

人教选修第三册课文中英文

Unit1 Art 艺术

Reading and Thinking

A short History of western painting 西方绘画简史

What is Western art? It is hard to give a precise definition. As there have been so many different styles of Western art, it is impossible to describe them all in a short text. Perhaps the best way to understand Western art is to look at the development of Western painting over the centuries.

什么是西方艺术？很难给出准确的定义。由于西方艺术风格千差万别，不可能用一个简短的文字来描述它们。也许了解西方艺术最好的方法就是看几个世纪以来西方绘画的发展。

The Middle Ages (from the 5th to the 15th century) 中世纪 (从 5 世纪到 15 世纪)

During the Middle Ages, the purpose of Western art was to teach people about Christianity.

在中世纪，西方艺术的目的是教人们基督教。

Thus, artists were not interested in painting realistic scenes. Their works were often primitive and two-dimensional, and the main characters were often made much larger than everyone else to show their importance. This began the change in the 13th century with Giotto di Bondone (1267-1337). While his paintings still had religious themes, they showed real, people in a real environment. In particular, his paintings are set apart from other paintings by their realistic human faces and deep emotional impact.

因此，艺术家们对画真实的场景不感兴趣。他们的作品往往是原始和二维的，主要人物往往比其他人要大得多，以显示他们的重要性。这一变化始于 13 世纪的乔托·迪·邦多内（1267-1337）。虽然他的画仍然有宗教主题，但他们展示了真实环境中真实的人。尤其是他的绘画，以其逼真的人脸和深刻的情感影响，与其他绘画不同。

The Renaissance (from the 14th to the 17th century)

文艺复兴（从 14 世纪到 17 世纪）

New ideas and values gradually replaced old ones from the Middle Ages. As a result, painters concentrated less on religious themes. They began to adopt a more humanistic attitude to life. An important breakthrough during this period was the use of perspective by Masaccio (1401-1428). Influential painters such as Leonardo da Vinci (1452-1519), Michelangelo (1475-1564), and Raphael (1483-1520) built upon Giotto and Masaccio innovations to produce some of the greatest art that Europe had ever seen.

从中世纪开始,新的观念和价值观逐渐取代旧的观念和价值观。因此,画家们较少关注宗教主题。他们开始对生活采取更加人性化的态度。这一时期的一个重要突破是马萨乔(1401-1428)使用透视法。达芬奇(1452-1519)、米开朗基罗(1475-1564)和拉斐尔(1483-1520)等有影响力的画家在乔托和马萨乔创新的基础上创作出了欧洲有史以来最伟大的艺术作品。

Another innovation was the use of oil paints. With their deep colors and realism, some of the best oil paintings look like photographs. While painters as early as Da Vinci had used oil

另一项创新是使用油画颜料。由于其深沉的色彩和现实主义,一些最好的油画看起来像照片。而早在达芬奇时期,画家就使用了油画

this technique reached its height with Rembrandt (1606-1669), who gained a reputation as a master of shadow and light.

这项技术在伦勃朗(1606-1669)那里达到了顶峰,他获得了阴影和光的大师的声誉。

In subject matter, the emphasis increasingly shifted from religious themes to people and the world around us. Kings, nobles, and people of high rank wanted to purchase accurate pictures of themselves and the people they loved. Others wanted paintings showing important historical events or stories from mythology. Finally, most clients wanted paintings that were beautiful and interesting to look at.

在题材上,重点越来越从宗教主题转向人和我们周围的世界。国王、贵族和上层人士都想购买自

己和他们所爱的人的准确照片。另一些人则想画一些重要的历史事件或神话故事。最后，大多数客户都希望看到漂亮有趣的画。

Impressionism (late 19th to early 20th century) 印象派 (19 世纪末 20 世纪初)

The development of Western art slowed until the invention of photography in the mid-19th century. After that, paintings were no longer needed to preserve what people and the world looked like. Hence, painters had to find a new way of looking at their art. From this, Impressionism emerged in France. The name of this new movement came from the painting by Claude Monet (1840- 1926) called Impression, Sunrise. In this work, Monet's aim was to convey the light and movement in the scene- the subjective impression the scene gave him- but not a detailed record of the scene itself.

直到 19 世纪中叶摄影术的发明，西方艺术的发展才开始放缓。在那之后，人们不再需要绘画来保存人和世界的样子。因此，画家们不得不寻找一种新的方式来看待他们的艺术。由此，印象主义在法国兴起。这个新运动的名字来自克劳德·莫奈 (1840-1926) 的一幅名为《印象，日出》的画作。在这部作品中，莫奈的目的是传达场景中的光线和运动——场景给他的主观印象——而不是场景本身的详细记录。

While many impressionists painted scenes of nature or daily life. others, such as Renoir (1841-1919), focused on people. Unlike the cold, black and-white photographs of that time period, Renoir's paintings are full of light, shadow, color, and life. He sought to show not just the outer image of his subjects, but their inner warmth and humanity as well.

