

英
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英语诵读

Yingyu Songdu

主 编 吴建华 赵 佗 张 丽
副主编 张志宏 崔贵成 刘琳萍



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前言

英语是我国中等职业学校开设的必修课程。为了贯彻落实教育部新一轮中等职业学校课程改革精神，广大中等职业学校的教师们不断探索新课改模式下的教学新方法和新途径，从而全面提高中等职业学校教育教学质量，提升学生综合素质。

本书按照教育部颁发的《中等职业学校英语教学大纲》的要求，以《河北省中等职业学校对口升学英语考试大纲》为依据，力求符合河北省中等职业学校学生的实际情况和当前社会发展的时代要求，培养学生英语朗读能力。

本书共分为8章，每章包括10篇短文，涉及成功之路、文化教育、趣味故事、生活方式、寓言故事、学会感恩、人生哲理、外国文化等内容。短文内容涉及面较广、健康向上、富有哲理和教育意义，力求在潜移默化中对学生进行思想和情感教育。同时我们也精心设计了本书内容的组成部分，每篇文章分为两页，主要分为正文、注释、知识拓展、练习题和比赛等部分以便于测试学生是否读懂文章，有利于学生自查，训练其自学能力。本书还配有英文朗读的光盘，利于学生模仿练习。

在比赛部分中，得分原则为：朗读采用10分制。①语音语调（2分）：语音准确，发音清晰，音调、音高合适，连读、词重音、句重音、语调整节奏等准确适中。其中读错或漏读一字扣0.1分。②语速（2分）：语速恰当，声音洪亮，表达自然流畅。每不恰当停顿一次扣0.1分。③节奏（2分）：节奏优美，富有感情，能很好地把握节奏，朗诵时间控制在3~5分钟。朗

诵超过或没有达到规定时间，以 10 秒为计时段，在总分中减 0.1 分，不足 10 秒按 10 秒计算，最高减 0.2 分。④朗诵能力（2 分）：感情真挚，表达自然，能较好地运用姿态、动作、手势、表情，反映朗诵内容的内涵。朗诵富有韵味和表现力，能与观众产生共鸣，营造良好的朗诵效果。建议脱稿。⑤综合印象（2 分）：上下台致意，答谢。朗诵者着装朴素端庄大方，举止自然得体，有风度，富有艺术感染力。

本书的编写情况为：张丽编写了第一章和第六章；刘琳萍编写了第五章；张明、张中伟编写了第二章；周立红、张洋、董馨泽编写了第三章；张宇航、胡佳男编写了第四章；赵岩、孙赫、门泽蕊编写了第六章；栾亚杰、苏明明编写了第七章；李玉芳、黄景录编写了第八章。

本书在编写期间得到了有关领导、专家的热情支持和指导，在此表示衷心感谢。由于时间紧迫，尽管我们进行了认真编写，但不妥之处仍在所难免，敬请批评指正。

张 丽

2018 年 12 月 26 日

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Chapter One

The Way to Success

【Reading 1】

How to Achieve Success

There is no doubt that we wish to be a successful man in the future. Many people think that if you want to succeed, you should remember three things: diligence, devotion, and perseverance.

The first key factor is diligence. Diligence can help us remove ignorance and overcome difficulties. It can make a fool wise, and a poor man rich. If we idle away our time now, our future life will be a failure. If we are diligent now, we will surely be successful in the future.

Devotion, which means the concentration of our mind and effort in doing things, is another key factor to success. Whatever job we are doing, we must love it and do it heart and soul. Only when we set our minds on the job, can we do it well.

Furthermore, perseverance is also necessary for any success. If we study or work day after day, there is nothing cannot be achieved. Without a strong will, on the other hand, we are likely to give up when we meet some difficulties.

To conclude, all great men achieve success through diligence, devotion and perseverance. Just as the famous English saying goes, “No pain, no gain.”

【Notes】

1. diligence [ˈdɪlɪdʒ (ə) ns] *n.* 努力, 勤奋
2. devotion [dɪˈvəʊʃ (ə) n] *n.* 热爱, 献身, 奉献, 投入
3. perseverance [pəˈsɪˈvɪər (ə) ns] *n.* 毅力; 坚持不懈
4. ignorance [ˈɪgn (ə) rəns] *n.* 无知, 愚昧
5. idle away 浪费光阴, 虚度

【Expansion】

We don't grow until we take risks.

