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真正的朋友就该如此

为你读书：
Napoleon to Josephine
《拿破仑致约瑟芬》

英文悦读

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聚焦天下 World News

看人间百态，观世事变迁。

Emma 入选全球最赚钱女演员！排名第一竟是她...| 一周看点

1. Emma 入选 2017 全球最高收入女演员 Top10

本周三，《福布斯》公布了 2017 年全球最赚钱女演员榜单。其中，“石头姐”——《爱乐之城》的女主角以 2600 万美元登顶！

蝉联两届榜首的詹妮弗·劳伦斯跌至第三，女神艾玛也因为出演《美女与野兽》，冲进榜单前十。

↓2017 全球最高收入女演员榜单 Top10↓

Forbes said the cumulative total earned by the world's top ten highest-paid actresses - $172.5 million - was down 16 percent from the previous year.
《福布斯》杂志称，今年全球收入前十的女星的总收入约为 1.7 亿美元，较去年下降了 16%。

2. 英国王室不能吃的食物，竟是大天朝的小龙虾？

小龙虾绝对是大多数中国人的最爱。但是，就是有这么一群人没有口福！那就是英国的王室。

据《太阳报》报道，王室成员外出就餐是不能吃甲壳类动物，也就是说，中国的小龙虾也属于禁忌食物之一。

至于私下里，我们就不知道了...

According to the Sun, the Royals are not allowed to eat crustacean cuisine while eating out, which explains the lack of photos of Prince William and Kate eating at Red Lobster.
据《太阳报》报道，皇室成员外出就餐时不能吃甲壳类动物，这也是为什么威廉王子和凯特王妃鲜少出现在著名的红龙虾餐厅的原因。

3. 小贝一家现身《摩登家庭》剧组，好有范！

上周，贝克汉姆一家 6 口现身《摩登家庭》剧组。贝嫂更是在社交网站 Instagram 晒出全家福，并配文：“邓菲一家走了！贝克汉姆一家搬进来了！新的摩登家庭。”

大合照看着实在很养眼，但小七的胖胳膊绝对实力抢镜！

Posh Spice was joined with her husband David and her entire brood – Brooklyn, 18, Romeo, 14, Cruz, 12 and Harper, six – as they spent a day at the ABC studios in Los Angeles.
据悉，辣妹一家在洛杉矶的 ABC 片场来了个一日游，同行的还有 18 岁的布鲁克林，14 岁的罗密欧，12 岁的克鲁兹以及年仅 6 岁的哈珀。

4. 查尔斯继位遭抵制，网友表示能不能跳过他

最近，关于英国女王退位的问题一直闹得沸沸扬扬。

而最新的民意调查显示，63%的年轻人希望由威廉王子直接继承王位。并且，如果查尔斯继任，王室将会失去五分之一的民众支持。

看来，查尔斯的走向王位之途堪忧啊！

The magazine devotes its September issue to the future of the monarchy with a front cover asking: “The last king?” How Charles III could bring down the monarchy.”
《前景》杂志九月的主题便是王室的未来，封面写道：“最后一任国王？看查尔斯三世如何唱衰王室。”

5、西班牙巴塞罗那发生恐怖袭击，致死 13 人

8 月 17 日下午，西班牙巴塞罗那发生恐怖袭击，一辆厢式货车在兰布拉大道（市中心的旅游景点）冲撞行人，致 13 人死亡，100 多人受伤。

而肇事的恐怖分子正在潜逃中，目前警方仍然在全力追踪。

At least 13 people have been killed and dozens were injured after a white van ploughed into a crowd in Barcelona's busy tourist area, according to local media.
根据当地媒体报道，一辆白色的厢式货车在巴塞罗那繁忙的旅游景区四处冲撞，至少 13 个死亡，多人受伤。

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大表姐刘雯不做模特，反而更会赚钱了 | 一周热词

大表姐刘雯最近多了一个双胞胎姐妹，那就是她在北京杜莎夫人蜡像馆的蜡像：就这样，她成为了全球第一个入驻杜莎夫人蜡像馆的中国模特。

她自己当时把照片传到了 Instagram 上面，很快就获得了超过 1500 条的评论，其中最多的就是“美翻了”。

关注她的人可能已经发现了：她现在很少走秀了，从走秀的变成了看秀的；翻她的 Instagram 页面也会发现，现在已经没多少秀场的照片了，更多的是做陶、候机、散步这样的生活照。（当然，是精心处理过的生活照）

不过，虽然走秀的次数越来越少了，但她的赚钱能力和名气都越来越大了，
去年，她被《第一财经周刊》评为“最受品牌关注的明星”第 10 名；同时，在去年福布斯公布的榜单中，刘雯的年收入在全球模特里面排第 8，高达 4800 万人民币。

其实这种“少劳多得”的现象也不奇怪，因为走秀这个事更多是模特出道初期做的事，因为这是新人模特为数不多的曝光途径，（而且收入也不高，有的秀甚至只给一个包包当报酬）

新人需要通过这些途径尝试出名，然后才能接广告什么的，她们在这个过程中主要做的并不是赚钱，而是获取曝光（exposure）

而刘雯现在已经不需要靠走秀来维持名气了，她已经完成从模特到个人大 IP 的转变，她现在只需要维持自己在各个渠道的上的曝光度，自然就有品牌的特邀走秀请她走。
同时，她也开始参加真人秀，并且还自己做投资人投资了视频节目《纹理》，总之，她的身份现在越来越多元了，就和她的收入来源一样。

OK，来讲一讲今天的词 exposure
它是名词，表示“暴露”、“曝光”，商业中说的“市场曝光率”也是这个词。
对应的动词是 expose
那么，我们来造个句子吧~
今日一词：exposure
Anger is an exposure of inner incompetence.
愤怒，是内在无能的表露。

返回目录

文苑英华 Literature Time

每个文字背后，都藏有一桩深情，一段故事。

Napoleon to Josephine

为你读书：《拿破仑致约瑟芬》

地址链接：
http://www.en8848.com.cn/tingli/meiwen/slmw/311277.html

1796 年初，27 岁的拿破仑，在巴黎邂逅了约瑟芬。当时的约瑟芬是一位 33 岁的富家遗孀，她仪态万千、风姿曼妙，浑身散发着优雅的迷人风韵。这些都让拿破仑深深痴迷，让他一改往日的沉默寡言，对爱情的狂热“几乎达到了发狂地步”。3 个月后，拿破仑与约瑟芬结婚了。婚后不过 48 小时，拿破仑便奉命出征。他每天趴在战壕里给爱妻写信，字里行间传达的都是他对妻子狂热的爱恋。时过境迁，当年的这段轰动一时的爱恋并没有如童话般以幸福圆满作为结尾，但这一封封情书却以文字的形式记下了这段旷世奇缘。

I have your letter, my adorable love. It has filled my heart with joy... since I left you I have been sad all the time. My only happiness is near you. I go over endlessly in my thought of your kisses, your tears, your delicious jealousy. The charm of my wonderful Josephine **kindles** a living, blazing fire in my heart and senses. When shall I be able to pass every minute near you, with nothing to do but to love you and nothing to think of but the pleasure of telling you of it and giving you proof of it? I loved you some time ago; since then I feel that I love you a thousand times better. Ever since I have known you I adore you more every day. That proves how wrong is

that saying of La Bruyere "Love comes all of a sudden. "

我收到了你的信，我可爱的心上人。你的信使我充满了欢乐…自从离开你以后，我一直都很伤心。我唯一的幸福就是时刻伴随着你。你的吻给了我无限的思索和回味，还有你的泪水和甜蜜的嫉妒。我迷人的约瑟芬的魅力像一团炽热的火在我的心里燃烧。何时我才能在你身旁度过每分每秒，除了爱你什么也不需做；除了向你倾诉我对你的爱并向你证明爱的那种愉快，什么也不用想了？我不久前爱上你，自那以后我感到对你的爱更增一千倍。自从与你相识，我一天比一天更崇拜你。这正好证明了拉布吕耶尔说的“爱，突如其来”多么不切合实际。

Ah, let me see some of your faults; be less beautiful, less graceful, less tender, less good. But never be jealous and never shed tears. Your tears send me **out of my mind** ... they set my very blood on fire. Believe me that it is utterly impossible for me to have a single thought that is not yours, a single fancy that is not submissive to your will. Rest well. Restore your health. Come back to me and then at any rate before we die we ought to be able to say: "We were happy for so very many days!" Millions of kisses even to your dog.

唉，让我看你的一些美中不足吧。再少几分甜美，再少几分优雅，再少几分温柔妩搞，再少几分姣好吧。但绝不要嫉妒，绝不要流泪。你的眼泪使我神魂颠倒…你的眼泪使我热血沸腾。相信我，我每时每刻无不想你，不想你是绝无可能的。没有一丝意念能不顺着你的意愿。好好休息，早日康复。回到我的身边，不管怎么说，在我们谢世之前，我们应当能说：“我们曾有多少个幸福的日子啊！”千百万次吻，甚至吻你的爱犬。

词汇点津：

kindle ['kɪnd(ə)l] vt. 点燃；激起

例子：The Second World War kindled his enthusiasm for politics.

