

第一课

礼貌：通向幸福世界的金钥匙

课文参考译文

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1 多年以前帮助人们解决各种各样问题的经历使我深信：在一个个事例中，如果有关人员能互相以礼相待，问题完全会得到解决，或者根本就不会出现。

2 礼貌也好，客气也罢，文明举止也行，不管你怎样称呼它，人们实际所表现出来的礼貌似乎从来就没有满足维护和谐的关系的需要。一位泪流满面的妻子告诉我说：“我接受不了的并不是我丈夫说的那些话，而是他说话的方式，他为什么要对我大声嚷嚷？”我恨我的上司，一位面色铁青的职员嘟哝说：“不管对什么事情，他从来都没有一句赞扬的话。”一位面带愁容的家长说：“我们的那些十多岁的孩子每天不是闷闷不乐，就是跟我们赌气。”

3 这样的抱怨不仅仅是那些坐在我书房里和我谈心的人才有的，世界上任何地方的人们都渴望受到礼遇。拉尔夫·沃尔多·爱默生说过：“礼貌是愉快行事的方式。”反之，不文明的举止会破坏一天的心情，或许还会毁掉友情。

4 礼貌的基本要素是什么呢？强烈的公正意识当然是一个要素，其实文明举止也往往只不过是一种高层次的公平意识。一位朋友曾经给我讲过他在一条未铺柏油的单道山路上的驾车经历。在他前面有一辆车扬起了呛人的尘土，这时他离最近的柏油路也

还有一段很长的距离。突然，前面的那辆车在路面宽点儿的地方停到了一旁。我的朋友以为车主的发动机可能出了问题，就把车停了下来，问他是不是车出了毛病。“没有，”那位司机说，“你跟在后面忍受尘土已经这么久了，剩下的路还是让我跟在你后面吧。”这是一位有礼貌的人，一位天生有着公道意识的人。

5 礼貌的另一个要素是能够理解别人的心情。这种品质能使一个人深入他人的思想和内心世界，理解他人感情深处的痛苦或不幸并且尽力使之缓解。最近，在一本有关一家有名的连锁饭店的书中，我偶然看到这样一则故事。

6 一位独自就餐的顾客正试图拧开一瓶番茄酱的瓶盖，但他的手指因为关节炎留下了严重残疾，拧不开瓶盖。于是他喊来一位年轻的侍者帮他打开。侍者拿过瓶子，立即转过身去，毫不费力地弄松了瓶盖，然后又拧紧了瓶盖。侍者转过身来对着那位顾客，假装用了很大劲儿还是没能打开瓶盖。最后侍者把那瓶番茄酱拿到厨房，不一会儿就回来了，说他用了一把钳子才把瓶盖拧松。是什么促使这个侍者为了不让一个陌生人因为自己无用而感到难堪，不辞劳苦地这么做？是礼貌，富有同情心的礼貌。

7 礼貌的另外一个要素是不管人们社会地位的高低和重要性的大小，都能对所有的人一视同仁。即使你对一些人是否值得你礼遇把握不大，还是要以礼相待，就像他们值得你这样对待一样。你可能会惊奇地发现，他们的确值得你以礼相待。

8 我坚信任何人都能通过做以下三件事情改进他/她的行为举止。首先，练习文明举止。所有的技能都需要不断重复，而后才能成为第二天性，礼貌也不例外。

9 一个简单的方法就是在大约一周的时间内集中改进你在某一方面的表现，比如说打电话的举止。你是否经常说得很久、突然开始说话、不自报姓名、让对方久等、对接线员表现出不耐烦、不回电

话等等。或者是开车的举止，你为什么不抑制住自己的情绪，开车不要霸道、不需要时不按喇叭、和前面的车辆保持较大距离、礼让其他车辆先行？

10 有一件很难做到但又很重要的事情就是不要对别人不礼貌的举止以牙还牙。我记得有位年轻人讲了这样一件事，一天夜里他和父亲在开车行路时，对面驶来了一辆大开着前灯的车。“爸，对他开大灯！”那个年轻人愤怒地催促他父亲。父亲却回答道：“儿子，那个司机确实没礼貌，并且有可能非常愚蠢。但是如果我开大灯，他就不仅仅是没礼貌和愚蠢，他还会看不见前方。这样的话，我可不愿意惹麻烦。”

