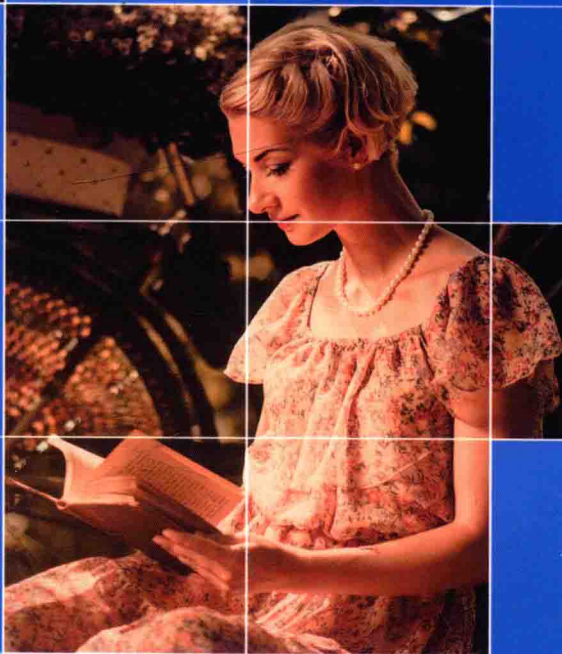


“十三五”应用型高等教育规划教材

# 英语美文精选诵读

YINGYU MEIWEN JINGXUAN SONGDU

主 编 刘淑颖



大连理工大学出版社

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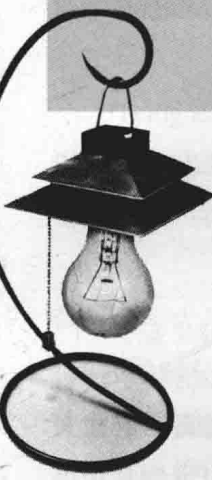
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# PREFACE

## 前言



高等教育既要保证高等教育的属性,使学生达到高等教育的人才培养要求,又担负着培养高素质劳动者和专门人才的重要任务,其中公共英语教学更是以培养学生实际应用能力为目标。在编写《英语美文精选诵读》的过程中,编者认真学习和借鉴国外英语美文集和演讲资料的编写经验,力求编写出适合英语学习者在较短时间内有效提高口语表达能力的诵读材料。本书在激发学生英语学习兴趣的同时,有效地引导学生在持之以恒的学习过程中,潜移默化地形成主动的、习惯化的、科学高效的英语口语学习技能。

本书含短篇、中篇、长篇三部分,由中外寓言和教育、伦理、社会等主题的精美文章构成。

本书具有以下主要特色:

### 1. 结构安排系统,突出能力培养的目标

每篇文章分三个部分呈现:(1)英语美文,为读者提供原汁原味的诵读素材;(2)难词注解,对文章中的一些比较难的词汇和短语进行了注释,包括音标、词性和中文释义,为读者诵读和理解文章大意扫清障碍;(3)中文译文,帮助读者加深对文章的理解和赏析。

### 2. 主题突出,涵盖面广

几篇英语美文围绕同一主题进行编写,突出主题重点,主题涵盖工作、旅游、体育、道德和社会生活等多个领域。

### 3. 选材真实,富有时代性和趣味性

阅读材料语言地道、信息准确,并且内容紧扣时代脉搏,贴近当代大学生的生活和学习需求。

#### 4. 英语技能培养和人格培养相结合

本书中特别设有 Valuable Advice 与 Human & Nature 等方面的主题,学生可从中获得人生和学习方面很有价值的建议。在提高学生英语知识技能的同时,加强思想道德修养和文化素养,在潜移默化中优化学生的语言,纯洁和滋养学生的心灵。

为帮助广大学生有效使用本书,现提出如下建议:

在使用本书时,应在理解句子意思的基础上模仿录音,尽量表现出一定的语气、语调和语势。因为,声音是语言的灵魂,文字只是语言的标本。有声的诵读在语言学习中多多益善。

清晨是记忆的黄金时间。作者精心挑选的众多经典英语美文,是为学生们特别制作的精神早餐,希望学生能逐篇反复朗读成诵。每天只需用10分钟的时间,收听配套的音频,并大声仿读直至可以自然背诵。每天进步一点,就能把这些文章中的语言素材逐渐内化成自己的语言能力。一年后,英语交际能力定会有长足的进步,脱口而出地道优美的英文。

本书由西安科技大学高新学院、国际教育学院优秀的专职英语教师团队负责编写,担任本书主编的是国际教育学院教学院长刘淑颖教授,副主编为大学英语负责人孙丽敏老师和刘清波老师,以及院长助理张芸芸老师。刘淑颖教授负责本书的策划、主审、定稿以及部分编写工作;孙丽敏、刘清波、张芸芸老师承担统稿、校对及部分编写工作;参与本书编写的还有陈艳新、刘岳勤、胡宏芸、韩婕菲和李洁莹老师。此外,业内的许多资深专家对本书的编写提供了宝贵的意见,在这里一并表示感谢。

