

*The Deeper Well of
Memory*

记忆的 深泉



温馨 美文

*Warm
English*

沈志法等 编译

大学英语美文赏析(四级)



浙江工商大学出版社
ZHEJIANG GONGSHANG UNIVERSITY PRESS

I believe that memory is never lost, even when it seems to be,
because it has more to do with the heart than the mind.

记忆似乎会随着时间的流逝而渐渐淡去,但我却相信记忆是永远不会磨灭的,
因为它并非存在于脑海,而是存在于心灵深处。

记忆的深泉

The Deeper Well of Memory

编 译 沈志法 高婷婷 郭 宁
丁仁仑 蒲松龄

 浙江工商大学出版社

图书在版编目(CIP)数据

记忆的深泉:英汉对照/沈志法等编译.—杭州:浙江工商大学出版社,2011.1

(大学英语美文赏析.四级)

ISBN 978-7-81140-108-0

I. 记… II. 沈… III. ①英语-汉语-对照读物 ②散文-作品集-世界 IV.H319.4:I

中国版本图书馆 CIP 数据核字(2009)第 241233 号

记忆的深泉

沈志法等 编译

责任编辑 吴 迪 李相玲

责任校对 张振华

封面设计 刘 韵

责任印制 汪 俊

出版发行 浙江工商大学出版社

(杭州市教工路 198 号 邮政编码 310012)

(E-mail:zjgsupress@163.com)

(网址: <http://www.zjgsupress.com>)

电话:0571-88904980,88831806(传真)