11 为了改进你的行为举止，第二个要素就是要具有礼貌的思维方式。从长远的观点来看，你过去 20 或 30 年的所思所想决定着你现在是什么样的人。如果你的主导思想是从个人出发的，那你就会是一个没有礼貌的人。反之，如果你培养自己为他人着想，如果你能习惯于理解他们的问题、愿望和忧虑，你就会自然而然地以礼待人。

12 时刻牢记以礼待人在婚姻中比在其他任何方面都更重要。在家庭这个亲昵的环境中，人们很容易把自己的失意、沮丧或愤怒的情绪向最亲近的人发泄，而这个发泄对象往往不是丈夫就是妻子。

13 我经常对已婚夫妇说：“当你觉得控制不住自己要发火时，你要强迫自己在 10 分钟之内，把你的妻子或者丈夫看成是来你家做客的客人。”我知道要是他们能够坚持 10 分钟的礼貌，火气大体上就会平息了。

14 最后，礼貌还包括能够接受他人对你的文明礼遇。受到礼遇时要高高兴兴，当它不期而至时要以喜悦相迎。奇怪的是，有些人对别人的礼遇怀有疑心，他们怀疑别人有什么不可告人的动机。

15 但是生活中有些最宝贵的赠予却是没有任何附加条件的。好

天气不是通过你努力而得到的，夕阳西下的景色，或者甚至是玫瑰的香味，都不是你用钱可以买到的。这些都是大自然给予我们的恩惠，以爱心赠给我们，毫不考虑是否会有奖赏或回报。礼貌也是如此，或者说应该如此。

- 16** 最终，礼貌问题可以归结到你如何看待人这样一个问题。不仅仅是一般而论，而是针对具体的人。生活充满了小小的烦恼、磨难和不公平的事情，惟一能经常每天使用而且行之有效的解决办法就是坚持以礼待人这个行为准则。我想要是允许我在《圣经》八福词中作为补充说明再加上一小福的话，那就是“礼貌者有福。”

词汇练习参考答案

1. 仿照例子构成复合词，填入下列句中。每词限用一次。

- | | |
|------------------|-------------------|
| 1) sightseeing | 2) shoemaking |
| 3) labour-saving | 4) heart-breaking |
| 5) housekeeping | |

2. 将下列内容翻译成英语。

- 1) 使用“动词 + 名词”或“形容词 + 名词”的搭配翻译下列短语。

- | | |
|-----------------------------|-----------------------------|
| overcome difficulties | wreck a friendship |
| unscrew the cap of a bottle | tighten the cap of a bottle |
| return a call | feign a great effort |
| take trouble | dim lights |
| form a habit | ulterior motives |
| attached strings | the golden rule |
| have engine trouble | display impatience |

blow horns

pave a road

2) 使用‘常用表达’翻译下列句子。

- (1) Professor Du doesn't impose his ideas on the students; instead he encourages them to think independently.
- (2) What worries his parents is not so much his poor marks as his lack of interest in learning anything.
- (3) Mr. Graysen has never suspected his private secretary of selling his sales plan to his opponent.
- (4) This problem comes down to which way to take in our realization of the modernizations.
- (5) In order to move the fingers, that old lady took trouble to wash small pieces of clothes by hands.
- (6) Because the fire was out of control, they had to send for the fire brigade.
- (7) The sales department of the company was watching the market for chances to launch their new products.
- (8) Parents are always trying to goad their children into working hard with the young hero in the past as their models.
- (9) While fixing our apartments, we must be considerate of our neighbours.
- (10) He felt that what he got from the work didn't identify with what he put into it.
- (11) To spare her feelings, we all said that we found nothing wrong.
- (12) What you are in need of is not so much book knowledge as practice.

