需要长期的努力和无比的毅力。

①宇航员搭乘阿波罗 11 号太空船,首次登陆月球的刹那,的确令我们所有人叹为观止。但宇航员得先摆脱地球强大的引力,才能飞往月球。由此在刚发射的几分钟,也就是整个任务一开始的几英里之内,是最艰难的时刻,所耗的力量往往超越往后的几十万英里。

习惯也是一样,它具有极大的引力,只是许多人不加注意或不肯承认了。②想要革除因循苟且,缺乏耐心,吹毛求疵或自私自利等不良习性,若是缺乏意志力,不能大刀阔斧的改革,便难以实现目标。“起飞”需要极大的努力,然而一旦脱离重力的牵绊,我们便可享受前所未有的自由。

习惯的引力就如同自然界所有的力量一般,可以为我们所用,也可能危害我们,关键看我们如何运用。不过,习惯或许一时有碍于达到目标,但也有积极的一面。宇宙万物各循轨道运行,彼此保持一定的秩序,毕竟也都有赖于引力的作用。所以只要我们善于运用习惯的庞大引力,就能使生活有重心,有秩序,有效率。

### 📖 重难点词汇

composite [ˈkɒmpəzɪt] *adj.* 合成的, 复合的 *n.* 合成物

sow [sau] *vt.* 播种, 散布, 使密布 *vi.* 播种

reap [ri:p] *v.* 收割, 收获

maxim [ˈmæksɪm] *n.* 格言, 座右铭

consistent [kənˈsɪstənt] *adj.* 一致的

conscious [ˈkɒnʃəs] *adj.* 有意识的, 有知觉的

effective [ɪˈfektɪv] *adj.* 有效的

cable [ˈkeɪbl] *n.* 电缆, 海底电报, 缆, 索

weave [wi:v] *vt.* 编织, 组合

strand [strænd] *n.* 绳、线之一股 *vi.* 搁浅 *vt.* 使陷于困境, 搓

tremendous [triˈmendəs] *adj.* 极大的, 巨大的

lunar [ˈljʊnə] *adj.* 月的, 月亮的

transfix [trænsˈfɪks] *vt.* 刺穿, 使呆住

astronaut [ˈæstrənɔ:t] *n.* 太空人, 宇航员

gravity [ˈgrævɪti] *n.* 地心引力, 重力

imbed [im'bed] *v.* 埋藏, 埋入

procrastination [prəʊ,kɹæsti'neɪʃən] *n.* 延迟, 拖延

selfish ['selfɪʃ] *adj.* 自私的

violate ['vaɪəleɪt] *vt.* 违犯, 亵渎(圣物), 干扰

willpower ['wɪlpəʊə(r)] *n.* 毅力, 意志力

dimension [di'menʃən] *n.* 尺寸, 尺度, 维(数)

orbit ['ɔ:bit] *n.* 轨道

cohesive [kəu'hi:sɪv] *adj.* 粘着的

establish [is'tæblɪʃ] *vt.* 建立, 设立

## 📖 重难点词组

break out 突发, 爆发

lift off (火箭, 导弹等)发射, (直升机等)起飞

keep from doing 阻止, 隐瞒, 抑制

in order 整齐, 状况良好, 适宜

## 📖 长难句精析

1. Those of us who watched the lunar voyage of Apollo 11 were transfixed as we saw the first men walk on the moon and return to earth.

**结构精析:**本句是复合句。主句 Those of us... were transfixed... 是个被动句, who watched the lunar voyage of Apollo 11 是个定语从句修饰 Those of us, as we saw... 是个 as 引导的时间状语从句。

**语法重点:**定语从句, as 引导的时间状语从句。

2. Breaking deeply imbedded habitual tendencies such as procrastination, impatience, criticalness, or selfishness that violate basic principles of human effectiveness involves more than a little willpower and a few minor changes in our lives.