第二次世界大战激发了他的政治热情。

out of my mind 神魂颠倒
例子：Your tears send me out of my mind ...
你的眼泪使我神魂颠倒……

返回目录

Little Prince

适合大人读的童话书：《小王子》

第 16 章：蘑菇人

音频地址：
http://down010702.tingclass.net/lesson/shi0529/0009/9809/16.mp3

He stared at me, thunderstruck. Matters of consequence!
他惊讶地看着我。正经事?

He looked at me there, with my hammer in my hand, my fingers black with engine-grease, bending down over an object which seemed to him extremely ugly.
他瞅着我手拿锤子，手指沾满了油污，伏在一个在他看来丑不可言的机件上。

You talk just like the grown-ups! That made me a little ashamed.
你说话就和那些大人一样！这话使我有点难堪。

But he went on, relentlessly: "You mix everything up together...You confuse everything."

可是他又尖刻无情地说道：“你什么都分不清…你把什么都混在一起!”

He was really very angry. He tossed his golden curls in the breeze.
他着实非常恼火。摇动着脑袋，金黄色的头发随风颤动着。

I know a planet where there is a certain red-faced gentleman. He has never smelled a flower. He has never looked at a star.
我到过一个星球，上面住着一个红脸先生。他从来没闻过一朵花。他从来没有看过一颗星星。

He has never loved any one. He has never done anything in his life but add up figures.
他什么人也没有喜欢过。除了算帐以外，他什么也没有做过。

And all day he says over and over, just like you: "I am busy with matters of consequence!"
他整天同你一样老是说：“我有正经事，我是个严肃的人”。

And that makes him swell up with pride. But he is not a man – he is a mushroom!"
这使他傲气十足。他简直不象是个人，他是个蘑菇。

A what? A mushroom!
是个什么？是个蘑菇!

The little prince was now white with rage. The flowers have been growing thorns for millions of years.
小王子当时气得脸色发白。几百万年以来花儿都在制造着刺，

For millions of years the sheep have been eating them just the same.
几百万年以来羊仍然在吃花。

And is it not a matter of consequence to try to understand why the flowers go to so

much trouble to grow thorns which are never of any use to them?
要搞清楚为什么花儿费那么大劲给自己制造没有什么用的刺，这难道不是正经事?

Is the warfare between the sheep and the flowers not important? Is this not of more consequence than a fat red-faced gentleman's sums?
难道羊和花之间的战争不重要？这难道不比那个大胖子红脸先生的帐目更重要?

And if I know-I, myself-one flower which is unique in the world, which grows nowhere but on my planet,
如果我认识一朵人世间唯一的花，只有我的星球上有它，别的地方都不存在，

but which one little sheep can destroy in a single bite some morning, without even noticing what he is doing－Oh! You think that is not important!
而一只小羊胡里胡涂就这样把它一下子毁掉了，这难道不重要?

返回目录

影音之声 Appreciation

-曲中有真意-

柔美歌声唱不尽一生：

In My Life

MV 地址：https://v.qq.com/iframe/player.html?vid=v0533dw2hgb&tiny=0&auto=0

《In My Life》是英国摇滚乐队 The Beatles 的歌曲，由乐队成员 John Lennon 和 Paul McCartney 创作。这首歌的歌词描述了列侬从家到码头的巴士之旅。长长的旅途穿越利物浦，他捕捉了沿途所见及所闻。然而写成之后，列侬觉得歌词太过冗长和无趣，像是一个白描的日记。于是他决定让歌词更能引起人们的共鸣，于是把主题改成了更广泛意义上的回顾过去：怀念失去的童年和老友。歌词到后来出现转折——列侬告诉人们过去的并非是最好的。这实际是一首情歌，列侬想说的是，尽管他对过去一往情深，但是更爱现在的她。这个转折让这首歌更积极，也更成熟。

歌词（节选）欣赏：

There are places I'll remember 我会记起很多地方
All my life though some have changed 我的生活虽然有些改变
Some forever not for better 但有些永远不会变的更好了
Some have gone and some remain 有些已经改变,而有些仍维持原状
All these places have their moments 所有这些地方都有曾属于他们的时光
With lovers and friends I still can recall 这些和恋人和朋友的美好时光我仍记得
Some are dead and some are living 他们有的已经离世，有的还活着
In my life I've loved them all 在我的一生中，我爱过他们每一个人
But of all these friends and lovers 然而在所有的这些朋友和恋人中
There is no one compares with you 没有一个人可以和你相提并论
And these memories lose their meaning 这些回忆终将失去意义
When I think of love as something new 当我对爱情感到陌生

Though I know I'll never lose affection 虽然我知道我永远不会失去
For people and things that went before 对那些过往的人和事的感情
I know I'll often stop and think about them 我知道我会不时的停下脚步回忆起它们
In my life I love you more 在我的一生中，你是我的挚爱
Though I know I'll never lose affection 虽然我知道我永远不会失去
For people and things that went before 对那些过往的人和事的感情
I know I'll often stop and think about them 我知道我会不时的停下脚步回忆起它们
In my life I love you more 在我的一生中，你是我的挚爱

歌词点津：

歌词：Some have gone and some remain
有些已经改变,而有些仍维持原状
All these places have their moments
所有这些地方都有曾属于他们的时光
With lovers and friends I still can recall
这些和恋人和朋友的美好时光我仍记得

划重点：remain v. 剩余；逗留；留下；依然；保持　n. 剩余物；遗迹；残骸
I didn't remain long in the city.
我没在那个城市逗留很长时间。
remain 可与 there 连用,表示“只剩下”“还有”。
There remained just a little money.What was to be done?
只剩一点点钱了,怎么办呢?
recall　n. 回忆；取消；召回　vt. 召回；恢复；回想起；唤起；与 ... 相似
I remember her face but I cannot recall where I met her.
我记住了她的面容,但是我想不起在什么地方见过她了。
The danger recalled him to a sense of duty.
这危险的事唤起了他的责任感。
The ambassador was recalled home by his government.
大使被他的政府召回国了。

歌词：But of all these friends and lovers
然而在所有的这些朋友和恋人中

There is no one compares with you
没有一个人可以和你相提并论

划重点：关于 compare 的用法：
1. 表示“把……与……比较”，通常用 compare...with...，但在现代英语中，也可用 compare... to...，或者用 compare...and...。
如：If you compare his work with [and] hers, you'll find hers is much better. 要是把他俩的工作比较一下，就会发现她的好得多。
2. 表示“把……比作……”，通常用 compare...to...，一般不用 compare...with...。
如：The poet compares the woman he loves to a rose. 诗人把他所爱的女人比作玫瑰。
3. 在 compared to [with]（与……相比）这一习语中，用 to 或 with 已没什么区别。如：Compared with [to] him, I'm just a beginner. 和他相比，我只是一个初学者。

歌词：Though I know I'll never lose affection
虽然我知道我永远不会失去
For people and things that went before
对那些过往的人和事的感情
I know I'll often stop and think about them
我知道我会不时的停下脚步回忆起它们

划重点：affection n. 影响；感情；喜爱；慈爱
Every mother has affection for her children.
每个母亲都爱她的孩子。
He has a deep affection for his old friend.
他对老朋友感情很深。
Unfortunately she placed her affections on the wrong man.
很不幸,她爱错了人。
Affection: 指对人的爱慕或深厚、温柔的感情，侧重感情的深沉。
Love: 比 affection 的语气更强。表示一种难以控制的激情。 返回目录

I Wanted You:

曾经渴望

关于生活：适合自己，才是生活；而活着，要让自己高兴；余生太短，一定要和有趣的人在一起；关于变老要记得：始于颜值，敬于才华，久于善良。今天要跟大家分享的是这首 I Wanted You《曾经渴望》。

视频地址：
https://v.qq.com/iframe/player.html?vid=n0504ehlh08&tiny=0&auto=0

歌词（节选）欣赏：

Lately I've been thinking about what I can do
最近总在想我该怎么做
I've been stressing to fall back in love with you
好害怕会再次去爱上你
I'm so sorry that I couldn't follow through
抱歉我没有办法坚持到底
But I can't go on this way. I've got to stop it baby
不想继续这样下去 必须停下来了 宝贝
You've been wonderful in all that you can be
你做什么都那么出色
But it hurts when you say that you understand me
但当你说懂我时，却是那么悲哀
So believe me. I, I am sorry, I, I am sorry, I, I
所以 相信我 对不起 对不起
I wanted you to be there when I fall

曾希望跌倒时有你扶持
I wanted you to see me through it all
曾希望艰难困苦时有你一路陪伴
I wanted you to be the one I loved
曾希望你会成为我唯一的爱
I wanted you, I wanted you
曾渴望拥有你，曾渴望拥有你
I wanted you to hold me in my sleep
曾希望熟睡时有你的拥抱
I wanted you to show me what I need
曾希望你能了解我的所需
I wanted you to know just how damn deep
曾希望你知道我的爱多深
I wanted you, I wanted you
曾渴望拥有你，曾渴望拥有你