如果不冒风险, 我们就不会成长。

【 Exercises 】

- () 1. Which of the followings is not the factors of success?
- A. Diligence. B. Devotion.
C. Perseverance. D. Money.
- () 2. What does the saying “No pain, No gain” mean?
- A. 不劳无获。 B. 失败是成功之母。
C. 有志者事竟成。 D. 天才出于勤奋。
- () 3. What can not diligence help us to do?
- A. Diligence can help us remove ignorance.
B. Diligence can help us to overcome difficulties.
C. It can make a fool wise.
D. It can idle away our time.
- () 4. Which of the followings is not about devotion?
- A. It means the concentration of our mind and effort in doing something.
B. It is another key factor to success.
C. Whatever job we are doing, we must love it and do it heart and soul.
D. When we set our minds on the job, we can't do it well.
- () 5. What is right about perseverance?
- A. It is also necessary for any success.
B. If we study or work, there is nothing cannot be achieved.
C. Without a strong will, we are to succeed.
D. We should give up when we meet some difficulties.

【 Comparison 】

第一次得分: _____ 朗读时间: _____ 错误分析: _____
第二次得分: _____ 朗读时间: _____ 错误分析: _____
第三次得分: _____ 朗读时间: _____ 错误分析: _____

【Reading 2】

Grow Great by Dreams

A question was once asked of a highly successful businessman, “How have you done so much in your lifetime?”

He replied, “I dreamed. I turned my mind loose to imagine what I wanted to do. Then I went to bed and thought about my dreams. In the night I dreamed about my dreams. And when I awoke in the morning, I saw the way to make my dreams real. While other people were saying, ‘You can’t do that, it is impossible’, I was well on my way to achieve what I wanted.” As Woodrow Wilson, the 28th President of the US, said, “We grow great by dreams. All big men are dreamers. ”

Some of us let these dreams die, but others nourish and protect them; nourish them through bad days until they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true.

So please, do not let anyone steal your dreams, or try to tell you they are impossible.

“Sing your songs, dream your dreams, hope your hope and pray your prayer.”

【Notes】

1. Woodrow Wilson [wudrəu wilsən] 伍德罗·威尔逊（人名）
2. nourish [ˈnʌrɪʃ] *vt.* 养育；抚育
3. sincerely [sɪnˈsɪəli] *adv.* 真诚地；由衷地
4. pray [preɪ] *vi.* 祈祷；请；恳求 *vt.* 祈祷；恳求；央求

【Expansion】

Courage and resolution are the spirit and soul of virtue.

勇敢和坚决是美德的灵魂。

【 Exercises 】

- () 1. How did the businessman succeed?
- A. He made his dream come true.
- B. He went to bed early.
- C. All big men are dreamers.
- D. He dreamed a lot.
- () 2. What is important in completing your dreams?
- A. Let someone steal your dreams.
- B. Try to tell yourself your dreams are impossible.
- C. Let your dreams die.
- D. Nourish your dream through bad days.
- () 3. What was Woodrow Wilson?
- A. A boss. B. A businessman.
- C. A president. D. A doctor.
- () 4. What is the main idea of the second paragraph?
- A. How can we make our dreams come true?
- B. What should we do?
- C. Dream our dreams.
- D. Don't let your dream die.
- () 5. What does the sentence "All big men are dreamers" mean?
- A. Big men are all strong.
- B. All dreamers are big man.
- C. Dreams are necessary and can help people to succeed.
- D. Dreams are not important.

【 Comparison 】

第一次得分: _____ 朗读时间: _____ 错误分析: _____
第二次得分: _____ 朗读时间: _____ 错误分析: _____
第三次得分: _____ 朗读时间: _____ 错误分析: _____

【 Reading 3 】

Believe in Yourself

Life is not easy so I'd like to say "When anything happens, believe in yourself".

When I was 14, I was too nervous to talk to anyone. My classmates often laughed at me. I was sad but could do nothing. Later, something happened. It changed my life. It was an English speech contest. My mother asked me to take part in it. What a terrible idea! It meant I had to speak in front of all the teachers and students of my school!