**结构精析:**本句是复合句。主句是 Breaking deeply imbedded habitual tendencies... involves more than a little willpower and a few minor changes in our lives, 主语是动名词短语, 其中的 more than 表示“不仅仅”的意思, that violate basic principles... 是个 that 引导的定语从句, 修饰前面的 procrastination, impatience, criticalness, selfishness 这几个名词。

**语法重点:**动名词短语做主语, 定语从句, more than 比较结构。

Misfortunes never come alone.

祸不单行。

# Unit 2

## Foreword

《富爸爸,穷爸爸》以简单的方法帮助家长给孩子灌输重视钱的价值观念,以及更好地了解挣钱的办法。

### Rich Dad, Poor Dad

① Most parents would probably be extremely grateful to be shown an easy way to instill into their children an appreciation of the value of money and a better understanding of how to make it. According to some critics, they can find the answer by reading a new bestselling book by financial wizard Robert T. Kiyosaki.

*Rich Dad, Poor Dad* has the title of a novel rather than a how-to treatise, and indeed, much of the book is written in story form. Its central theme is summed up by the subtitle *What the Rich Teach Their Kids about Money That the Poor and Middle Class Do Not?* The author also strongly disparages the tendency of most people to work for money rather than "letting money work for them".

Kiyosaki illustrates his point in the first part of the book by narrating a story based on his childhood experiences. ② The title refers to the author's own highly educated father, the "poor dad" who always had to work hard to meet the family's needs; and the "rich dad", a neighbor who had dropped out of high school but whose financial acumen turned him into a multimillionaire.

The book has generated its share of negative feedback. For one thing, some reviewers have lashed out against its anti education slant. ③ All agree, though, that Kiyosaki is sound on the need to shake off a fearful, conservative mindset in order to make it big financially.

### 富爸爸,穷爸爸

① 如果有个简单的方法能帮助家长给孩子灌输重视钱的价值观念,以及更好地了解挣钱的办法,相信多数家长都会十分感激的。根据评论家的观点,父母可以在一本由财经奇才罗伯特·T·清崎所著的畅销书中找到答案。

《富爸爸,穷爸爸》有点像小说的书名,而不像是一部入门的专著。的

确,书的大部分内容以故事的形式写成。书的副标题——富人教给孩子有关金钱的观念和穷人与中产阶级所教的相左,归纳了该书的主题。作者也强烈蔑视大多数人为钱工作而不是“让钱为人工作”的倾向。

清崎在书的第一部分根据自己童年的经历讲述故事来阐述他的观点。②书名中的“穷爸爸”是指他受过高等教育的父亲,他为了满足家庭的需求而努力工作;“富爸爸”则是指一位高中就辍学的邻居,但其敏锐的理财眼光却使他成为大富豪。

本书也得到一些负面的反馈。其中一些图书评论家抨击了该书的反教育倾向。③不过,大家都认为清崎的主张是合理的,要赚大钱就必须先摆脱恐惧、保守的心态。

### 📖 重难点词汇

extremely [iks'tri:mli] *adv.* 极端地,非常地

instill [in'stil] *vt.* 慢慢地灌输

treatise ['tri:tiz] *n.* 论文,论述

disparage [dis'pæridʒ] *vt.* 蔑视,贬损,使失去信誉

illustrate ['iləstreit] *vt.* 举例说明,图解,加插图于,阐明 *vi.* 举例

negative ['negətiv] *adj.* 否定的,消极的,负的,阴性的

lash [læʃ] *vt.* 鞭打,摆动,扎捆,冲击,煽动 *vi.* 猛击,急速甩动

slant [slɑ:nt] *v.* (使)倾斜,歪向 *n.* 倾斜

conservative [kən'sə:vətiv] *adj.* 保守的,守旧的 *n.* 保守派

### 📖 重难点词组

sum up 计算……的总数,概括,总结

refer to 查阅,提到,谈到,打听

meet one's need 满足某人的需要

drop out 不参与,离去,放弃

turn into 进入,(使)变成

lash out 猛击,急速甩动

shake off 抖落,摆脱

### 📖 长难句精析

1. Most parents would probably be extremely grateful to be shown an easy way to instill into their children an appreciation of the value of money and a better understanding of how to make it.