3) 使用 **way**, **follow** 和 **watch** 翻译下列句子。

- (1) If you like, follow me please, and I'll take you to the nearest post office.
- (2) I don't want to watch TV at home this weekend, I decide to go to see a film for a change.
- (3) The granny sits here every day, watching the children playing in the street.
- (4) What follows the report is group discussion.
- (5) I was deeply impressed by the unique way he dealt with this lawsuit.
- (6) We have tried several ways to solve this problem, but none is effective.
- (7) He watched his father who had just had the operation day and night.
- (8) Now I can follow the broadcast of the Voice of America and British Broadcasting Corporation without much difficulty.
- (9) Watch that the children do not touch the wire.
- (10) Drivers must follow the traffic rules.

3. 完成下列句子。

1) 使用适当的介词或副词填空。

- | | | |
|-------------|---------------|-----------------|
| (1) of, on | (2) with | (3) to |
| (4) in | (5) in | (6) for, in |
| (7) for | (8) with | (9) up with, at |
| (10) of, on | (11) with, at | (12) in |
| (13) up | (14) on | (15) on |

2) 使用正确的词填空。

- (1) opinion, conviction (2) displayed, exhibiting

(3) happy, glad

(4) impelled, urged

(5) famous, noted

4. 使用最合适的词填空。

(1) facial

(2) amusing

(3) cultures

(4) gesture

(5) Therefore

(6) offend

(7) particular

(8) illustrates

(9) cause

(10) relaxed

(11) to

(12) society

(13) insult

(14) carried

(15) demanded

语法练习参考答案

1. 用适当的系动词完成下列句子。

1) turns

2) feels

3) go

4) feel

5) fell

6) looks, gone

7) lay

8) go/be

9) grows

10) fall/get

11) been

12) gone

13) grown

14) go

15) running/going

2. 用括号中的系动词将下列句子译成英语。

1) I told her that she could rest assured and that I would get everything ready.

2) You sound hoarse.

3) That river is going to run dry because it hasn't rained for almost half a year.

4) The dish smells delicious. How did you prepare/cook it?

5) It is a long time since I saw you. You look pretty fine.

6) The atmosphere of the meeting turned tense when he came

in.

7) Many companies went bankrupt in this economic crisis.

8) Because of his wrong judgement, all his efforts proved to be fruitless.

3. 下列句子中都只有一处错误，将其改正。

1) was starving→was to starve

2) made it to fall→made it fall

3) noting→to note

4) seeing→to see

5) devoting→to devote

6) bleeding→to bleed

7) be made produce→be made to produce

8) and go with it→to go with it

9) to carrying→to carry

10) take the trouble finding→take the trouble to find.

第二课

创造奇迹的人(I)

课文参考译文

H·G·威尔斯

[1] 佛泽林盖直到 30 岁才相信奇迹的存在。就是在他斩钉截铁地说奇迹不可能存在的时候，他却发现自己具有特异功能。当时他正在酒吧喝酒，不管他说什么，托德·比米什都用同一句单调但却非常起作用的话加以反对：“这可是你说的。”佛泽林盖对此非常生气，他忍无可忍，于是决定做点不同寻常的事。

[2] “注意了 比米什先生，”佛泽林盖说，“让我们清清楚楚地看一看什么是奇迹。奇迹就是通过意志的力量产生的违反自然规律的事物。”

[3] “这可是你说的。”比米什先生说。

[4] “比如说，”佛泽林盖说，“这里将会发生奇迹。根据自然规律，那盏灯是不能倒着燃烧的 对吧 比米什？”

[5] “这可是你说的它不能这样。”比米什说。

[6] “那你呢？”佛泽林盖说，“你不会是说……？”

[7] “是，”比米什不情愿地说，“对，它不能。”

[8] “很好，”佛泽林盖说，“这么说吧 现在来了一个人 很可能就是我本人，站在这里，没准儿我就会集中我的意志去对那盏灯说：

‘你给我倒过来 不许摔碎 不许熄灭！’啊——哎呀！”