"Come on, boy! Believe in yourself! You are sure to win." Then, mother and I talked about many different topics. At last I chose the topic "Believe in yourself". I tried my best to remember all the speech and practiced it over 100 times. With my mother's great love, I did well in the contest. I could hardly believe my ears when the news came that I had won the first place! I heard the cheers from the teachers and students. Those classmates who once looked down on me now all said "Congratulations!" to me. My mother hugged me and cried excitedly.

Since then, everything has changed for me. When I do anything, I try to tell myself to be sure and I will find myself. This is true not only for a person but also for a country.

【 Notes 】

1. speech contest 演讲比赛
2. congratulation [kəŋgrætʃu:'leɪʃəns] *n.* 祝词, 祝贺, 贺词
3. hug [hʌg] *vt.* 拥抱; 抱有

【 Expansion 】

A man can't ride your back unless it is bent.

只要你的腰不弯, 别人就不能骑在你的背上。

【Exercises】

- () 1. Why did the writer's classmates laugh at him?
- A. Because he didn't study hard.
B. Because he often fought with them.
C. Because he was afraid of speaking in front of others.
D. Because he didn't get on well with them.
- () 2. Who encouraged and helped him?
- A. His classmate. B. His mother.
C. His parents. D. His teacher.
- () 3. What changed his life?
- A. An English speech contest.
B. His talking with his teacher.
C. His classmates' laugh.
D. Something we don't know.
- () 4. According to the passage, when we are in trouble, what should we do?
- A. Nothing but give up.
B. Believe in ourselves.
C. Ask for mother's help.
D. Practice a lot.
- () 5. How did the writer win the first prize? Which statement is not true?
- A. He believed in himself.
B. He tried his best to remember all the speech.
C. He practiced it over 100 times.
D. His classmates and teachers congratulated him.

【Comparison】

第一次得分: _____	朗读时间: _____	错误分析: _____
第二次得分: _____	朗读时间: _____	错误分析: _____
第三次得分: _____	朗读时间: _____	错误分析: _____

【Reading 4】

Honesty Is the Best Life Policy

There is an old saying that says, “Honesty is the best policy.” I think honesty is more than a policy. It is a form of honor. An honest man can be trusted with an amount of money or other valuable things.

Cheating is a sneaking thing to do at any time. When you have an idea that you want to cheat in order to win a game, or feel very sad when a game is going to be against you, just tell yourself, “It is only a game. One can’t always win, but I will stick to it in case of a chance coming.” If you keep your mind in this way, you will very often find that you win after all from not being over-anxious or despairing.

And don’t forget, whenever you do lose a game, take the failure bravely. If you are a true sportsman, you will at once cheer the winning team or shake hands with other teams and congratulate the person who has beaten you. If you have the ambition to win the goal of success, be honest and work hard for your success. Dishonest idea will not help you, but may lead you to great difficulties.

So everyone should be honest. Remember: Honesty is the best life policy.

【Notes】

1. sneak [snɪ:k] *vi.* 溜; 偷偷地做 *n.* 鬼鬼祟祟的人
2. over-anxious [əʊvər'æŋkʃəs] *adj.* 过于焦急的; 过度操心的
3. despair [dɪ'speɪə] *n.* 绝望; 令人绝望的人或事 *vi.* 绝望, 丧失信心
4. congratulate [kɒŋgrætju:'leɪt] *vt.* 祝贺; 道贺

【Expansion】

Being on sea, sail; being on land, settle.

随遇而安。

【Exercises】

- () 1. What is the best explanation of the old saying “Honesty is the best life policy”?
- A. Honesty is the most important thing in life.
B. Honesty is the best policy made by people.
C. Honesty is more than a policy.
D. Everyone likes to be honest.
- () 2. What doesn't a true sportsman do when he loses a game?
- A. Shake hands with other teams.
B. Cheer the winning team.
C. Congratulate the person who has beaten you.
D. Cheat to win a game.
- () 3. What does the sentence “You lose a game” mean?
- A. You fail in a match.
B. You lose something important.
C. You miss a game.
D. You don't take part in a game.
- () 4. If you are honest, you will _____.
A. win the game B. be trusted
C. not lose a game D. feel over-anxious
- () 5. What does the underlined “ambition” mean?
A. 愿望。 B. 信心。
C. 雄心。 D. 意志。

【Comparison】

第一次得分: _____	朗读时间: _____	错误分析: _____
第二次得分: _____	朗读时间: _____	错误分析: _____
第三次得分: _____	朗读时间: _____	错误分析: _____

【 Reading 5 】

Don't Be Angry So Easily

Do you get angry when your friends sing loudly but you are trying to work , or when your best friend does not wait for you after school?