排 版 杭州兴邦电子印务有限公司

印 刷 杭州新华印刷技术有限公司

开 本 880mm×1230mm 1/32

印 张 9.375

字 数 300 千字

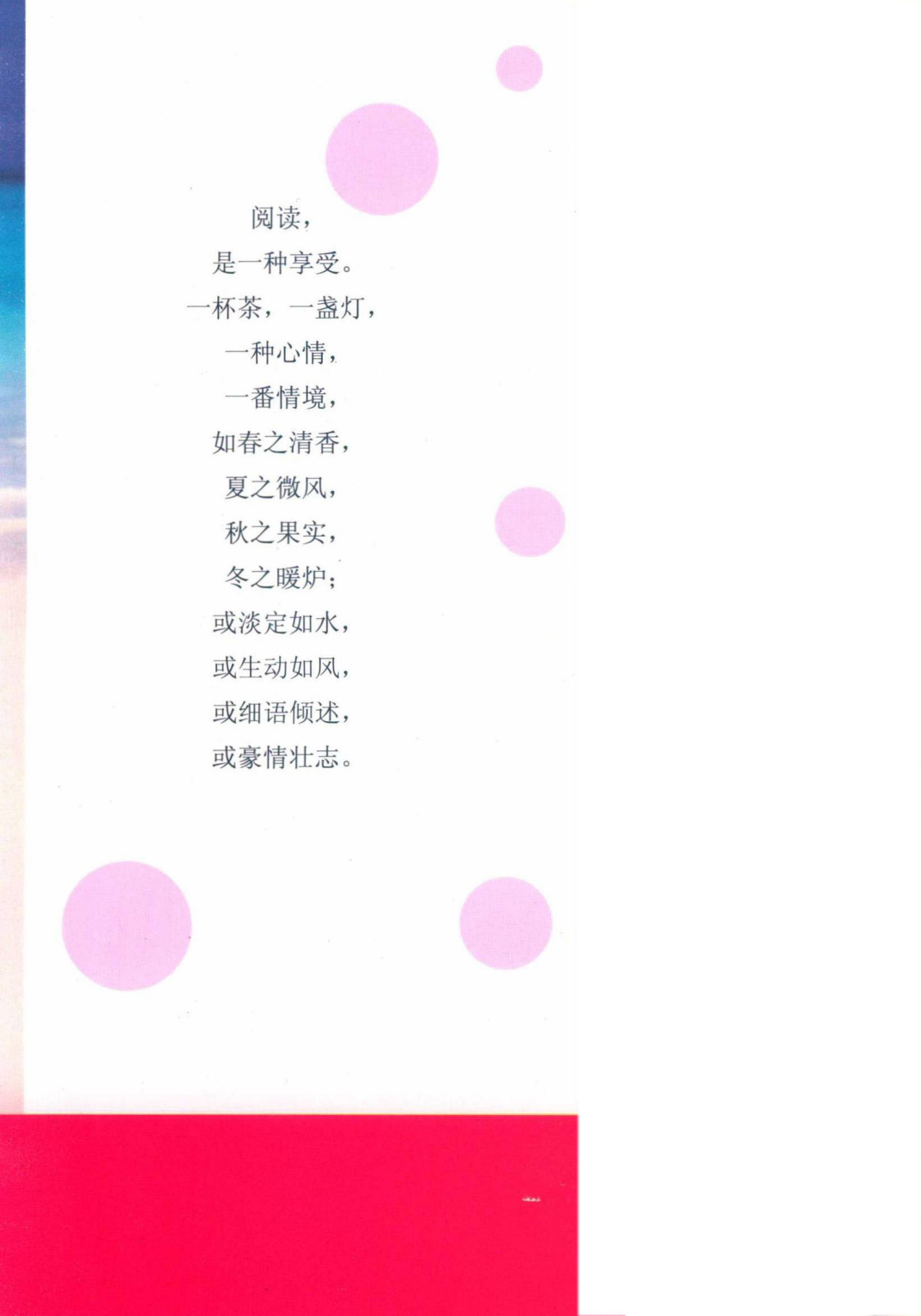
版 印 次 2011 年 1 月第 1 版 2011 年 1 月第 1 次印刷

书 号 ISBN 978-7-81140-108-0

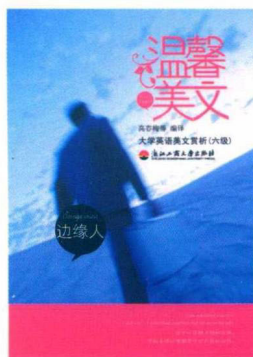
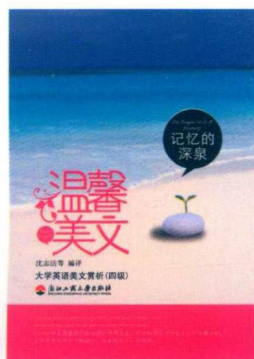
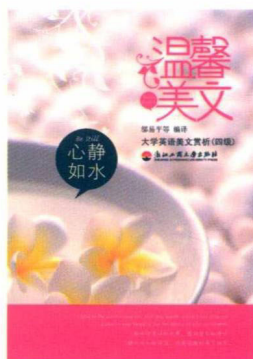
定 价 22.00 元

版权所有 翻印必究 印装差错 负责调换

浙江工商大学出版社营销部邮购电话 0571-88804227

The page features a minimalist design with five large, solid pink circles of varying sizes scattered across the white background. A solid red horizontal bar spans the entire width of the page at the bottom.

阅读，
是一种享受。
一杯茶，一盏灯，
一种心情，
一番情境，
如春之清香，
夏之微风，
秋之果实，
冬之暖炉；
或淡定如水，
或生动如风，
或细语倾述，
或豪情壮志。



责任编辑：吴 迪 李相玲

封面设计：刘 韵

责任印制：汪 俊

前言

阅读,是一种思考。品味文字的生动,体会言语的情绪,感受书籍的智慧。文字安静而整齐的排列,犹如涓涓细流,浅吟低唱;言语生动而活泼的堆砌,犹如奔涌河流,激昂心动;书籍平淡而朴实的陈白,犹如深蕴海洋,任君遨游。

阅读,是一种享受。一杯茶,一盏灯,一种心情,一番情境,如春之清香,夏之微风,秋之果实,冬之暖炉,或淡定如水,或生动如风,或细语倾述,或豪情壮志。

阅读,是一种力量。白纸黑字,不仅仅给予冷静的思量,深入的考究,也能成为刚强之源,平静之泉,鼓舞人心。有了阅读的力量,也能尝尽甜苦人生,也能体味冷暖人间,也能亲历苦难人世,也能坦然沧桑世间路。