歌词点津：

That was a close call.(太危险了/千钧一发)幸免于难，死里逃生，call 这个词可以指裁判员对比赛的裁定。而 a close call 原来是指比赛中对“擦边球”式的犯规动作或进球得分的评判，后来，a close call 逐渐被转用到其它方面，指千钧一发或者九死一生的局面。

We didn't actually hit the other car, but it was a close call.我们倒没撞上那辆汽车，但是好险，差点就出事了。

She turns me off.她使我厌烦。(turn sb off:使某人厌烦，使某人失去兴趣)

What turns teenagers off science?是什么使青少年们对科学失去了兴趣？

I have a runny nose.我流鼻涕。

(runny ['rʌni]) adj. 流鼻涕的；水分过多的；易流动的

Warm the honey until it becomes runny. 将蜂蜜加热直到它变稀。

You might experience symptoms of sneezing, itchy and watery eyes, stuffy or runny noses and scratchy throats. 你有可能会经历打喷嚏、眼睛瘙痒流泪、鼻塞流鼻涕

和喉咙刺痛等症状。

返回目录

生活剪影 Life

与你细数生活的一点一滴

带着英语去旅行丨缅甸站

缅甸是东南亚一座历史悠久的古国，给人印象最深的是那里的佛教建筑与文化，及其特有的自然风光，最有代表性的四大旅游地为仰光，曼德勒，蒲甘和茵莱湖。打算零距离感受和拍摄缅甸之美的驴友们，请在旅行前学习并掌握以下词汇和句型。

缅甸旅游地英文名

1. Burma　['bɜ:rmə]　缅甸（旧名）
2. Myanmar　[mɪˌæn'mɑ:r]　缅甸（新名）
3. Rangoon　[ræn'gun]　仰光（旧名）
4. Yangon　['jɑŋ'gɔŋ]　仰光（新名）
5. Mandalay　['mændlˌe]　曼德勒
6. Pagan　['pegən]　蒲甘（旧名）
7. Bagan　['begən]　蒲甘（新名）
8. Inle Lake　[aɪnl lek]　茵莱湖

缅甸佛教景点词汇及对话

1. Buddha [ˈbʊdə] n.佛
2. Buddhism [ˈbʊdɪzəm] n.佛教
3. Shwedagon Pagoda [ʃwɛdəgɒŋ pəˈgoʊdə] 仰光大金塔
4. Mandalay hill [ˈmændlˌe hɪl] 曼德勒山
5. temple [ˈtɛmpəl] n.寺庙
6. monk [mʌŋk] n.僧侣
7. tower [ˈtaʊər] n.塔，楼塔
8. twin towers [twɪn ˈtaʊərs] 双塔

*9. Maha Ganayon Kyaung 千僧寺
*10. Thatbyinnyu Pahto 达宾纽塔
*11. Amanda Pahto 阿南达塔

Finding the way 问路

You: Excuse me, can you tell me the way to the Shwedagon Pagoda?
打扰下，请问去仰光大金塔的路怎么走？
Passenger: Go down this road and turn right at the next intersection.
沿着这条路，在下一个路口右转。
You: How long will it take me to get there?
要多长时间？
Passenger: 5-minute walk/20-minute taxi ride.
走路 5 分钟可以到/坐出租车要 20 分钟。
You: Thank you.
谢谢。
Passenger: You are welcome.
不客气。

缅甸自然风光词汇及对话

1. sunrise　[ˈsʌnˌraɪz]　n.日出
2. sunset　[ˈsʌnˌsɛt]　n.日落
3. starry night　['stɑ:rɪ naɪt]　星空夜晚
4. U Bein Bridge　[u bɪn brɪdʒ]　乌本桥
5. floating market　[ˈfloʊtɪŋ　ˈmɑ:rkɪt]　水上市场

Buying something　买东西

You: I'd like to buy this craft product, what's it made of?
我想买这个工艺品，它是什么做的？
Seller: Wood/Metal.
木头/金属。
You: How much does it cost?
这个多少钱呢？
Seller: 20,000 kyat.

两万缅元。
You: Can you make it cheaper?
你能便宜点吗？
Seller: 18,000 kyat at least.
至少一万八缅元。
You: Ok, I’ll take it.
好的，我买了。

返回目录

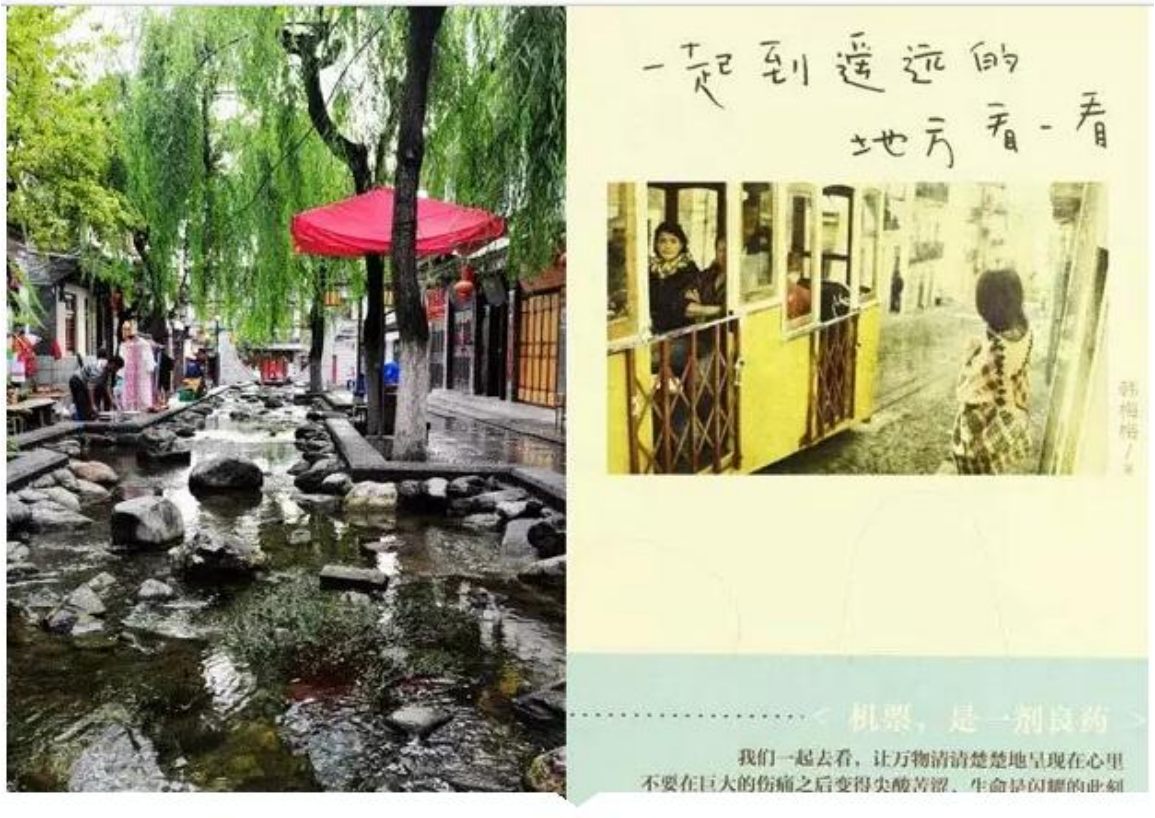
最适合在旅途上阅读的 10 本书

或许人生就像 旅行
旅行的快慢节奏
由你把握
那终点在何方
也由你决定

You can either travel or read, but either your body or soul must be on the way. The popular saying has inspired many people to read or go sightseeing. As the holiday is here, are you planning a trip to relax after working so hard for such a long time?
你可以旅行亦可以阅读，但无论如何你的身体或灵魂必须有一个在路上。这种流行的说法激发了许多人去阅读或观光。假期到了，辛勤工作了这么久，你是否计划出去旅行放松自己？

Traveling, just like reading, is a refreshing journey, a temporary retreat from the bustling world. Here are 10 books we recommend that you take on your trip.
旅行，就像阅读，是一个令人耳目一新的旅程，让我们从喧嚣的世界寻找片刻宁静。这里我们推荐了 10 本书，可以带着去旅行。

目的地：云南大理



推荐书目：《一起到遥远的地方看一看》
作者：韩梅梅
A flying ticket is like a pain killer. No matter how you have been hurt by life, it will inspire you to realize how beautiful life is in some other places. Make a stop, be lazy for a while, live as simple as you can, your life will be brighter.
机票就像是止痛药。无论生活如何伤害了你，这本书将鼓励你去看看世界的其他地方是多么美丽。停下来，忙里偷闲，尽可能简单地生活，你的人生会更美好。

目的地：西藏

推荐书目：《莲花》
作者：安妮宝贝
This novel set in Tibet, tells three people's stories, each with their unique characteristics and carrying the hidden burden of trauma. It reveals modern people's emotions and inner life, their confusion about love, and exploration of belief and the life essence.The book is a good partner to bring you to the sacred land Tibet.
这部小说的场景设在西藏，讲述了三个人的故事，每一个都有自己独特的性格，内心深处隐藏着创伤。本书揭示了现代人的情感和内心世界，他们对爱的困惑，对信仰和生命本质的探索。这本书是带你到西藏圣地的好伙伴。