9 这足以让任何人惊叫一声“哎呀”！令人难以置信的事就摆在大家眼前：那盏灯倒着悬在空中，火苗朝下，缓缓地燃烧着。

10 佛泽林盖先生站在那里，食指在那儿伸着，神色忧虑，好像生怕油灯摔到地上。坐在那盏灯旁边的一个自行车手躲开了，并很快离开了酒吧。那盏灯悬在那儿足足有三秒。这时佛泽林盖先生精神不安地轻喊了出来：“我再也支撑不住了！”然后他往后摇晃了一下，灯突然倒了下来。

11 好在那盏灯是放在一个金属容器里的，否则整个酒吧就会着火来。店主科可斯先生第一个开口了，他话的大意是佛泽林盖真是个傻瓜。就连佛泽林盖本人对所发生的事情也感到非常吃惊。接下来大家的谈话也没有把这件事弄明白，他们都指责佛泽林盖搞鬼。佛泽林盖自己也很困惑，他倒宁愿像大家所说的那样，是在搞鬼。

12 佛泽林盖满脸羞愧地回到家中。只是在他回到自己狭小的卧室独自一人时，他才能够好好地想一想，自问道：“这到底是怎么回事？”

13 他脱掉大衣和靴子，坐在床上，双手插在口袋里。“我并没有想把那盏灯倒过来呀！”这是他第 17 次在重复这句话了。这时他突然明白了就在他说出那个指令性的话的一刹那，他以意志力实现了他所说的事情。当他看到油灯悬挂在空中时，他感到那盏灯是由他决定，并使之悬在空中的，当然他并不明白他如何才能使那盏灯处于那种状态。于是他决定再试一次。

14 虽然他觉得这样做很愚蠢，但他还是指着蜡烛，集中了意念。“给我浮起来，”他说道。蜡烛升起来了，在空中悬挂了一会儿，然后砰的一声掉在桌子上，周围一片漆黑。

15 有一会儿，佛泽林盖坐着一动不动。“这事真的还是发生了。”他说，“我该如何解释这件事呢？我不知道。”他深深地叹了一口气，

同时开始在口袋里找火柴，但一根都没找到，就只好在黑暗中在桌子上到处摸。“我要是有火柴就好了。”他说。他又摸了摸外套的口袋，也没有，然后他豁然明白了他完全可以用创造奇迹的办法弄些火柴。他伸出一只手，说道：“那只手里来一根火柴！”随后感到有一样很轻的东西落在手心，他拳起手指，抓到一根火柴。

16 佛泽林盖几次都试着去划着火柴，但都失败了。他把火柴扔在桌子上，他突然想到可以用意志去点着火柴。他这么做了，并且看到火柴在桌子上燃烧了起来。他急忙把火柴拿起来，火柴熄灭了。这使他更加相信什么都是可能的。于是他摸到蜡烛并把它重新放在了烛台上。“听着，你燃起来吧，”佛泽林盖说。话刚出口，蜡烛就燃了起来。他盯着蜡烛看了一会儿，然后抬起头，在镜子里看到了自己专注的目光。

17 “你现在对奇迹怎么看？”佛泽林盖先生冲着镜子里的自己问。

18 随后佛泽林盖的思绪变得糊涂起来。据他看来，他只须表达出意愿，事情就能办成。最初的几次经历之后，他想小心谨慎地做些试验。不过他还是通过意志力将一张纸抬了起来，把一杯水变成了粉红色，然后又变成了绿色，还给自己弄来了一把牙刷。到第二天凌晨，他已经得出结论：他的意志力肯定是非凡的、强大的。这时他刚发现自己超凡能力时的恐惧心情已经和自豪感、优越感混在了一起。教堂的钟声响了，已经是一点钟了，他决定立即上床睡觉。在他费劲地想从头上脱下衬衫的时候，他突然想到一个绝妙的主意。“让我上床睡觉。”他说，然后果然发现自己已经躺在被窝里了。他又说道：“脱掉衣服。”不过感到被单很凉，他又赶紧说：“让我穿上睡衣——不对，我要柔软的毛料睡衣。啊，真舒服，”他非常高兴地说，“现在让我舒舒服服地睡上一觉吧……”