阅读,是一种成长。读书,是一个富有生命力的进程,人生因为阅读而多姿多彩。足不出户,了知天下事。伴随着阅读,经历着成长之点滴,游历着历史之时空,了解着世间之丰富,感叹着人生之精彩。阅读,是一种快乐。与作者的互动,与文字的游戏,心有灵犀的感悟,心有回应的慰藉。阅读的快乐之于人,犹如水之于鱼,不仅带来生之希望,亦能带来生之喜乐。

阅读之于人,能积累知识,能修身养性,能丰富人生,不受国界之限制,不论语言之异同。

因此,我们要学会阅读,更要学会阅读不同国度的书籍,亲历不同语言的美妙,体会不同文化的魅力。

我们希望《大学英语美文赏析》系列丛书能帮助渴望培养英语阅读能力,提高英文欣赏水平的读者们去破解英语阅读之秘密,去体验英语美文之瑰丽。

本书为《大学英语美文赏析》系列四级丛书之一。精心选取的40篇国外最新美文,从科普、情感、哲理、人生、人物、社会、文化、心境8个方面为读者提供接触经典英文的机会。每篇文章包括斟词酌字、佳句有约、译笔生花、情趣链接四个部分,它们不仅帮助读者理解文章,掌握重要单词和句型,更为读

者列出丰富的文化语言链接内容。

本书所有的文章均来自于 2005 年之后的英语报纸杂志,选材新颖,结构安排合理,内容紧跟时代潮流,语言地道真实,既能提供英语美文的赏析,也能拓展视野,更好地了解英语世界和文化。

本书的目标读者广泛,不论是教师还是研究生、本科生抑或专科生,只要对优美的英文篇章感兴趣的读者都将从中获益匪浅。

本书的编辑出版得到了浙江工商大学外国语学院、浙江工商大学出版社以及教务处等有关领导和部门的大力支持和帮助,谨此一并表示感谢。

由于编者水平与经验有限,书中难免还有不足之处,希望广大读者批评指正。

编 者

目 录

科 普

<i>Sleepy Solutions</i>	(3)
--------------------------------------	-----

By Julia Slater

<i>The Power of Birth Order</i>	(9)
--	-----

By Jeffrey Kluger

<i>The Secret of Eternal Youth? Try a Tomato</i>	(16)
---	------

By Fiona Maccrae

<i>Food That Travels Well</i>	(21)
--	------

By James E. McWilliams

<i>Scuba Diving on the Great Barrier Reef!</i>	(28)
---	------

By Sue

情 感

<i>From Mom, with Love</i>	(37)
---	------

By Carmelina Prete

<i>Jesus can Give You a New Life</i>	(43)
---	------

By Author Unknown

<i>Flowers on the Bus</i>	(48)
--	------

By Jean Hendrichson

<i>The Good Fight</i>	(54)
------------------------------------	------

By Deborah Tannen

<i>The Deeper Well of Memory</i>	(61)
---	------

By Christine Cleary

哲 理

The Three Trees (69)

By Angela Hunt

Have You Been Lucky in Life? (76)

By Charlie Badenhop

Lessons from a Spider (82)

By Asoka Selvarajah

Always Changing (88)

By Joseph Walker

The Hardest Choices (95)

By Tom Walsh

人 生

Bathroom Policy (105)

By Hanno Beck

Are You Getting Enough? (112)

By Denise Winterman

Is This a Toothbrush or a Drill Sergeant? (119)

By Martha Schindler Connors

If Only You'd Listen to Your Own Intuition (126)

By Anita Foley

The Importance of Being Neighborly (133)

By Thea Rhiannon

人 物

A Morning Prayer in a Little Church (143)

By Helen Hayes

Play a Violin with Three Strings (150)

By Jack Riemer

Meet the Real Rain Man (157)

By Joanna Walters

Jackson's Hair Made into Diamonds — for Real

..... (164)

By Author Unknown

Who Tops English Gobbledygook Poll (171)

By Author Unknown

社 会

Dancing All the Dances As Long As I Can (181)

By Robert Fulghum

Bank Fee Overrides Convenience (187)