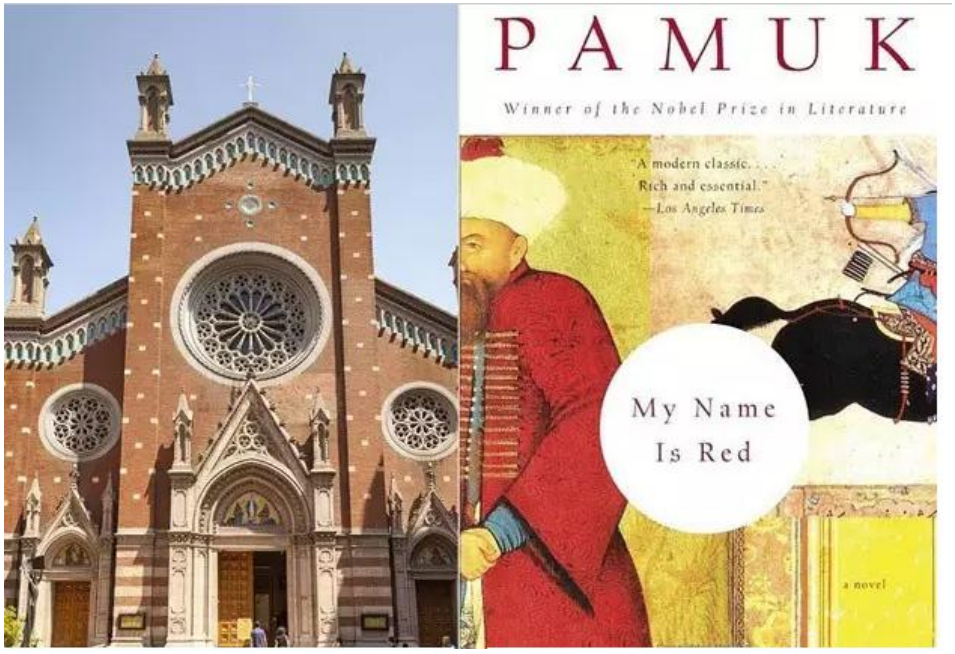
目的地：北欧

推荐书目：《这么慢，那么美》
作者：罗敷
Following a girl's step to look around North Europe, who has been living there for 10 years. Check out how North Europeans seek their happiness, which more originated from a simple, natural and tranquil mentality.
跟随一个女孩的脚步游览北欧，她一直在那里生活了 10 年。看看北欧人如何寻求他们的幸福，而幸福更多地源自简单、自然和宁静的心态。

目的地：英格兰

推荐书目：《一个人的朝圣》
作者：蕾秋•乔伊斯
The novel tells a story of a 60-year-old man who lives a boring and unhappy life, until one day, he received his old friend's letter who got cancer. In deep shock and sorrow, he went out to send his reply letter. By thinking of his life, he walked past one mailbox after another, and finally walked from the Southwest end to the Northeast end of England. 627 miles in 87 days, he walks depending on one belief that "his friend can survive as long as he walks".
这部小说讲述了一个 60 岁老人的故事，他过着无聊和不快乐的生活，直到有一天，他收到了一位老朋友的信，得知朋友得了癌症。带着深深的震惊和悲伤，他出门去给老朋友寄回信。一边思考自己的生活，他走过了一个又一个的邮箱，最终从英格兰的西南端走到了东北端。他共走了 87 天 627 英里，全凭一个信念：“只要他走下去，他的朋友就可以活下来”。

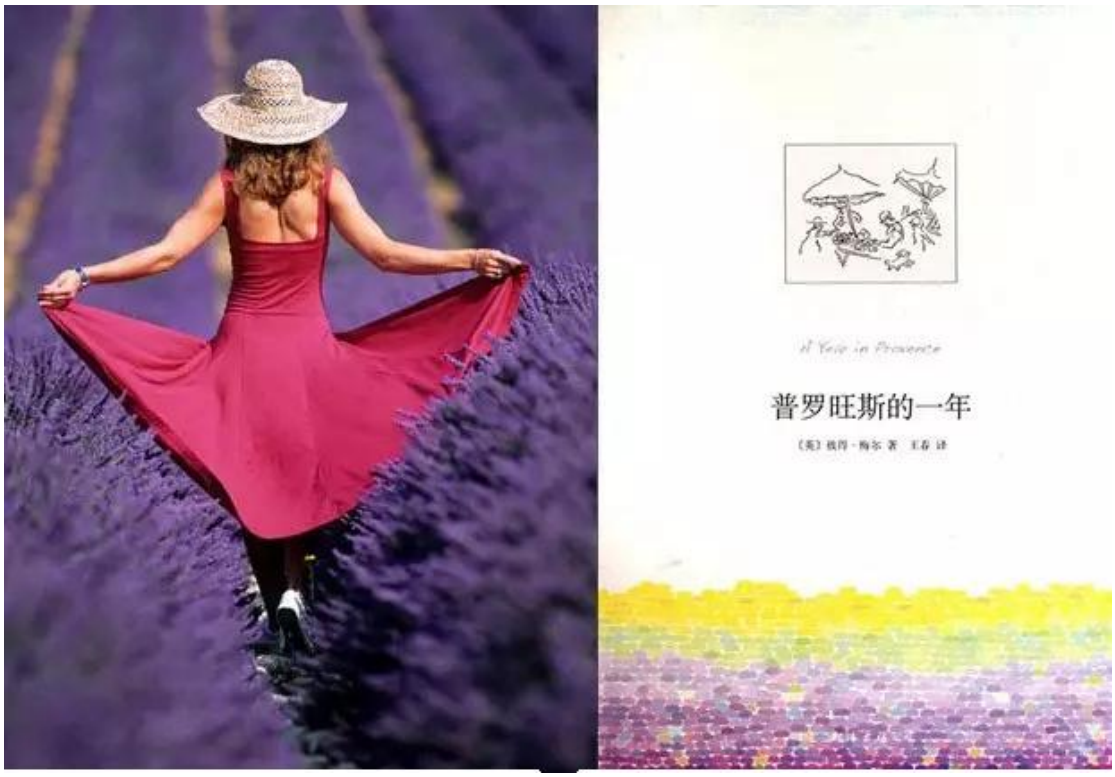
目的地：土耳其伊斯坦布尔



推荐书目：《我的名字叫红》
作者：奥尔罕•帕慕克
The book, featuring a peak masterpiece of the Nobel Prize winner for Literature Orhan Pamuk, has been translated into more than 50 languages and published around the world.
本书是诺贝尔文学奖得主奥尔罕•帕慕克的巅峰之作，已被翻译成 50 多种语言并在世界各地出版。
It tells a story of a young man, who has been away from home for 12 years, coming back to his hometown in Istanbul. What embraces him is not only love, but a series of murder cases as well. The book, portraying delicate pictures and recounting from multiple perspectives, inspires people to have a deeper thinking of life.
它讲述了一个年轻人的故事，他离开家已经 12 年，然后回到他在伊斯坦布尔的家乡。拥抱他的不仅是爱，还有一系列的谋杀案。这本书对细节的描写细致入微

并从多个角度进行叙述，激发人们对生活更深的思考。

目的地：普罗旺斯

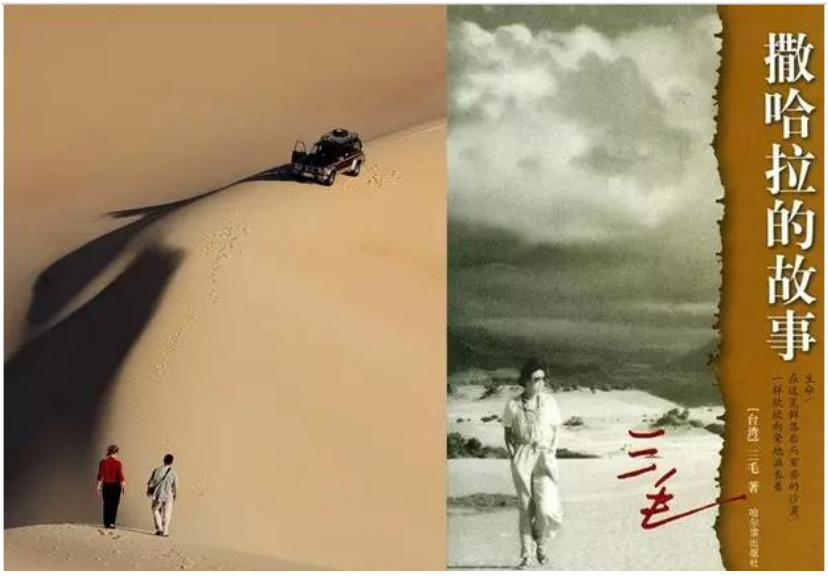


推荐书目：《普罗旺斯的一年》
作者：彼得•梅尔
Provence, well known for its lavender, is not only a tourist attraction, but more a symbol of a lifestyle. The book doesn't teach you how to deal with the hardships in life, but to avoid them happily. A cup of wine, a rocking chair and time flows slow here. The author and his wife are living a reclusive life here. When you make a trip following in the author's footsteps, you may encounter him in Provence.
普罗旺斯以薰衣草著称，它不仅是一个旅游景点，更象征着一种生活方式。这本书并没有教你如何处理生活中的困难，而是要你快乐地避免它们。一杯酒，一把摇椅，时间在这里缓慢流淌。作者和他的妻子在这里过着隐居的生活。当你沿着作者的足迹旅行时，说不定你会在普罗旺斯遇到他。