If you do , you need to control your feelings and stop getting angry so easily. Your friends will leave you if you often get angry with them.

Feelings are just like wild animals. You must learn to control them. Teens can become angry more easily , so it's important for them to learn how to stay cool when bad things happen to them.

Getting angry only makes problems worse. It can never make them better. Getting angry is not a natural way to act. It is just a bad habit, like smoking. But you can control your anger easily—all you have to do is to tell yourself not to be angry.

When a baby falls over, he only cries if people are watching him. Like a baby, you should only get angry if you are sure it is the right thing to do.

Here are some tips to help you if you get angry easily. Here are the top three :

1. Write a diary. Every time you get angry write down why you are angry. Look back at it later and you will see you do get angry easily.
2. Ask your friends to stop talking to you when you get angry. This will make you feel better.
3. Do something different. When you get angry, walk away from the problem and go somewhere else, Try to laugh!

【 Notes 】

1. get angry 生气，发怒；变得生气
2. control your feelings 控制你的感觉
3. make problems 制造麻烦

【 Expansion 】

Better an empty purse than an empty head.

宁可钱袋瘪，不要脑袋空。

【 Exercises 】

- () 1. When you tend to be angry, you shouldn't _____.
A. keep a diary
B. ask your friend to stop talking to you
C. do something different
D. lose your temper
- () 2. What's the main idea of the text?
A. It tells us the tips of keeping our temper.
B. Getting angry is a bad habit.
C. Don't be angry so easily.
D. Keeping a diary is important.
- () 3. Who can become angry easily according to the passage?
A. Teens. B. The old.
C. Grown-ups. D. Everyone.
- () 4. Why are you angry when something bad happened?
A. Because you can control your temper.
B. Because you think it is the right thing to do.
C. Because you want to be angry easily.
D. Because you want to make problems worse.
- () 5. What can't help you stop becoming angry?
A. Walk away from the problem.
B. Tell yourself not to be angry.
C. Try to laugh.
D. Stop smoking.

【 Comparison 】

第一次得分: _____ 朗读时间: _____ 错误分析: _____

第二次得分: _____ 朗读时间: _____ 错误分析: _____

第三次得分: _____ 朗读时间: _____ 错误分析: _____

【Reading 6】

How to Make a Full Man

We all know if we want to make a full man, it is neither education nor experience, it is reading. By reading scientific passage, we can know many scientific truths, by reading history, we know the growth of a country.

We can use eyes to see, we can use ears to hear. But as a result of distance, we can hardly see some small objects by naked eyes, and ordinary sounds are not audible to our ears without a transmitter. It is by reading that we can know many things. Furthermore, if we want to know what the world is thinking and doing, we can read.

In a word, no matter how advanced our education is, and how much experience we have, we cannot become “full man” if we do not keep on reading.

【Notes】

1. distance [ˈdɪstəns] *n.* 距离; 远方; 疏远; 间隔 *vt.* 疏远; 把……远远甩在后面
2. naked [ˈneɪkɪd] *adj.* 裸露的; 光体的
naked eyes 肉眼
3. transmitter [trænzˈmɪtə] *n.* (电子信号、电视等的) 发射机, 发送机

【Expansion】

Q: Which are the stronger days of the week?