By Melvin Durai

Secrets of World's Oldest Dog (193)

By Author Unknown

Rev Up Your Job Search during the Holidays (199)

By Kate Lorenz

Face Value (206)

By Author Unknown

文 化

The Way We Eat; Double Happiness (215)

By Nicole Mones

Chinese, Americans Truly See Differently (223)

By John Roach

Street Art or Street Vandals? (230)

By Rachael D'Cruze

Lucky Numbers vs. Cultural Beliefs (238)

By Author Unknown

The Evolution of the American Dream (245)

By Richard O'Mara

心境

Learning to Find the Silver Linings (255)

By Annaliese Jakimides

A Different Kind of Athlete (261)

By Jaye Lewis

Dogs Are Enjoying the Good Life (268)

By Melvin Durai

Lessons in Love, by way of Economics (275)

By Ben Stein

The Hottest Recessionary Activity in Town (282)

By Lucy Kellaway

◆ 科 普

Sleepy Solutions

By Julia Slater

The Power of Birth Order

By Jeffrey Kluger

The Secret of Eternal Youth? Try a Tomato

By Fiona Maccrae

Food That Travels Well

By James E. McWilliams

Scuba Diving on the Great Barrier Reef!

By Sue

Sleepy Solutions

By Julia Slater

美国心理学博士公布了一项有关人类梦境的研究成果:无论国籍、性别、贫富、贵贱、宗教信仰以及文化背景如何,全世界 60 多亿人每天晚上都在做着大同小异的 12 种梦。

We dream every night of our lives. We have about four to six dreams a night and spend about two hours of our sleeping time dreaming. During that time we experience a rich world of images, stories and characters from our present and past. But how many of us take the time to explore this world that is such a large part of our lives? Most of us are so busy with our waking lives that we don't stop to analyze our dreams, and most of us hardly even try to remember them.

But there are many good reasons for looking into this valuable part of ourselves. When you are asleep, your mind is free to wander without the restrictions you place on it when you are awake. It is busy making sense of the experiences you have had during the day. It is making connections between events in your past and present, so that you can make sense of them. Analyzing your dreams can help you identify your emotions, discover your feelings towards the people in your waking life, solve problems and tap into¹ your creative side.

How can you remember your dreams?

You may now be raring² to start analyzing your dreams, but there's only one problem. Many of us have lost our ability to recall our dreams. Our culture doesn't place much importance on them. Coupled with³ this is the fact that we quickly forget our dreams as we leap out of bed at the sudden buzzing⁴ of our alarm clock. We rush into our day, quickly forgetting the stories that we've been viewing in our sleep. But experts say that you can train your mind to remember those stories, and they have some simple tips to help you capture them.

- At night, take time to prepare yourself for sleeping. Have a relaxing bed-time routine such as a glass of warm milk, to give your body a smooth transition to sleep.

- And prepare yourself for dreaming, too. Review the events of your day, since those events tend to have a prominent place in our night time dramas. Suggest to yourself that you will remember your dreams.

- As soon as you wake up, remain in bed with your eyes closed and recall what you've been dreaming.

- Keep a dream journal—either in paper form or on a tape recorder. Immediately upon waking, write down as many details as you can remember, no matter how insignificant some of them may seem. Be sure to include emotions experienced.

Interpreting your dreams: What does it all mean?

Dream researcher Patricia Garfield has found that people all around the world have variations of 12 common dreams. Here are a few of them and the possible meanings. Of course, the dreamers themselves need to analyze these dreams in the context of their lives.

- Being chased or attacked. This is the most common dream. According to Garfield, this traces back to the early human experience of having to flee from animals and tribal predators⁵. When we have a dream that someone is chasing us, it can mean that we feel a threat in our waking life. When analyzing this dream, try to figure out what or who the thing or person chasing you reminds you of.

- Vehicular⁶ trouble. There are many variations of this dream. People dream that they are in a car that is out of control. Most common in this sort of dream: The breaks don't work. Usually this means that you feel out of control. If you have this sort of dream, Garfield suggests reflecting on⁷ your current situation. You may be trying to do too much and your subconscious may be warning you to slow down.