目的地：日本

推荐书目：《菊与刀》
作者：鲁思•本尼迪克特
The chrysanthemum is in the heraldry of the Japanese imperial family, and the sword is a symbol of Japanese warrior culture. The book is regarded as an introduction to Japanology, and a must-read classic to get to know Japan, with its deep analysis of Japanese cultural tradition and national characteristics.
菊花是日本皇室家族的纹章，刀是日本武士文化的象征。这本书被认为是日本学的入门，以及了解日本的必读经典，书中对日本的文化传统和民族特性有深入的分析。

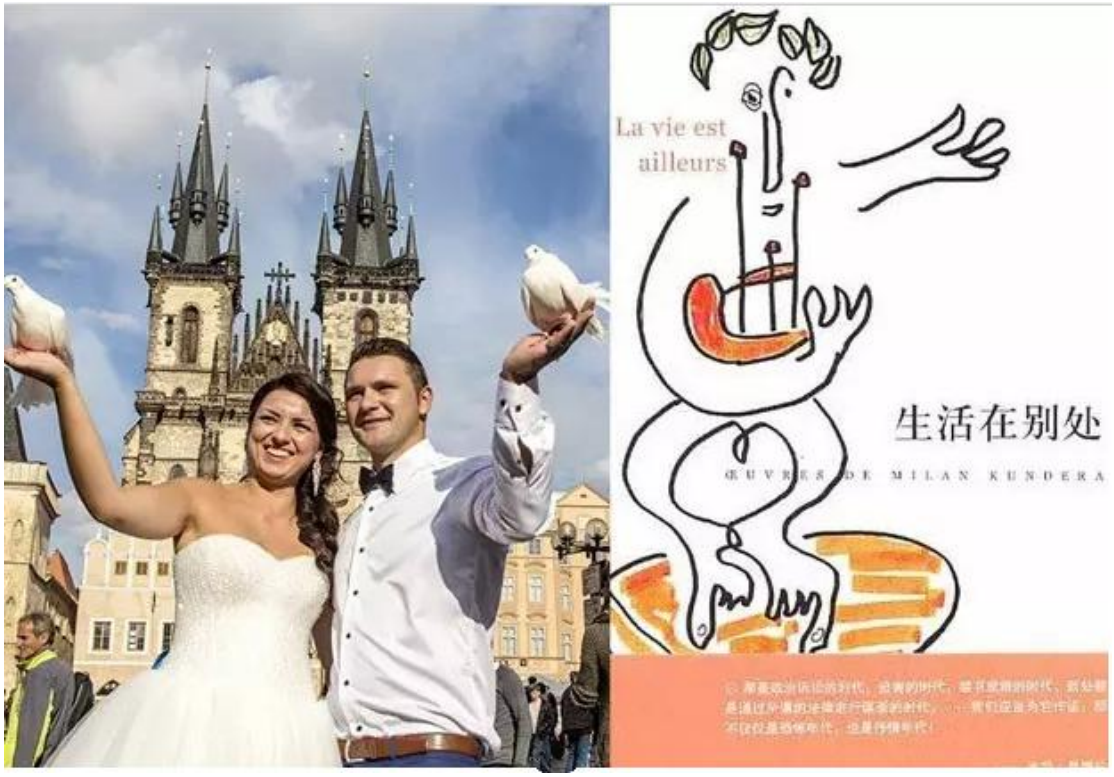
目的地：北非撒哈拉沙漠



推荐书目：《撒哈拉的故事》
作者：三毛

The book narrates the author's simple but adventurous life in the Sahara Desert, which seems a desolate and dull place. The exotic natural scenery and life there, along with the author's romantic and intensive emotions will inspire you to explore the mysterious land.
这本书讲述了作者在撒哈拉沙漠朴实却又险象环生的生活，那里似乎是一个荒凉而沉闷的地方。异域的自然风光和生活，以及作者的浪漫爱情和强烈情感，将激发你去探索这片神秘的土地
Reading the book is like engaging in a dialogue with the author, who is unstrained, forthright, sincere and humorous.
读这本书就像与作者对话，她自然、直率、真诚又幽默。

目的地：中欧



推荐书目：《生活在别处》
作者：米兰•昆德拉
Jean-Jacques Rousseau once said, "Man is born free, and everywhere he is in chains". The book portrays a young artist's romantic but miserable life, about how he reads, dreams and has a relationship.
让•雅克•卢梭曾经说过：“人是生而自由的，却又无处不在枷锁之中”。这本书描绘了一个年轻艺术家浪漫却悲惨的生活，关于读书，关于梦想，关于爱情。
Experience the artist's passionate life in the book during a trip to Central Europe. The book invites you to deeply reflect on your current life and is a salute to Kundera, a Czech-born writer and who went into exile in France in 1975.
在中欧之旅中体验艺术家的激情生活吧。这本书让你深刻地思考自己目前的生活，并向昆德拉致敬。他是在捷克出生的作家，1975 流亡到法国。

目的地：美国

推荐书目：《在路上》
作者：杰克•凯鲁亚克
The book is a globally popular spiritual guide book about youth. The protagonist in the book drives across the US continent with several young people and finally reaches Mexico. After the exhausting and exciting trip, the characters in the book begin to realize the meaning of life, and start to believe in Oriental Zen Buddhism.
这本书是全球风靡的青年精神指南。书中的主人公开车带着几个年轻人穿越美国大陆，最后到达墨西哥。经过困难重重但又激动人心的旅程，书中的人物开始意识到生命的意义，并开始相信东方禅宗。
The book can be a good partner accompanying you to explore the United States.
这本书是陪你探索美国的一个好伙伴。

带上一本喜欢的书
来一场旅行
身体和灵魂
都在路上

返回目录

众说纷纭 Opinions

百花齐放，百家争鸣。

The Danger of Silence

TED | 你的沉默意味着什么

演讲简介：2014 | “我们花了太多时间倾听人们在说什么，却几乎不会注意到他们未曾提及的事情。”说唱诗人，教师克林特·史密斯这样说到。一段短小精悍，发自肺腑的演讲，帮助我们找到了畅所欲言的勇气，来对抗无知和不公。

演讲视频：https://v.qq.com/x/page/e0134fba8nz.html

精彩演讲片段节选

Dr. Martin Luther King, Jr., in a 1968 speech where he reflects upon the Civil Rights Movement, states, "In the end, we will remember not the words of our enemies but the silence of our friends."
小马丁·路德·金博士，在 1968 年的一次回顾民权运动的演讲中说到：“最终，我们会记住的不是敌人的话语，而是朋友的沉默。"

As a teacher, I've internalized this message. Every day, all around us, we see the consequences of silence manifest themselves in the form of discrimination, violence, genocide and war. In the classroom, I challenge my students to explore the silences in their own lives through poetry. We work together to fill those spaces,to recognize them, to name them, to understand that they don't have to be sources of shame.
作为一名教师，我在心中早已接纳并消化了这种信息。每一天，在我们周围，我们都会看到沉默产生的后果，以歧视、暴力、屠杀和战争的形式展现在我们面前。

在课堂里，我给学生们出了道难题，让他们通过诗歌来探索自己生活中的沉默。我们一起填补空白之处，去欣赏它们、给它们起名字，并试着明白他们并不是羞耻的来源。

In an effort to create a culture within my classroom where students feel safe sharing the intimacies of their own silences, I have four core principles posted on the board that sits in the front of my class, which every student signs at the beginning of the year: read critically, write consciously, speak clearly, tell your truth.
为了在我的课堂上创造一种文化氛围，让学生们可以无所顾忌的分享他们从前从未提及的事，我在教室前面的黑板上写下了四个核心原则，年初的时候每名学生都签了名：批判性的阅读，有意识的写作，清晰的说话，说实话。

And I find myself thinking a lot about that last point, tell your truth. And I realized that if I was going to ask my students to speak up, I was going to have to tell my truth and be honest with them about the times where I failed to do so.
在最后一条上，我不由地思考了很多，说出实话。我意识到如果想让学生们畅所欲言，我就得实话实说，坦诚地告诉他们我曾经还无法做到这一点。

So I tell them that growing up, as a kid in a Catholic family in New Orleans, during Lent I was always taught that the most meaningful thing one could do was to give something up, sacrifice something you typically indulge in to prove to God you understand his sanctity. I've given up soda, McDonald's, French fries, French kisses, and everything in between. But one year, I gave up speaking.
所以我告诉他们我在新奥尔良一个天主教家庭长大，在四旬斋期间，（译注：基督教在复活节前为期 40 天的一个节期）大人们告诉我能做的最有意义的事就是放弃一些事情，牺牲你曾经所沉迷的事物，向上帝证明你感悟到了他的圣洁。我放弃了汽水、麦当劳、薯条、法式亲吻还有这其中的各种东西。不过有一年，我放弃了说话。