19 第二天，他正点醒来，吃早饭时一直在琢磨，不知道头天的那些事是不是在梦里发生的。最后他又想到要谨慎地来试验试验。

比如说，早饭时他吃了三个鸡蛋。其中两个是房东太太给的，味道不错，不过是她从商店里买来的；另一个是味道极好的新鲜鹅蛋，完全是由他的非凡意志变出来、煮熟的并放在盘子里的。吃完饭，他赶忙去上班，情绪激昂，但又藏而不露。因为总想着自己惊人的发现，他一整天什么督没做成，但这并没有给他带来麻烦，他在下班前的 10 分钟之内奇迹般地把该做的事都做好了。

[20] 就在这一天，他的思想状况由惊讶变成了喜悦。除了其他事情外，他还打算使用他的造物之举来增加他的私人财产，并真的变出了许多好东西。不过他明白，对这个天赋他必须小心，必须保持警惕。

[21] 一天晚饭后，他偷偷地到煤气厂附近去试验了几个奇迹。他把拐杖插到地里，要这根干木头开花，立刻空气中就充满了玫瑰花香。他划了根火柴，发现那个美妙的奇迹确实是创造出来了。可是随着渐近的脚步声，他的满足感消失了。由于害怕别人发现他的魔力，他急忙对拐杖说：“回去。”他的意思是“变回去。”可是那手杖却飞快地向后倒退。随即他听到正走过来的那个人愤怒地喊道：“你这个笨蛋，你在向谁扔玫瑰树枝？”

[22] “对不起，”佛泽林盖说。他看到温契，一位警察，向他走来。

[23] “你这么做是什么意思？”温契问道，“唉呀，原来是你，是吗？你就是在酒吧里打碎灯的那个人！你为什么那么做？你知不知道手杖是会伤人的？”

[24] 当时佛泽林盖一句话也说不出。他的沉默好像激怒了温契先生。“年轻人，这次你可是袭击警察。”

[25] “喂，温契先生，”佛泽林盖既恼怒又困惑地说，“非常抱歉，可事实是……”

[26] “什么？”

[27] 他想不出别的答复，只好把事情真相告诉了他。“我在制造

奇迹。”不过他尽量说得漫不经心似的。

[28] “创造……！哎！别胡说八道。制造奇迹，是的！呃，那可真有意思！你自己都不相信奇迹……事实是，这又是你搞的鬼。现在我告诉你……”

[29] 但是佛泽林盖先生根本没听到温契先生要对他说些什么。他意识到自己已经露馅了。他迅速地转向温契，愤怒地说：“听着，我已经受够了。那我就献丑了，你给我到阴曹地府去吧。”

[30] 警察温契不见了！

[31] 那天夜里，佛泽林盖先生再没有制造奇迹，也没有费神去看他那根开花的拐杖到底怎么样了。回到家里，他虽然害怕，却很镇静。“老天爷！”他说，“这可真是了不起的天赋，我原来可没有想要这么大的本事，确实没有……我还真不知道阴曹地府是什么样子呢。”

[32] 他坐在床上，脱掉鞋子。这时突然想出了个满意的办法，他先把那个警察打发到了旧金山，然后就上床睡觉去了。

[33] 第二天，佛泽林盖听到两条有趣的消息：第一条，有人在煤气厂旁种了一株非常漂亮的玫瑰；第二条，大家都在寻找警察温契。

词汇练习参考答案

1. 仿照例子构成复合词，填入下列句中。每词限用一次。

1) getaway

2) takeoff

3) breakthrough

4) comeback

5) check-in

1. 将下列内容翻译成英语。

1) 使用“动词 + 名词”或“形容词 + 名词”的搭配翻译下列短语。

believe in God	make an effort
spare no effort	collect one's mind/will
collect stamps	take off one's hat
do a foolish thing	strike a match
work miracles	bring about inconvenience
increase one's property	light a candle
course of nature	limit of one's patience
troubled face	address to someone
make experiments	talk rot

2) 使用“常用表达”翻译下列句子。

- (1) In the closing speech, the chairman said a few words to the effect that we should raise social consciousness of the people.
- (2) It dawned upon her that she was not hopeless. She should try it again.
- (3) Contrary to what most of his friends had expected, Jim decided on teaching.
- (4) At the latest press conference, the Foreign Ministry spokesman talked about, among other things, the Sino-Canadian relationship.
- (5) Those parents with a full-time job make up for the time they couldn't stay with their children by buying them too many toys.
- (6) Unemployment and the death of his youngest daughter almost drove him into despair.