- Poor performance on a test or other situation. This common dream can occur throughout life—usually when you feel you're being tested. It can involve forgetting your lines on stage, for example. To analyze this, you need to think about where you might be feeling unprepared for some challenge in your waking life.

- Falling dreams/flying dreams. Falling dreams can mean that you feel inse-

cure, or that you have no support in your waking life. Flying dreams, on the other hand, are more positive. They can mean that you feel like you're going to be able to achieve your waking-life goals.

From <http://www.readersdigest.ca>

斟词酌字 NOTES

1. tap into 开发,发掘,如: They made success by tapping into recent developments in technology. (他们靠最近开发的技术取得了成功。)
2. raring ['reəriŋ] *adj.* 渴望的,急切的,如: she was raring to get back to her work. (她急切希望重新工作。)
3. coupled with 加上,外加,如: His intelligence, coupled with her patience, overcame all difficulties. (他的智慧,加上她的耐心,克服了重重困难。)
4. buzzing ['bʌziŋ] *n.* 嗡嗡声,蜂鸣声。
5. predator ['predətə] *n.* 掠夺者,捕食者。
6. vehicular [vi:'hɪkjʊlə] *adj.* 车辆的,运输工具的,如: vehicular access (车辆入口)。其名词形式为 vehicle (交通工具)。
7. reflect on 仔细想,回忆,如: I often reflect on my schooldays. (我经常回忆起我上学的日子。)

佳句有约 PATTERNS

1. Coupled with this is the fact that we quickly forget our dreams as we leap out of bed at the sudden buzzing of our alarm clock.

点拨 本句中 The fact that ... 中 that 引导的是 fact 的同位语从句。该同位语从句旨在说明 fact 的内容。后面可以跟 that 同位语从句的名词还有: answer, belief, conclusion, decision, evidence, hope, news, opinion, promise, report, thought, truth, wish 等。

2. When analyzing this dream, try to figure out what or who the thing or person chasing you reminds you of.

点拨 本句中 When analyzing this dream 相当于 When you are analyzing this dream, what or who 引导的名词性分句作 figure out 的宾语,现在分词短语 chasing you 作定语,修饰 the thing or person。

译笔生花 TRANSLATION

探梦人生

□朱莉娅·斯雷特



每晚我们都做梦,而且会花上大约2个小时做4-6个梦。梦境中我们经历了一个想象力丰富的世界,有我们现在和过去曾经看到的景象、遇到的人或发生的事。可是有多少人会去探索这个占据我们生活重要部分的梦境世界呢?我们大多数人都过于重视清醒世界的生活,而没有时间分析我们的梦境,甚至根本就不想去记住这些梦。

但是,事实上对梦境进行分析太有必要了。当我们清醒的时候,思维会受到各种约束。而我们睡着的时候,思维会自由驰骋。大脑在忙着理解白天所经历的一切,把过去发生的事情和现在发生的事情联系起来,这样帮助你更好地理解。分析梦境可以帮助确定自己的情感,发现生活中对人的态度,还可以帮助解决问题和发掘创造力。

怎样记忆梦境?

也许你现在就急切希望开始分析你的梦境,但有一个问题。我们大部分人都无法回忆起自己做过的梦。一方面我们的文化不重视梦境,另一方面我们会在闹铃声中从床上一跃而起,很快就忘记了刚才梦见了什么。我们匆匆忙忙地投入白天的工作,把在梦里的情景全都抛到脑后。可是专家们说可以通过训练大脑来记忆梦里的情景,而且他们还有些小窍门来帮助捕捉记忆。

- 做些睡前的准备。养成放松的睡眠习惯,比如喝一杯热牛奶,能帮你平稳进入到睡眠状态。

- 然后还要酝酿一下入梦。回想一下一天中发生的事情,因为这些在你晚间的梦境中往往会占很大的比重。暗示自己会记住这些梦境。

- 一觉醒来,闭上眼睛再躺一会儿,回忆你所梦到的事情。

- 记录梦境——或者以书面形式,或者用录音机录下来。一醒来,不管内容重要与否,赶紧把你所能记住的每个细节都记录下来,而且一定要记录当时的感受。