I figured the most valuable thing I could sacrifice was my own voice, but it was like I hadn't realized that I had given that up a long time ago. I spent so much of my life telling people the things they wanted to hear instead of the things they needed to, told myself I wasn't meant to be anyone's conscience because I still had to figure out being my own, so sometimes I just wouldn't say anything, appeasing ignorance with my silence, unaware that validation doesn't need words to endorse its existence.
我发现我能够牺牲的最有价值的东西就是我的声音，但我还没有意识到我已经放弃说话有很长一段时间了。我花了太多时间告诉人们他们想要听到的东西，而不是他们需要听到的那些，我也告诉自己我不想成为任何人的道德标杆，因为我仍然需要学着以身作则，所以有时候我一言不发，用沉默来安抚无知，却并未意识到其实合理性并不需要言辞来证明其存在。

When Christian was beat up for being gay, I put my hands in my pocket and walked with my head down as if I didn't even notice. I couldn't use my locker for weeks because the bolt on the lock reminded me of the one I had put on my lips when the

homeless man on the corner looked at me with eyes up merely searching for an affirmation that he was worth seeing. I was more concerned with touching the screen on my Apple than actually feeding him one.
当一名基督徒因其为同性恋而遭到殴打时，我却把双手放在口袋里，低着头走过去，装作什么都没看到。我有几个星期没法用我的柜子，因为锁头上的安全栓让我想起了之前被我放在嘴唇上的那一枚，那时有个角落里的流浪汉正抬起头看着我，仅仅想要寻找他值得人们注意的证据。相比起给他食物，我更关心手机上有什么好玩的。

When the woman at the fund raising gala said "I'm so proud of you. It must be so hard teaching those poor, unintelligent kids," I bit my lip, because apparently we needed her money more than my students needed their dignity.
当募捐晚会上的女士说到“我真为你感到自豪。给那些贫穷的、智商低下的孩子上课一定很难。”我依旧没有开口，因为很明显，相比学生们的尊严，我们更需要她的钱。

We spend so much time listening to the things people are saying that we rarely pay attention to the things they don't. Silence is the residue of fear. It is feeling your flaws gut-wrench guillotine your tongue. It is the air retreating from your chest because it doesn't feel safe in your lungs. Silence is Rwandan genocide. Silence is Katrina. It is what you hear when there aren't enough body bags left. It is the sound after the noose is already tied. It is charring. It is chains. It is privilege. It is pain. There is no time to pick your battles when your battles have already picked you.
我们花费了太多时间倾听人们正在说的事，却不会注意到他们没说的那些。沉默是恐惧的残留物。让你无比痛苦的意识到自己的缺点却无言以对。让你感到胸口憋闷无法呼吸。沉默是卢旺达大屠杀。沉默是卡特里娜飓风。是当你听到没有足够的裹尸袋。是当绳索被套紧时的声音。是碳化、是锁链、是特权、是伤痛。已经没有时间决定是否要奋起反抗，此时冲突已来到了你的面前。

I will not let silence wrap itself around my indecision. I will tell Christian that he is a

lion, a sanctuary of bravery and brilliance. I will ask that homeless man what his name is and how his day was, because sometimes all people want to be is human. I will tell that woman that my students can talk about transcendentalism like their last name was Thoreau, and just because you watched one episode of "The Wire" doesn't mean you know anything about my kids.
我不会允许沉默让我变得优柔寡断。我会告诉基督徒，他是一头狮子，是勇气和智慧的庇护所。我会询问流浪汉的名字，他过得怎么样，因为有时候大家只想做个真正的人。我会告诉那位女士我的学生们会谈论先验论，仿佛他们有着梭罗（Thoreau）家族血统，仅仅因为你看过了一集《火线》 （译注：美剧，又译为《线人》、《监听风云》）， 并不意味着你很了解我的孩子们。

So this year, instead of giving something up, I will live every day as if there were a microphone tucked under my tongue, a stage on the underside of my inhibition.Because who has to have a soapbox when all you've ever needed is your voice?
那么今年， 我并没有放弃什么东西， 而是把每天都过得好像有个麦克风 被植入进了我的嘴里，而家里的地面就是讲台。当你只需要大声的表达你的观点时，谁还会需要一个肥皂箱呢？ （译注：美国人常站在肥皂箱上进行街头演讲）

Thank you. (Applause)
谢谢大家。（掌声）

返回目录

Top students have successful parents?

寒门子弟再难出头？你怎么看？

导语：北京高考文科状元熊轩昂的一席话引发社会热议。他称，寒门子弟难出头，高考高分主要得益于优质教育资源和成功父母指导。

A teenager named Xiong Xuan'ang recently gained public attention after he became the top gaokao (national college entrance examinations) scorer in Beijing. In an interview, he declared that his achievement was largely the result of his parents' instruction and Beijing's educational resources.
近日，一个名为熊轩昂的小伙子在成为北京市高考状元后引起了公众的关注。在一次采访中，他称自己的成绩主要得益于父母的指导和北京市的教育资源。

In his opinion, top scorers are more likely to be born into middle-or-upper-class families because their parents are usually intellectuals and tend to be successful.
在他看来，高分考生更有可能出身于中产或上流阶级家庭，因为他们的父母往往是知识分子和成功人士。

Xiong said his parents are diplomats and that their influence unconsciously formed his character. By his estimation, it is becoming increasingly harder for students who come from lower or working class families to succeed.
熊说道，他的父母都是外交官，他们的影响无形地塑造了他的性格。据他推测，寒门子弟出人头地正在变得越来越难。

Xiong's point of view aggravated the anxiety of many young middle-class parents who worry that it's getting hard to achieve social mobility, which they believe might cause their children to lose out on opportunities.
熊的观点加剧了很多年轻中产阶级父母的焦虑，他们担心社会流动性愈难实现，这可能会使得他们的孩子错失机遇。

There is no doubt that Xiong's parents are successful. They have also educated a successful child. But in my opinion, it's one's capacity for learning that creates a high achiever.
熊的父母无疑是成功的。他们也教育了一个成功的孩子。但是在我看来，是个人的学习能力塑造了高成就者。

Although the study environment is important, a more decisive factor should be the individual's ability to learn, comprehend, concentrate and persevere.
虽然学习环境很重要，但是更具决定性的因素应该是个人的学习、理解、专注、和坚持能力。

From Xiong's point of view, successful children tend to have successful parents. I don't agree. I'm afraid he ignored the fact that some successful parents are more likely to dedicate themselves to their career rather than their family, leaving less time to instruct their children.
在熊看来，成功的孩子往往有着成功的父母。我不以为然。我怕他是忽略了这样一个事实，一些成功的父母更有可能将自己投入到事业中，而非家庭，这样留给指导孩子的时间就更少了。

Only if a student tries his or her best and makes very few mistakes can they possibly become a top scorer, regardless of their parents' success.
一个学生唯有尽最大努力，犯极少错误，才能取得高分，这无关他们父母的成功。