- (7) The files of Cliff Evens can throw light on how he had become nothing.
- (8) What had become of the stepmother at last? Had she received any punishment?
- (9) On the night before the exhibition, Henry slipped into the hall and turned all the pictures upside down.
- (10) As far as I can see, he is a reliable man, and a man you can turn to for help when you are in trouble.

3) 使用 **happen, raise** 和 **stretch** 翻译下列句子。

- (1) The desert stretches hundreds of miles.
- (2) Xiao Lin has a worried face. What happened to him?
- (3) That report says that quite a few secondary schools need to raise their standards.
- (4) My favourite pair of shoes has been stretched out of shape, because I've worn it for such a long time.
- (5) Their plan for the Antarctic expedition was cancelled, because they hadn't raised enough fund.
- (6) He deals in various kinds of commodities which stretch from soft drinks to building materials.
- (7) When the accident happened, a cameraman happened to be on the spot and took the picture of that truck.
- (8) It was so noisy that the lecturer had to raise his voice to make himself heard by the audience.
- (9) Usually, the reference book is not allowed to be taken out of the reading-room, but we can stretch the rule for you, and once only.
- (10) Fortunately, when the explosion took place, it happened that nobody was in the room.

3. 完成下列句子。

1) 使用适当的介词或副词填空。

- | | | |
|-----------------|-----------------|--------------|
| (1) to, in | (2) to | (3) over |
| (4) to | (5) on/upon | (6) to, away |
| (7) out, for | (8) on/upon, at | (9) of |
| (10) up for, in | (11) in, of | (12) out |

2) 使用正确的词填空。

- | | |
|----------------------------|------------------------|
| (1) extraordinary, special | (2) happened, occurred |
| (3) precise, accurate | (4) gazing, stared |
| (5) accomplished, achieved | |

4. 使用最合适的词填空。

- | | | |
|-------------------|---------------|-------------------|
| (1) over | (2) reach | (3) complain |
| (4) of | (5) on | (6) unfortunate |
| (7) picture | (8) in | (9) reflected |
| (10) On | (11) question | (12) therefore |
| (13) illustration | (14) would | (15) satisfaction |

语法练习参考答案

1. 使用 it 改写下列句子。

- 1) It takes a lot of time to prepare a large banquet.
- 2) It is against my principles to work for enemies of our nation.
- 3) It is unimaginable for her to sleep in that house again.
- 4) It is worthwhile going to his concert.
- 5) It is considered impossible for anyone to escape from that heavily-guarded place.

- 6) It would be no good trying now to make up for the wrong you've done.
 - 7) It has actually been suggested that income tax should be abolished.
 - 8) It doesn't matter for this job how one looks.
 - 9) It is a great relief for the parents that the baby is safe at home with her nanny.
 - 10) It is obvious that neither side is sincere in the talks.
2. 改写下列句子，使用强调形式 *it* 对斜体字部分进行强调。
- 1) In the American system of values, it is not patience that is a high priority.
 - 2) It is by seeking out his past performance that Americans evaluate a business colleague.
 - 3) It was with the arrival of television that the faces of the stars became as familiar as those we saw across the breakfast table.
 - 4) It was a drop of water that everybody was longing for.
 - 5) It is the cheerfulness and the lack of hesitation that impress upon the child that parents mean what they say.
 - 6) For the poor, it is a permanent income that is more attractive than romance.
 - 7) It was in India that the former army officer lost his temper and his health.
 - 8) It was the commission to paint him as a beggar that the old man gave him a month ago.
 - 9) It was the way of getting my Berlin diaries out that I had to figure out.
 - 10) It was the desire to revenge himself on his enemies that kept him going in those hard years.