本书难免存在纰漏之处,敬请相关院校和读者在使用本书过程中给予关注,并将改进意见和建议及时反馈给我们,以便修订时加以完善。

编者

2016年6月

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# Step 1

## 短篇



## Lead-in:

*Actions speak louder than words.*

### Tying a Bell on the Cat

Long ago, there was a big cat in the house. He caught many mice while they were stealing<sup>①</sup> food. One day the mice had a meeting to talk about the way to deal with their common enemy. Some said this, and some said that<sup>②</sup>. At last a young mouse got up, and said that he had a good idea. "We could tie a bell around the neck of the cat. Then when he comes near, we can hear the sound of the bell, and run away." Everyone approved<sup>③</sup> of this proposal<sup>④</sup>, but an old wise mouse got up and said, "That is all very well, but who will tie the bell to the cat?" The mice looked at each other, but nobody spoke.

### 老鼠开会

从前,一所房子里面有一只大猫,他抓住了很多偷东西的老鼠。一天,老鼠在一起开会商量如何对付他们共同的敌人。会上大家各有各的主张,最后,一只小老鼠站出来说他有一个好主意。“我们可以在猫的脖子上绑一个铃铛,那么当他走近时,我们就可以听到铃声,马上逃跑。”大家都赞同这个建议,这时一只聪明的老耗子站出来说:“这的确是个绝妙的主意,但是谁去给猫的脖子绑铃铛呢?”老鼠们面面相觑,谁也说不出话。

① steal [sti:l] v. 偷

② Some said this, and some said that. 大家各有各的主张。

③ approve [ə'pru:v] v. 赞同

④ proposal [prə'pəuzl] n. 提议, 建议



## Lead-in:

*Danger often comes from a source that is least suspected.*

### The One-eyed Doe<sup>①</sup>

A doe had lost one of her eyes, and could not see anyone approaching<sup>②</sup> her from one side. In order to avoid<sup>③</sup> any danger. She always ate on a high cliff<sup>④</sup> near the sea, and looked at the land with her good eye when she was eating. By this means she could see whenever the hunters approached her on land. However, one hunter found out that she was blind in one eye. He rowed<sup>⑤</sup> a boat under the cliff, and shot her from the sea.

#### 一只眼睛的母鹿

有头母鹿弄瞎了一边的眼睛,她看不到任何从这边接近她的事物。为了躲避危险,她总是在海边的一处高崖上吃草。在她吃东西的时候,她用那只好的眼睛观察着陆地。用这种方法,她防备来自陆地上猎人的袭击。但是一个猎人发现她的一只眼睛是瞎的,就划着船从海上将她射杀了。

- ① doe [dəʊ] n. 母鹿
- ② approach [ə'prəʊtʃ] v. 靠近,接近
- ③ avoid [ə'vɔɪd] v. 避免,逃避
- ④ cliff [klɪf] n. 悬崖,峭壁
- ⑤ row [rəʊ] v. 划,划船



Lead-in:

Look before you leap.

### The Caged Bird and the Bat

A bird was confined<sup>①</sup> in a cage outside a window. She often sang at night when all the other birds were asleep. One night a bat came. He asked the bird why she was silent by day and sang only at night. The bird answered, "Last year when I was singing in the daytime, a bird catcher heard my voice and caught me in his net. Since then I have never sung by day." The bat replied, "But it is useless to do this now that you have become a prisoner<sup>②</sup>." Then he flew away.

① confine [kən'faɪn] v.

监禁; 限制

② prisoner ['prɪznə(r)]

n. 囚犯

### 金丝雀与蝙蝠

关在窗口笼里的金丝雀,经常在其他鸟儿睡着的夜里歌唱。一天晚上,一只蝙蝠飞过来问她为什么白天安静无声,夜里却要歌唱。金丝雀回答说:“去年我在白天唱歌时,捕鸟人听到我的歌声用网抓住了我。从此,我再也不在白天唱歌了。”蝙蝠说:“你现在才懂得谨慎已经没用了,你若在变为囚徒之前就懂得,那该多好呀!”说完就飞走了。



Lead-in:

*One good turn deserves another.*

## The Serpent<sup>①</sup> and the Eagle<sup>②</sup>

An eagle swooped<sup>③</sup> down upon a serpent and caught it in his talons<sup>④</sup>. But the serpent was very quick. It coiled<sup>⑤</sup> around the eagle in a moment. A countryman saw the fierce<sup>⑥</sup> fight. He came to help the eagle, and freed him from the serpent. In revenge<sup>⑦</sup>, the serpent spat<sup>⑧</sup> some of its poison into the man's drinking cup. When the man was about to drink the water in the cup, the eagle knocked it out of<sup>⑨</sup> his hand, and spilled<sup>⑩</sup> the poisoned water on the ground.