而许多印象派画家描绘自然或日常生活的场景。其他人，如雷诺阿 (1841-1919)，关注的是人。与那一时期冰冷的黑白照片不同，雷诺阿的绘画充满了光、影、色和生命。他不仅要表现出被摄对象的外在形象，还要表现出被摄对象内心的温暖和人性。

Modern Art (from the 20th century to today)现代艺术 (从 20 世纪到今天)

After Impressionism, subsequent artists began to ask, "What do we do next?" Painters such as Picasso (1881-1973) tried to analyze the shapes which existed in the natural world but in a new way, with Cubism. Others gave their paintings a realistic but dream-like quality. Still others turned to abstract art. What they attempted to do was no longer show reality. But instead to ask the question, "What is art?"

印象主义之后，后来的艺术家开始问：“我们下一步要做什么？”像毕加索 (1881-1973) 这样的画家试图用立体主义的新方法分析自然界中存在的形状。其他人给他们的画一个现实的，但梦幻般的质量。还有一些人转向抽象艺术。他们试图做的不再是展示现实。而是问一个问题，“什么是艺术？”

中国古代艺术展览

里奇菲尔德美术馆很荣幸为您介绍我们的新展览——“从商朝到清朝：历代中国艺术”。加入我们一起来探索来自中央王国（即中国，译者注）具有 3,000 多年历史的美妙艺术。从青铜碗到陶瓷花瓶，从玉雕到水墨画，我们的目标是展示中国古代的艺术天分。

The highlight of this exhibition is the painting Clearing After Snow on a Mountain Pass,

one of the great works of Tang Yin (1470-1524). Born during the Ming Dynasty, Tang sought and failed to gain entry into the civil service, so he turned to painting instead. In time, he gained recognition as one of the greatest artists China has ever known. This painting, showing high mountains, trees, and houses covered in snow, was made with extraordinary skill. Though it is over 500 years old, it looks as fresh and full of life as the day it was created.

本次展览的亮点是唐寅 (1470— 1524) 的杰作之一——《函关雪霁图》。唐寅出生在明朝，他曾试图考取文官，但失败了，所以他转而从事绘画。最终，他被公认为中国有史以来最伟大的艺术家之一。这幅画运用了非凡的技巧，展现了高山、树木和被雪覆盖的房屋。虽然它已经有 500 多年的历史了，但看起来清新且充满生机，就像刚被创作出来一样。

Also of primary note is a collection of nearly 100 bronze objects from the Shang Dynasty (1600-1046 BCE). While the artists who made these great works are not known, they showed great skill in creating these beautiful pieces. Some of the items on display are thought to have come from the collection of Emperor Qianlong (1711- 1799), a great admirer of Shang Dynasty bronze.

同样十分重要的(看点)是来自商代(公元前 1600 —公元前 1046) 的近百件青铜器藏品。虽然不清楚创作这些伟大作品的艺术家是谁，但他们在创作这些美丽的作品时表现出了高超的技艺。其中一些展品被认为是乾隆皇帝(1711 — 1799) 的收藏品，乾隆皇帝十分赞赏商朝的青铜器。

Finally, we have many fine examples of Tang Dynasty (618-907) sculptures. Most of these

are of Buddhist origin. Even though Buddhism entered China much earlier, it did not really begin to show expansion until the seventh century. During this same period, trade along the Silk Road also boomed. Chinese sculpture thus found itself highly influenced by Buddhist art brought from India and Central Asia through the Silk Road. These works were intended to spread Buddhism and they are of exceptional beauty and quality. Looking at the faces of the figures in these sculptures, one sees the faces of the past. History is brought to life.