A: Saturday and Sunday. The rest are weekdays.

week 和 weak 同音: week [wi:k] *n.* 周, 星期

weak [wi:k] *adj.* 疲软的; 虚弱的; 无力的

【Exercises】

- () 1. Which of the following can make a full man?
- A. Reading. B. Money.
C. Time. D. Experience.
- () 2. What can we know by reading scientific passage?
- A. History. B. Scientific truth.
C. Story. D. Joke.
- () 3. As a result of distance, can we see any small objects?
- A. Yes, we can not.
B. No, we can not.
C. Yes, we can.
D. No, we can.
- () 4. According to the passage, if we want to know what the world is thinking and doing, what can we do?
- A. Run.
B. Read.
C. Sleep.
D. Watch.
- () 5. According to the passage, which of the following is right?
- A. By reading history, we can not know the growth of a country.
B. We all know if we want to make a full man, it is education or experience.
C. We all know if we want to make a full man, it just is experience.
D. We cannot become “full man” if we do not keep on reading.

【Comparison】

第一次得分: _____	朗读时间: _____	错误分析: _____
第二次得分: _____	朗读时间: _____	错误分析: _____
第三次得分: _____	朗读时间: _____	错误分析: _____

【Reading 7】

Keeping My Promise

My parents took me to France when I was little. I had lived there for six years. When I came back, my French was very good. “Can I do something useful with my French?” I asked myself.

Then one day of last spring, I got a good opportunity. Everyone was afraid of going out because of an epidemic, so I stayed at home with nothing to do. My father brought me a French book. “Why don’t you translate it into Chinese? It will be better than playing computer games all day.”

I promised to do 2,000 words each day. But soon I found it was hard to keep the promise. One day in May, the weather was beautiful. But I couldn’t go out, those 2,000 words were still waiting for me. After translating only three pages, I already lost interests in the book.

I looked at it for a long time. But I couldn’t make myself turn the pages. How I wished I could go outside and play football with my friends! I counted the words again and again. I just wanted to give up.

I felt as if two people were fighting in my mind. One said, “Don’t give up! Keep working hard, and you’ll do well!” But then the other one said, “Go and play! It will be more fun than translating. Do your work tomorrow.”

I stood up and went to turn off the computer. But then I remembered what my parents had told me: “Whatever you do, don’t stop halfway.” So I sat down and went on with it.

【Notes】

opportunity [ɒpə'tju:nɪti] *n.* 机会

【Expansion】

The longest day has an end.

—— Howell

最难过的日子也会有尽头。

—— 贺韦尔

【 Exercises 】

- () 1. Which foreign language did the writer do well in?
A. Chinese. B. English.
C. French. D. France.
- () 2. What did his father advise him to do?
A. To translate a book into Chinese.
B. To translate a book into English.
C. To translate a book into French.
D. To play much games.
- () 3. Did the writer once want to give up?
A. No, he didn't. B. Yes, he did.
C. No, he did. D. Yes, he didn't.
- () 4. Why did he keep on translating the book?
A. He wanted to play football with his friends.
B. He didn't want to turn the pages.
C. His father's words made him keep his promise.
D. He wanted to stay at home.
- () 5. What is the main idea of the passage?
A. Translating a book is good.
B. Never give up, then you will succeed.
C. Parents are always right.
D. Don't make a promise easily.

【 Comparison 】

第一次得分: _____ 朗读时间: _____ 错误分析: _____
第二次得分: _____ 朗读时间: _____ 错误分析: _____
第三次得分: _____ 朗读时间: _____ 错误分析: _____

【Reading 8】

The House of 1, 000 Mirrors

Long ago in a small, far away village, there was a place known as the House of 1, 000 Mirrors. A small, happy little dog learned of this place and decided to visit it. When he arrived, he bounced happily up the stairs to the doorway of the house. He looked through the doorway with his ears lifted high and his tail wagging as fast as it could. To his great surprise, he found himself staring at 1, 000 other happy little dogs with their tails wagging just as fast as his. He smiled a great smile, and was answered with 1, 000 great smiles just as warm and friendly. As he left the House, he thought to himself, “This is a wonderful place. I will come back and visit it often.”

In this same village, another little dog, who was not quite as happy as the first one, decided to visit the house. He slowly climbed the stairs and hung his head low as he looked into the door. When he saw the 1, 000 unfriendly looking dogs staring back at him, he growled at them and was horrified to see 1, 000 little dogs growling back at him. As he left, he thought to himself, “That is a terrible place, and I will never go back there again.”

All the faces in the world are mirrors. What kind of reflections do you see in the faces of the people you meet?