### 蛇和鹰

鹰从空中向下猛扑,用前爪抓住蛇,但蛇反应迅速,紧紧地缠住了鹰。农夫看见了这场激烈的争斗,便帮鹰解开了蛇,使鹰获得了自由。为了报仇,蛇在农夫的水杯里放了毒药。当农夫正准备喝杯里的水时,鹰猛扑过来撞掉了他手中的水杯,有毒的水洒到了地上。

- ① serpent ['sɜ:pənt] n. 蛇
- ② eagle ['i:gl] n. 鹰
- ③ swoop [swu:p] v. (鸟或飞机)尤指为了袭击向下猛冲,俯冲
- ④ talon ['tælən] n. 爪
- ⑤ coil [kɔɪl] v. 盘绕,卷
- ⑥ fierce [fiəs] adj. 猛烈的,激烈的
- ⑦ revenge [ri'vendʒ] n. 报仇,复仇
- ⑧ spit [spɪt] v. 吐出
- ⑨ knock... out of 从……中敲出来
- ⑩ spill [spɪl] v. 溢出,洒,使……流出



## Lead-in:

*Do not count your chickens before they are hatched.*

### The Milkmaid<sup>①</sup> and Her Pail<sup>②</sup>

A milkmaid was going to the market. She carried her milk in a pail on her head. As she went along she began calculating<sup>③</sup> what she would buy after she had sold the milk. "I'll buy a new dress, and when I go to the ball, all the young men will dance with me!" As she spoke she tossed<sup>④</sup> her head back. The pail immediately fell off her head, and all the milk was spilt. The girl went back without anything. She felt very sad. "Ah, my child," said her mother. "Do not count your chickens before they are hatched<sup>⑤</sup>."

- ① milkmaid  
['milkmeɪd] n. 挤奶女工
- ② pail [peɪl] n. 提桶
- ③ calculate  
['kælkjuleɪt] v. 计算, 考虑, 计划
- ④ toss [tɒs] v. 甩头
- ⑤ Do not count your chickens before they are hatched.  
不要过早打如意算盘。

### 挤牛奶的姑娘

一个挤奶姑娘头顶着一桶牛奶, 前往集市。走了一会儿, 她开始算计起卖完牛奶后要买的东西: “我要买一身新衣服, 好去参加舞会, 年轻的小伙子都会邀请我跳舞。”想到这里, 她头一甩, 牛奶桶随之倾倒在地, 牛奶都流了出去。女孩很伤心, 两手空空地回到家里, 母亲对她说: “我的孩子, 不要过早地打如意算盘。”



## Lead-in:

*Kindness effects more than severity.*

### The Wind and the Sun

The wind and the sun were disputing<sup>①</sup> who was stronger. Suddenly they saw a traveler coming down the road. The sun said, "Whoever can make the traveler take off his coat will be the stronger."

So the sun hid behind a cloud, and the wind began to blow as hard as it could. As the wind blew harder, the traveler wrapped<sup>②</sup> his coat more closely around himself. Then the sun came out. He shone<sup>③</sup> on the traveler. The traveler soon felt quite hot, and took off his coat.

### 风和太阳

风和太阳两方为谁的能量更大争论不休。突然,他们看到一个行人走在路上,太阳说:“谁能使行人脱下衣服,谁就更强大。”

太阳藏在乌云后面,风开始拼命地吹,风刮得越猛烈,行人越是裹紧自己的衣服。太阳出来了,暖暖地照着行人,行人感到很热,很快就把外套脱了下来。

① dispute [di'spju:t]

v. 争论

② wrap [ræp] v. 包, 裹

③ shine [ʃaɪn] v. 发光,

发亮, 照耀



### Lead-in:

*A person can't only be satisfied with the profit he already had.*

## The Bird under Cow Dung<sup>①</sup>

A little bird was flying south for the winter. It was so cold; the bird froze and fell to the ground in a large field. While it was lying there, a cow came by and dropped some dung on it. As the frozen bird lay there in the pile of cow dung, it began to realize how warm it was. The dung was actually thawing<sup>②</sup> it out! It lay there all warm and happy and soon began to sing. A passing cat heard the bird singing and came to investigate<sup>③</sup>. Following the sound, the cat discovered the bird under the pile of cow dung and promptly<sup>④</sup> dug it out and ate it!

### 牛粪中的小鸟

一只小鸟飞往南方去过冬,天气实在太冷了,这只小鸟被冻僵了,掉到了一块大田地里。它僵硬地躺在那里,这时一头牛走过来拉了一堆牛粪在它身上。冻僵的小鸟躺在这堆牛粪里,便开始有了意识,渐渐地感到躺在那里有多暖和。这堆牛粪的确令它暖和过来,它躺在里面又暖和又快乐,一会儿便欢乐地唱起歌来。一只路过的猫听到鸟的歌声便过来探个究竟,猫发现了在这堆牛粪下的小鸟,便很快将它挖出来吃掉了。

- ① dung [dʌŋ] n. 粪
- ② thaw [θɔ:] v. 使暖和
- ③ investigate [ɪn'vestɪɡeɪt] v. 调查, 研究
- ④ promptly ['prɒmptli] adv. 立即地, 迅速地