最后，我们还有许多唐代(618—907) 的雕塑精品。这些雕塑中大多数与佛教有关。虽然很早之前佛教便传入了中国，但直到公元 7 世纪它才真正开始传播开来。与此同时，丝绸之路沿线的贸易也蓬勃发展。因此，中国雕塑深受由印度和中亚经丝绸之路传来的佛教艺术的影响。这些作品是为了传播佛教，而且它们外观精美、品质上乘。看着这些雕塑中人物的脸，你会看到过去的面孔。历史被赋予了生命。

这只是本次展览供您参观的展品中的一小部分。我们保证“从商朝到清朝：历代中国艺术”展将凭借其令人惊叹的藏品让你穿越至另一个时代。

“从商朝到清朝：历代中国艺术” 展将持续到 11 月 25 日。

开放时间为星期二到星期日的上午 9 点到下午 5 点（博物馆星期一闭馆）。下午四点半以后不准任何人进入展馆。

门票：成人 10 美元；学生 8 美元；12 岁以下儿童 5 美元；5 岁以下儿童免费。

博物馆内禁止拍照和饮食。

unit2:Healthy Lifestyle

The greatest wealth is health-Virgil 健康是最大的财富。

HABITS FOR A HEALTHY LIFESTYLE 养成健康的生活习惯

As teenagers grow up, they become more independent and start making their own decisions. However, during this period, it can be easy for some of them to form bad habits. These bad habits, if left unchecked, could lead to more serious ones when they become adults. For example, some of them may become involved in tobacco or alcohol abuse, which can lead to physical and mental health problems. To prevent harmful habits like these from dominating a teenager's life is essential. They must learn to recognise bad habits early and make appropriate changes.

随着青少年的成长，他们变得更加独立，开始自己做决定。然而在这段时间里，他们中的一些人很容易养成坏习惯。这些坏习惯如果不加以控制，可能会导致他们长大后有更严重的坏习惯。例如，有些青少年可能会沉溺于吸烟或酗酒而不能自拔，这会造成生理或心理健康问题。防止像这样的有害习惯支配青少年的生活是至关重要的，他们必须学会及早发现坏习惯，并做出恰当的改变。

To change bad habits is never easy, even with many attempts. There is a famous saying based on the philosophy of Aristotle: "We are what we repeatedly do." In many ways, our

lifestyle is the sum of choices we have made. We make a choice to do something, and then we repeat it over and over again. Soon that choice becomes automatic and forms a habit that is much harder to change. The good news is that we can change, if we understand how habits work.

改变坏习惯从来都不容易,即使尝试了很多次。有一条基于亚里士多德哲学思想的著名谚语说道：“重复的行为造就了我们。”在很多方面,我们的生活方式是我们做出的选择的总和。我们选择做某事,然后一遍又一遍的重复它,很快,那种选择就会自动形成一种更加难改变的习惯。好消息是我们可以改变,如果我们了解习惯是如何运作的。

According to modern psychology, we must first learn about the "habit cycle", which works like this:

根据现代心理学,我们必须首先了解“习惯周期”,其工作原理如下:

***Firstly**, there is a "cue", an action, event, or situation that acts as a signal to do something.

首先,有一个“提示”,即充当做某事信号的动作、事件或情况。

***Secondly**, there is a "routine", the regular action you take in response to the cue.其次,有一个“惯例”,即回应该“提示”你经常采取的行动。

***Thirdly**, there is the "reward", the good thing or feeling we get from the routine.

第三，有一个“奖励”，即我们从该“惯例”中得到的好东西或感觉。

For example, when we feel unhappy (cue), we eat lots of unhealthy snacks (routine), which makes us feel happy (reward). The reward makes us much more likely to continue the cycle, and the bad habit of relying on unhealthy snacks is formed.

例如，当我们感到不快乐时（提示），我们就吃很多不健康的零食（惯例），这让我们感到快乐（奖励）。奖励使我们更有可能继续这个循环，依赖不健康零食的坏习惯也就形成了。

To facilitate a positive change in our bad habits, we must first examine our bad habit cycles and then try to adapt them. We can do this by combining the information from our habit cycles with our own positive ideas. For example, we could try to replace a negative routine with something more positive. So, when we feel unhappy again(cue), rather than eat snacks, we could listen to some of our favourite music instead(routine), which will make us feel relaxed (reward). Aside from changing bad habits, we can also use the habit cycle to create good habits. For example, when we come to an escalator(cue), our normal routine is to ride it, but we could change this routine into something more positive by taking the stairs instead.

想要促使坏习惯朝着积极的方向转化，我们必须首先审视自己的坏习惯循环，然后尽力去调整。我们可以通过把来自习惯周期的信息与我们自己的积极想法相结合来做到这一点。例如，我们可以尽

量做一些更积极的事情来代替消极的习惯，所以，当我们再次感到不开心时(提示)，不要去吃零食，相反我们可以听一些我们喜欢的音乐(惯例)，这会让我们感到放松(奖励)。除了改变坏习惯，我们还可以利用习惯周期来养成好习惯。例如，当我们遇到电动扶梯(提示)时，我们通常的做法是乘坐电动扶梯，但我们可以通过爬楼梯来改变这种惯例，使之变得更加积极。

Many of us try to change bad habits quickly, and if we are not successful straight away, we often become pessimistic and give up. In fact, the most successful way to change is not suddenly, but over a period of time. As the Chinese philosopher Lao Zi wrote, "A journey of a thousand miles begins with a single step." One step seems small, but it is essential. To reach the goal of change, a person must show some discipline and repeatedly take many small steps. After all, it is not easy to break bad habits.