【Notes】

1. doorway [ˈdɔːweɪ] *n.* 门口; 途径
2. wag [wæg] *v.* 摇摆; 摇动
3. growl [graʊl] *v.* 咆哮
4. reflection [rɪˈflekʃ (ə) n] *n.* 反射; 沉思; 映像

【Expansion】

You win because you think you can.

你能够成功是因为你认为你能成功。

【 Exercises 】

- () 1. How many dogs went into the house?
- A. One. B. Two.
- C. Three. D. Four.
- () 2. What did the first dog think when he left the house?
- A. He would never went into the house again.
- B. He thought nothing.
- C. He would come back and visit the house often.
- D. He thought the house was terrible.
- () 3. What will the mirrors be like when you smile?
- A. The mirrors will smile.
- B. The mirrors will angry.
- C. The mirrors will cry.
- D. There is nothing in the mirrors.
- () 4. What did the writer want to tell us?
- A. All the faces in the world are mirrors.
- B. There was a place known as the house of 1000 mirrors.
- C. There were two dogs visiting the house of 1000 mirrors.
- D. When you smile to others, others will smile to you.
- () 5. What did the underlined word “horrified” mean?
- A. Happy. B. Terrible.
- C. Angry. D. Brave.

【 Comparison 】

第一次得分: _____ 朗读时间: _____ 错误分析: _____
第二次得分: _____ 朗读时间: _____ 错误分析: _____
第三次得分: _____ 朗读时间: _____ 错误分析: _____

【Reading 9】

Do Something for Yourself

I can still remember one afternoon when I was eight years old. Since my first visit to the farm, I'd want more than anything to be allowed to climb the stonewalls surrounding the farm. My parents would never approve. The walls were old; some stones were missing, others loose and crumbling. Still, my yearning to scramble across those walls grew so strong. One spring afternoon, I summoned all my courage and entered the living room, where the adults had gathered after dinner.

"I, uh, I want to climb the stonewalls," I said hesitantly. Everyone looked up. "Can I climb the stonewalls?" Instantly a chorus went up from the women in the room. "Heavens, no!" they cried in dismay. "You'll hurt yourself!" I wasn't too disappointed; the response was just as I'd expected. But before I could leave the room, I was stopped by my grandfather's booming voice. "Hold on just a minute," I heard him say, "Let the boy climb the stonewalls. He has to learn to do things for himself."

"Scoot," he said to me with a wink, "and come and see me when you get back." For the next two and a half hours I climbed those old walls and had the time of my life. Later I met with my grandfather to tell him about my adventure. I'll never forget what he said. "Fred," he said, grinning, "you make this day a special day just by being yourself. Always remember, there's only one person in this whole world like you, and I like you exactly as you are."

Many years have passed since then, and today I host the television program Mister Rogers' Neighborhood, seen by millions of children throughout America. There have been changes over the years, but one thing remains the same: my message to children at the end of almost every visit, "There's only one person in this whole world like you, and people can like you exactly as you are."

【Notes】

1. scramble ['skræmbl] *v.* 攀登, 爬; 争夺, 抢夺; (植物) 蔓延
2. adventure [əd'ventʃə (r)] *n.* 奇遇; 冒险经历; 冒险活动

【Expansion】

A man is great because of his heart.

人之所以伟大, 是因为他的心灵。

【Exercises】

- () 1. What did the writer want to do when he went to the farm?
A. To climb the stonewalls. B. To write some words.
C. To find something. D. To live in the farm.
- () 2. Why didn't the women ask the writer to climb the stonewalls?
A. Because it was not dangerous.
B. Because it was dangerous.
C. Because it was beautiful.
D. Because it was great.
- () 3. Did the writer climb the stonewalls?
A. Yes, there were. B. No, there were not.
C. Yes, he did. D. No, there were.
- () 4. Who asked the writer to climb the walls?
A. His grandfather.
B. His sister.
C. His mother.
D. His father.
- () 5. What is the main idea of the passage?
A. Believe in yourself.
B. Never give up.
C. Do something for yourself.
D. Practice makes perfect.

【Comparison】

第一次得分: _____	朗读时间: _____	错误分析: _____
第二次得分: _____	朗读时间: _____	错误分析: _____
第三次得分: _____	朗读时间: _____	错误分析: _____