**结构精析:**本句是一个简单句。主语是 Most parents,谓语结构是 would probably be extremely grateful to, to be shown... it 可以看做是不定式短语作宾

语, to instill... it 是不定式短语作后置定语修饰 way, how to... it 是带疑问词的不定式短语作介词后的宾语。

**语法重点:**不定式短语做宾语, 定语。

2. The title refers to the author's own highly educated father, the "poor dad" who always had to work hard to meet the family's needs; and the "rich dad", a neighbor who had dropped out of high school but whose financial acumen turned him into a multimillionaire.

**结构精析:**本句是一个并列复杂句。主句是 the title refers to... "poor dad" and the "rich dad"。两个 who 引导的定语从句分别修饰 poor dad 和 a neighbor, whose 引导定语从句修饰 a neighbor, 其中 but 是表示两个定语从句中的轻微转折, to meet... needs 是不定式短语作目的状语。

**语法重点:**并列句, 定语从句, 不定式短语作状语。

3. All agree, though, that Kiyosaki is sound on the need to shake off a fearful, conservative mindset in order to make it big financially.

**结构精析:**本句是个复合句。though 作为插入语, 表示转折。主句是 "All agree, ... , that... , that" 引导宾语从句, to shake off... mindset 不定式短语作后置定语修饰 need, in order to... 是不定式短语作目的状语。

**语法重点:**不定式短语作定语, 状语。

Good company on the road is the shortest cut.

行路有良伴就是捷径。

# Unit 3

## Foreword

学习成绩是否优异跟吃什么有关系吗？加拿大一项研究证实：饮食习惯好的孩子学习成绩也比较好。

## Healthy Diet Means Better School Performance

Kids who eat better perform better in school, a new study of Nova Scotia fifth-graders confirms.

Students who ate an adequate amount of fruit, vegetables, protein, fiber and other components of a healthy diet were significantly less likely to fail a literacy test, Dr. Paul J. Veugelers of the University of Alberta in Edmonton and colleagues found.

① While a healthy diet is generally assumed to be important for good school performance, there has actually been little research on this topic, Veugelers and his colleagues note. To investigate, they looked at 4 589 fifth-graders participating in the Children's Lifestyle and School-performance Study, 875 (19.1 percent) of whom had failed an elementary literacy assessment.

② The better a student's eating habits based on several measures of diet quality, including adequacy and variety, the less likely he or she was to have failed the test, the researchers found, even after they adjusted the data for the effects of parental income and education, school, and sex. Eating plenty of fruit and vegetables, and getting fewer calories from fat, was also associated with a lower risk of failing the test.

To date, Veugelers and his team say, most research on diet and school performance has focused on the importance of eating breakfast, as well as the ill effects of hunger and malnutrition.

"This study extends current knowledge in this area by demonstrating the independent importance of overall diet quality to academic performance," the researchers conclude.



## 孩子饮食健康 学习成绩优异

(加拿大)一项对新斯科舍省五年级小学生开展的研究证实,饮食习惯好的孩子学习成绩也比较好。

加拿大埃德蒙顿亚伯达大学的鲍尔·J·维格勒博士及其同事发现,饮食健康,摄入足量水果、蔬菜、蛋白质和纤维等营养成分的学生读写测试不及格的可能性较低。

①维格勒及其同事指出,大家都想当然地认为健康的饮食对于孩子的学习成绩很重要,但实际上有关这一问题的研究却很少。为了弄清这一问题,研究人员对4 589名五年级学生开展了一项“儿童生活方式与学习成绩”的研究,其中有875名学生未通过小学读写水平测试。