我们中有许多人都试图迅速改变坏习惯，如果我们不能马上成功，我们往往会变得悲观而放弃。事实上，最成功的改变不是一蹴而就的，而是要经过一段时间的。正如中国哲学家老子所言：“千里之行，始于足下。”一步看似渺小，却是必不可少。为了达到改变的目标，人必须表现出一定的自制力，并不断地迈出许多小步。毕竟，改掉坏习惯并不容易。

For young people, there is plenty of time to change bad habits. However, there is no "magic pill" or delete button that will help you; you have to think about your bad habits and decide on some changes. You have the power to build a happy and healthy life full of good habits!

对于年轻人来说，仍有足够的时间去改变坏习惯。然而，没有“神奇药丸”或删除按钮可以帮助

你；你必须考虑一下你的坏习惯，并决定做出一些改变。你有能力建立一个充满良好习惯的快乐而健康的生活！

Reading for Writing

Dear Editor,

亲爱的编辑，

After I attended your summer camp about health and lifestyle choices, I realised I hardly ever felt well, either physically or mentally. I often felt sleepy and dizzy, and lacked passion. Most worrying, though, I got the flu easily and experienced many toothaches, too.

在我参加了你们关于健康和生活方式选择的夏令营后，我意识到我几乎感觉不到身体或心理的健康了。我经常感到困倦和头晕，也缺乏激情。最让我担心的是，我很容易得流感，还经历了多次的牙痛。

At the end of the camp I heard, "Change the world by changing yourself." This stimulated my motivation. A dentist once examined me and told me that too much sugar in my meals had damaged my teeth and health. I made up my mind to change two things in my life: to eat nothing with sugar and to exercise regularly.

在夏令营结束时，我听说：“通过改变自己来改变世界。”这激发了我的动力。有一次，一位牙

医给我做了检查，他告诉我，我吃的饭里糖太多，已经损害了我的牙齿和健康。我下定决心改变我的生活中的两件事：吃不含糖的食物、定期锻炼。

After that I stopped buying all the sweets, biscuits, and sugary drinks that I used to have every day. Whenever I went out with friends. I brought snacks from home, things that didn't have any added sugar: fruit, nuts, dried meat, etc.

从那以后，我不再买以前每天吃的所有糖果、饼干和含糖饮料。每当我和朋友出去的时候，我都会从家里带一些零食，一些没有添加任何糖分的东西：水果、坚果、肉干等等。

My exercise was very simple: I went outside every day for at least 30 minutes and did something active. Sometimes I played table tennis or badminton with my cousins. Other times I jumped on my skateboard and rode around my neighbourhood, or just took a long walk.

我的锻炼很简单：我每天至少出去 30 分钟，做一些活动。有时我和堂兄弟姐妹打打乒乓球或羽毛球，其他时间我跳上滑板，在我的社区转悠，或只是走很长一段路。

The results have been fantastic. I feel more dynamic and stronger than ever, in both body and mind. I sleep soundly at night now. I no longer suffer from a flu virus or toothaches either. Best of all, in my opinion, is how I feel about myself. I feel like I'm in control of my own life. To make choices about myself is within my own power. I CAN change myself. I just need to try.

结果非常好。我感到身体和精神都比以前更富有活力，更加强健。我现在晚上睡得很香，也不再受流感病毒或牙痛的折磨了。在我看来，最棒的是我对自己的感觉。我觉得我能掌控自己的生活。对自己做出选择是我力所能及的，我可以改变自己，我只需要去尝试。

Yours truly,Wang Lu

敬启，王露

Dear Editor,

亲爱的编辑，

As I took part in the summer camp about personal life choices, I started to analyse my choices, especially what I did to relax and how it was affecting my whole life.

当我参加了关于个人生活选择的夏令营时，我开始分析我的选择，尤其是为了放松而做的事情，以及它是如何影响我的整个生活的

After starting high school, I felt stressed out and always relaxed by playing computer games. I got so absorbed that I played the games day and night. Playing was fun, but I felt even more worn out afterwards! So after the camp, I realised that it was very, very important to adjust my lifestyle. I decided to take control of my life and find other ways to relax.