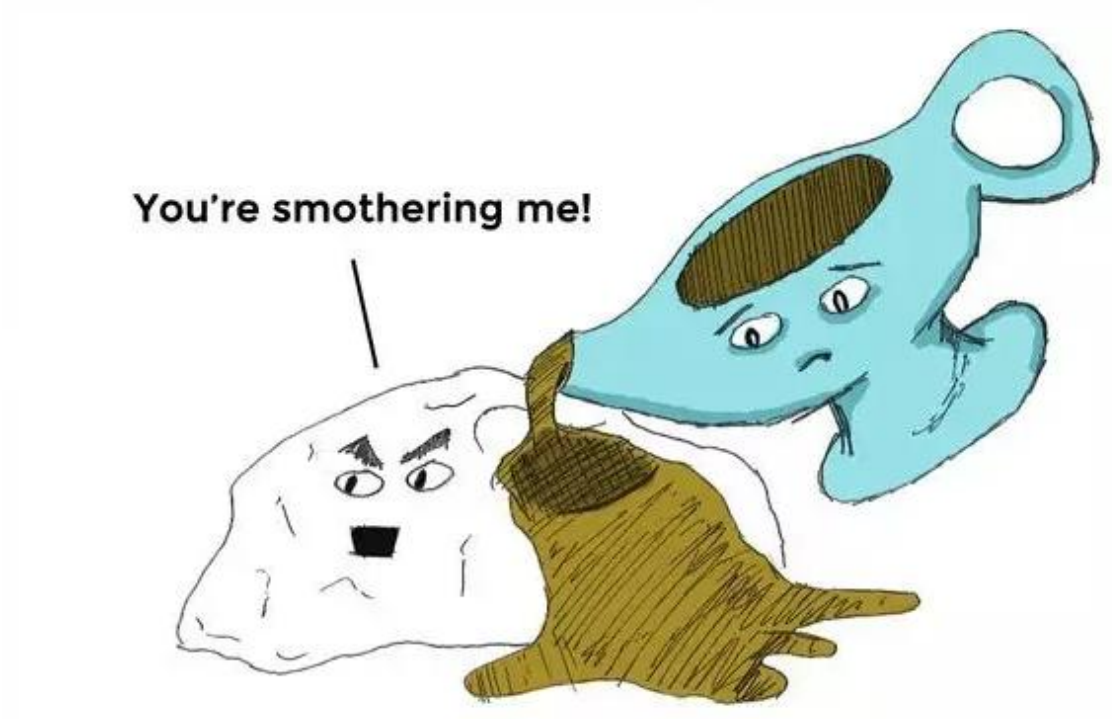
返回目录

趣文悦读 Fun Topics

愿你成为一个有趣的人

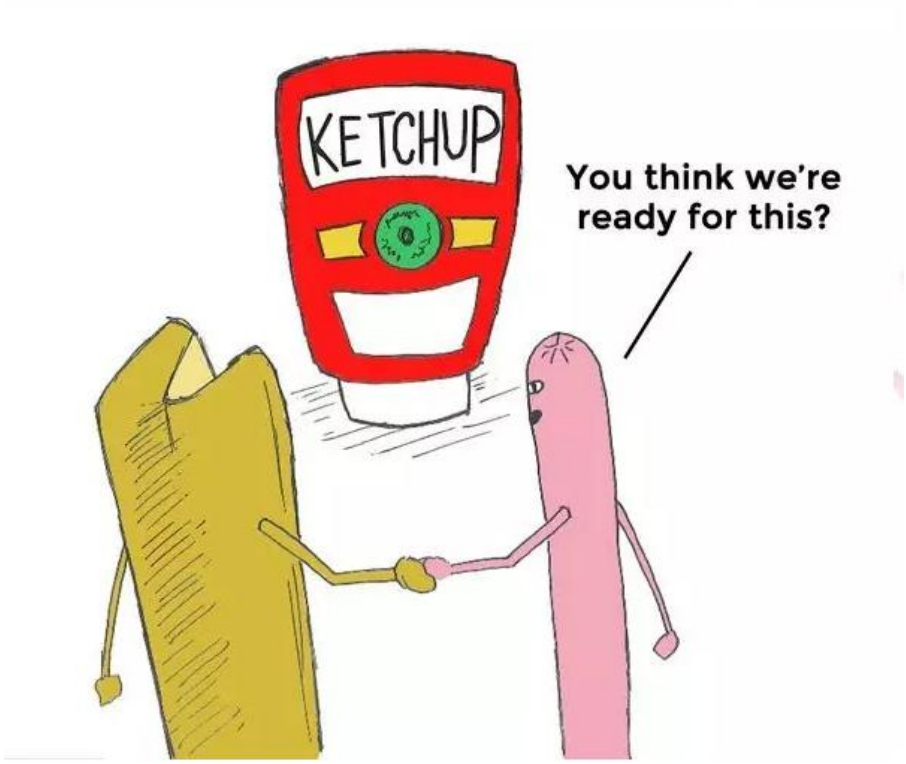
漫画 | 如何用“食物”来形容你们的关系？

食物是我们的好朋友，不论你是需要一个肩膀（pork shoulder：猪肩）靠上去大哭一场，还是需要一只耳朵（an ear of corn：一穗玉米，字面意思为“一只玉米耳朵”）坐在那里听你倾诉，它们总是在你身边。那么，在我们和其他人交恶时，还有谁能（比食物）更好地为我们打开一扇关系之窗呢？嗯，如果所有的关系都是如此美味该多好！



You're smothering me!

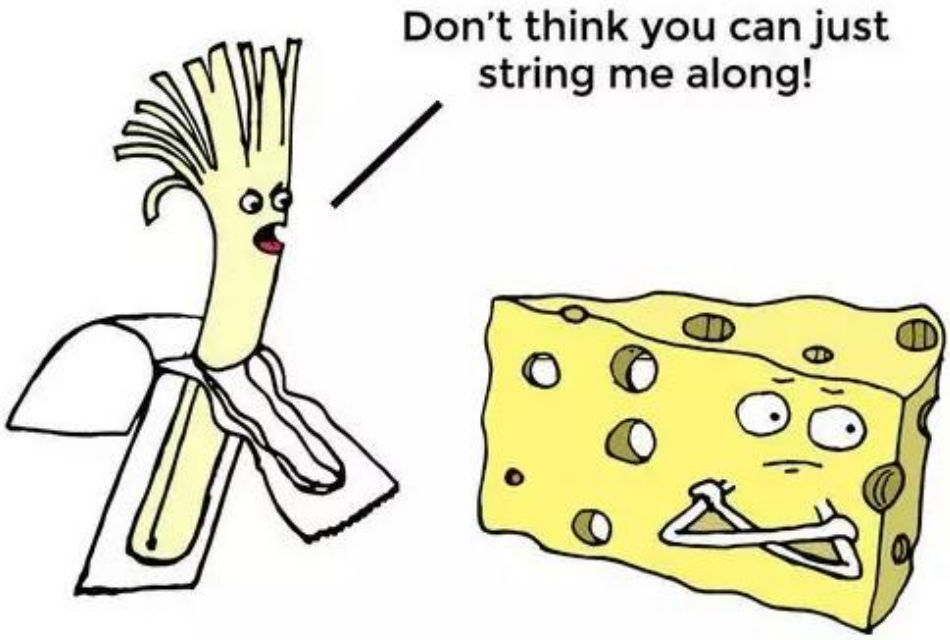
你宠坏我了！（smother 既有“覆盖”的意思，也有“宠溺”的意思。）



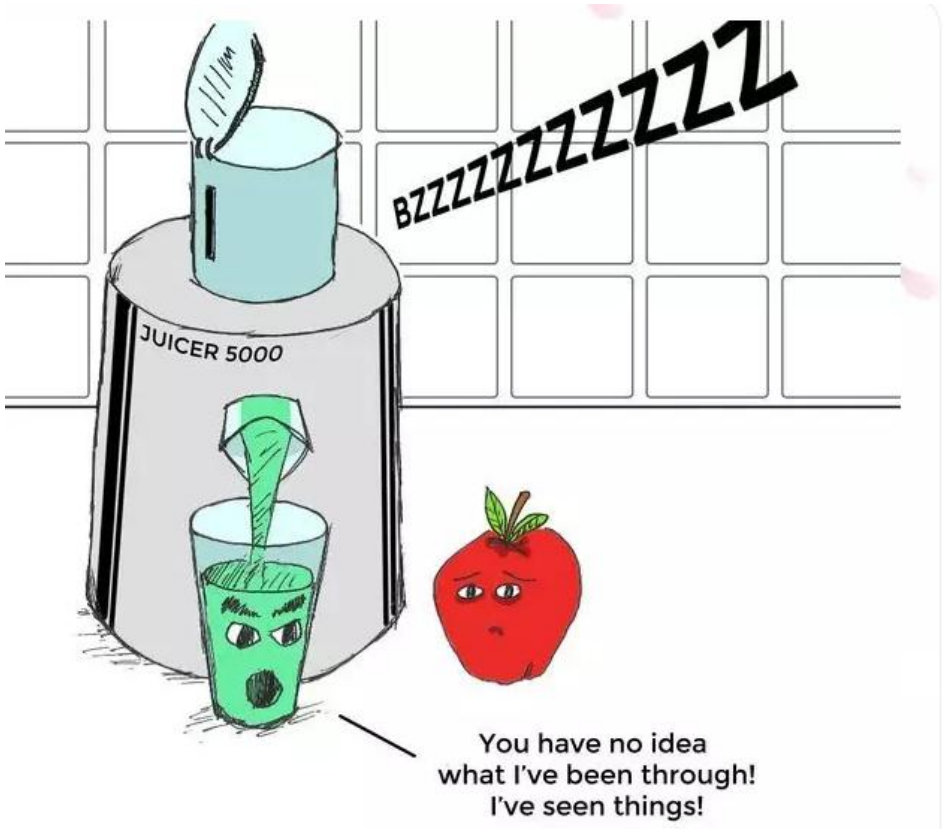
You think we're ready for this?
你觉得我们做好（在一起的）准备了吗？（图中 KETCHUP：番茄酱）

The distance is killing our relationship…
远距离正毁了我们的关系……（图中 Peanut Butter：花生酱）
WHAT?!