②研究人员发现,饮食习惯较健康的学生考试不及格的几率较小,在综合考虑学生父母的收入及教育程度、就读学校和性别等因素的影响后得出的结论也是如此。学生饮食习惯的健康与否主要以饮食质量的几个指标为依据,其中包括所摄入食物的量和种类。此外,研究发现,在摄入大量水果蔬菜和较少高脂肪食品的情况下,学生读写测试不及格的几率也会降低。

维格勒及其研究小组称,目前有关儿童饮食与学习成绩的多数研究主要着眼于吃早餐的重要性,以及饥饿和营养不良可能导致的后果。

研究人员得出结论:“该研究展示了总体饮食质量对孩子学习成绩的独有重要性,是对这一领域现有研究成果的进一步拓展。”

### 📖 重难点词汇

confirm [kən'fɜ:m] *vt.* 证实,证明;肯定,确认

adequate ['ædikwɪt] *adj.* 充分的,足够的

protein ['prəuti:n] *n.* 蛋白质

component [kəm'pəunənt] *n.* 成分

investigate [in'vestigeit] *vt.* 调查;审查

elementary [ˌeli'mentəri] *adj.* 小学的

parental [pə'rentl] *adj.* 父母的

malnutrition [ˌmælnju(:)'triʃən] *n.* 营养不良

demonstrate ['demənstreit] *vt.* 显示,表露

### 📖 重难点词组

based on 以……为基础,根据

associated with 与……有关系,与……相联系

focus on 致力于

## 长难句精析

1. While a healthy diet is generally assumed to be important for good school performance, there has actually been little research on this topic, Veugelers and his colleagues note.

**结构精析:**本句是一个复合句。While 作为连词,表示对比或转折,意为“而”,“但是”。

**语法重点:**转折连词 while 的用法。

2. The better a student's eating habits based on several measures of diet quality, including adequacy and variety, the less likely he or she was to have failed the test, the researchers found,

**结构精析:**本句是一个复合句。“The better... the less...”,是形容词比较级的固定用法,“the + 比较级, the + 比较级”,表示后者随着前者的变化而变化,意为“越……就越……”,前者相当于一个条件句。

**语法重点:**比较级。

It's never too late to mend.

过而能改,善莫大焉。/亡羊补牢,犹未晚也。

# Unit 4

## Foreword

物质生活的富裕慢慢让我们遗忘了滋养精神世界。在网络时代,我们的阅读时间、阅读领域、阅读兴趣和阅读能力都在日益减弱。

## Feed Your Mind

If you are hungry, what do you do? Grab a piece of your favorite meal and stay quiet after that? Just like your stomach, even your mind is hungry. But it never lets you know, because you keep it busy thinking about your dream lover, favorite star and many such absurd things. So it silently began to heed to your needs and never let itself grow. When mind loses its freedom to grow, creativity gets a full stop. ① This might be the reason why we all sometimes think "What happens next?", "Why can't I think?", "Why am I always given the difficult problems?" Well this is the aftermath of our own karma of using our brain for thinking of not-so-worthy things.

Hunger of the mind can be actually satiated through extensive reading. Now why reading and not watching TV? Because reading has been the most educative tool used by us right from the childhood. Just like that to develop other aspects of our life, we have to take help of reading. You have innumerable number of books in this world which will answer all your "How to?" questions. Once you read a book, you just don't run your eyes through the lines, but even your mind decodes it and explains it to you. The interesting part of the book is stored in your mind as a seed. Now this seed is unknowingly used by you in your future to develop new ideas. ② The same seed if used many times, can help you link and relate a lot of things, of which you would have never thought in your wildest dreams! This is nothing but creativity. More the number of books you read, your mind will open up like never before.

## 别让你的脑子挨饿

如果你饿了,你会怎么做?抓起你最喜爱的美食饱餐一顿,然后静静地

Part One  
成长教育

Part Two  
财富金融

Part Three  
早读风采

Part Four  
涓涓真情

Part Five  
晨露心语