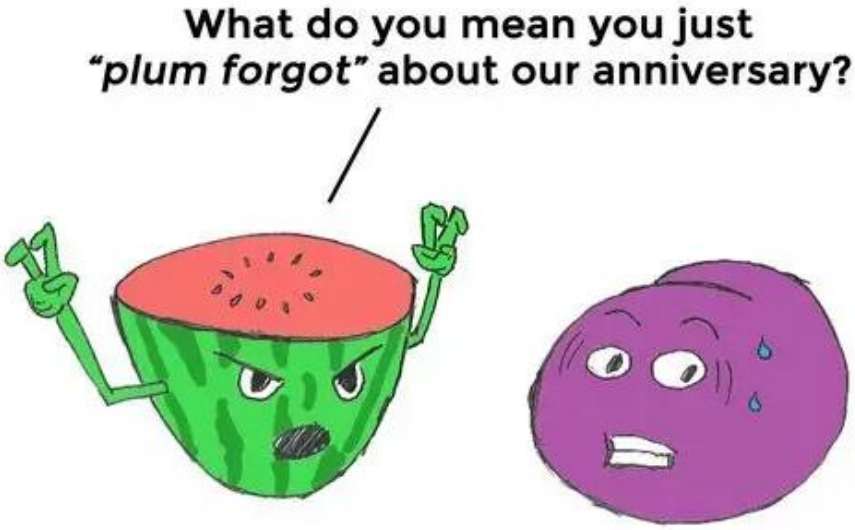
什么？！



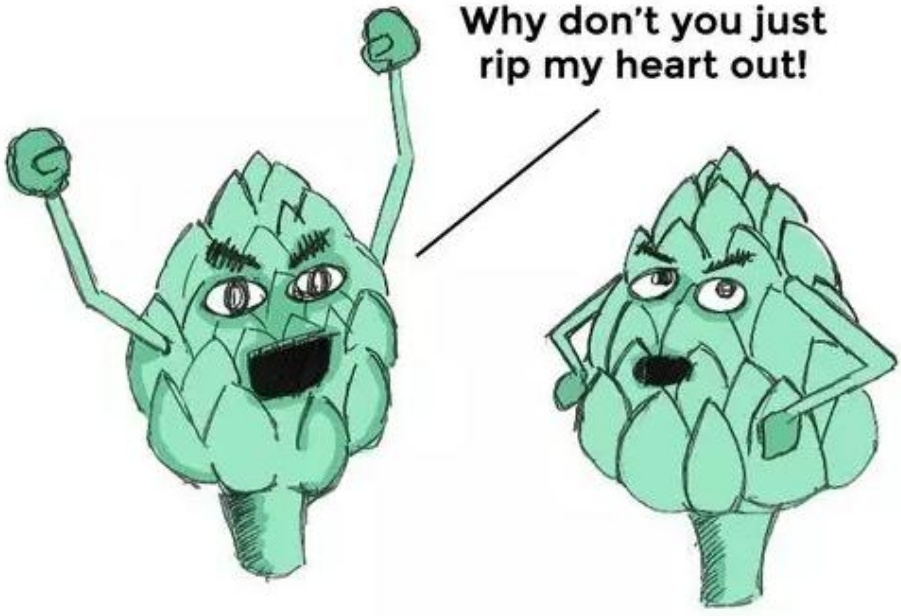
Don't think you can just string me along!
不要以为你骗得了我！（string along 既指奶酪化成丝后可以缠住别的食物，也有“欺骗”的意思。）



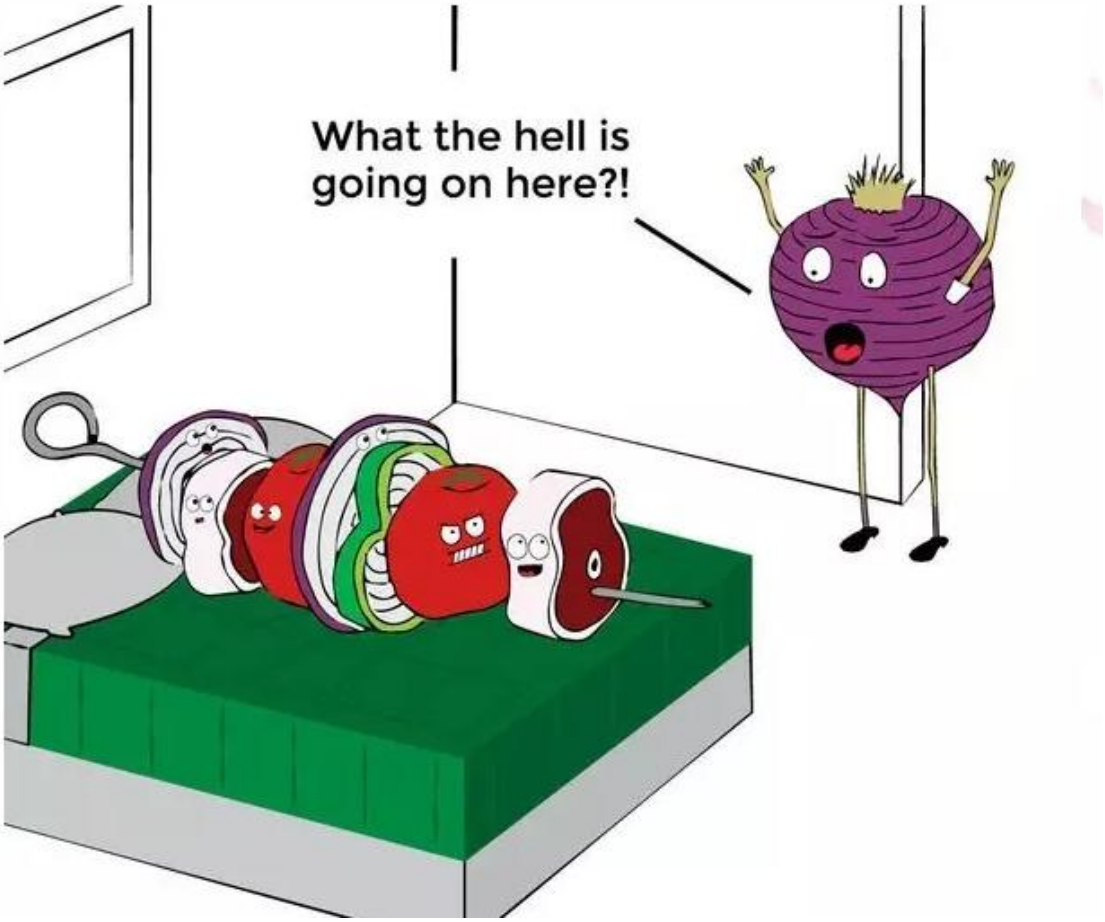
You have no idea what I've been through! I've seen things!
你不知道我经历了什么！我看到了可怕的东西！（图中 JUICER：果汁机）



What do you mean you just "plum forgot" about our anniversary?
你刚才说把我们的纪念日忘得一干二净了是什么意思？（plum forgot ：意为“完全忘记”，字面意思是“梅子忘记”。）



Why don't you just rip my heart out!
你怎么不直接把我的心掏出来！



What the hell is going on here?!
天啊！到底发生了什么？

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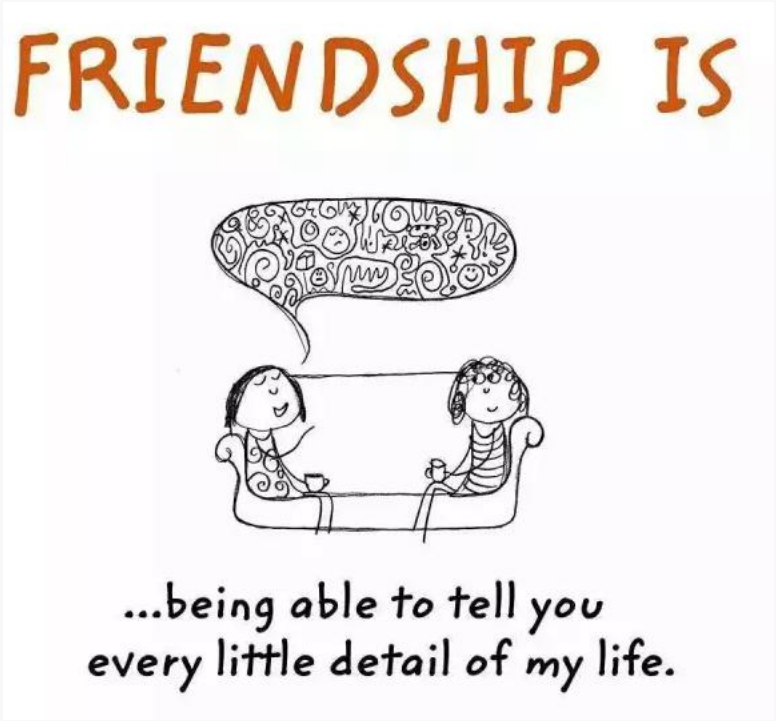
英语漫画 | 真正的朋友就该如此

真正的朋友，不会再你需要帮助的时候借口推辞

真正的朋友，只要一进他的家门就能自动连上 wifi



真正的朋友，可靠到你可以把人生中大大小小的事全部讲给他听

真正的朋友，面对你的麻烦，虽然嘴上说嫌弃，但总是默默善后

真正的朋友，无需说破也能理解你的内心

真正的朋友，无论平时多么稳重，和你在一起时就像个孩子

真正的朋友，在你做蠢事时会严厉制止你，而不是放任你随心所欲

真正的朋友，最可贵的品质是坦诚

真正的朋友，是三个人共用一个杯子，却不觉得恶心

真正的朋友，像天上的繁星，你无法每天见到，但你知道他们都在

真正的朋友，不在乎旅行的目的地，只在乎与你相伴的时光

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