在开始上高中以后，我感到焦虑不安，总是通过打电脑游戏来放松自己。我太投入了，日日夜夜都在打游戏。打游戏很开心，但后来我甚至觉得更累了！所以在夏令营结束后，我意识到调整我的生活方式是非常非常重要的。我决定掌控自己的生活，找到其他放松的方式。

It was a big struggle not to join my friends in playing online games as I'm mad for them. However, I realised that to succeed in quitting, I had to replace it with something else. So I thought about what to try. Rock climbing, bowling, watching comedies, and playing basketball were the things I thought of doing instead.

当我为游戏疯狂的时候，很难不加入我的朋友们一起玩网络游戏。然而，我知道到要想成功戒掉(游戏)，必须做些其他事情来替代它，所以我想什么东西可以尝试。攀岩、打保龄球、看喜剧和打篮球就是我想代替游戏的事情。

Now my dad and I go rock climbing together monthly! It has enhanced the quality of my life, improving my health and increasing my happiness. I get refreshed through climbing, spend more time with my dad, and get to meet new friends.

现在我和爸爸每个月都一起去攀岩！他提高了我的生活质量，改善了我的健康，增加了我的快乐。通过攀岩，我变得神清气爽，有更多的时间和爸爸在一起，还能认识新朋友。

After six months of trying out new ways of relaxing, I feel much more energetic. I feel that I can change myself for the better. And if that's true for me, then it might truly be possible to change the world for the better. As Gandhi said, "Be the change you want to see

in the world."

尝试新的放松方式六个月后，我感到精力更加充沛了。我觉得我可以让自己变得更好。如果这对我来说是真的，那么有可能把世界变得更好也是真的。正如甘地所言：“欲变世界，先变其身。”

Sincerely, George Fielding

真诚地，乔治·菲尔丁

课文 2:

REDUCING WATER POLLUTION IN THE LI RIVER

减少漓江水污染

The beautiful Li River and its amazing surrounding scenery is one of the most well-known tourist destinations in China's Guangxi Zhuang Autonomous Region. It attracts millions of domestic and foreign visitors each year. However, its reputation as a top destination has had negative effects on the river's water quality. This report looks at the problem of water pollution and some actions that have been taken to deal with it.

美丽的漓江及其令人惊叹的周边风光是中国广西壮族自治区最著名的旅游目的地之一。它每年吸引数以百万计的国内外游客。然而，它作为顶级目的地的声誉对河流的水质产生了负面影响。这份报

告着眼于水污染问题以及为解决这个问题而采取的一些行动。

Previously, water quality in the Li River had suffered greatly from an increasing volume of tourists, many of whom frequently threw garbage into the river. Many tour boats contributed to the problem too. Kitchens on board were using lots of oil, which was often thrown into the water. The growth in tourism also meant the local population rose rapidly, as well as the number of commercial and industrial enterprises. Water pollution levels increased, with more household and commercial waste ending up in the river.

此前，漓江的水质因游客数量的增加而受到严重影响，许多游客经常向漓江扔垃圾。旅游船太多导致了这个问题。船上的厨房用了很多油，这些油经常被扔进水里。旅游业的增长也意味着当地人口的迅速增加，以及商业和工业企业的数量。水污染水平上升，更多的家庭和商业垃圾最终流入河流。

In order to feed more people, more chemicals were used to increase crop production. These chemicals led to severe water quality issues, causing a decrease in the number of fish species. Local officials were concerned that the pollution was damaging the natural environment and felt that urgent steps should be taken to restore the river's original beauty.

为了养活更多的人，更多的化学物质被用来增加农作物产量。这些化学物质导致严重的水质问题，导致鱼类数量减少。当地官员担心污染正在破坏自然环境，并认为应该采取紧急措施恢复河流的原貌。



A comprehensive initiative was started, with a number of measures that addressed the issues. The construction of waste water treatment facilities improved the water quality and water conservation. The collection and transport of household waste was also improved. Dozens of polluting enterprises were closed or moved. The local government set up strict regulations regarding further industrial development. New rules were also introduced regarding tour boat routes and garbage disposal methods. Furthermore, the local authorities began to use the media to spread environmental awareness and encourage greater use of clean energy. At the same time, they started to carry out inspections regularly and fine tourist organizations for abuses. With these measures, it is believed that the beauty of the Li River will be preserved for generations to come.

启动了一项全面的倡议，采取了一些措施来解决这些问题。污水处理设施的建设，改善了水质，节约了用水。生活垃圾的收集和运输也得到了改善。数十家污染企业被关闭或转移。地方政府对进一步发展工业制定了严格的规定。此外，有关旅游船路线和垃圾处理方法的新规定也已出台。此外，地方当局开始利用媒体传播环境意识，鼓励更多地使用清洁能源。同时，他们开始定期进行检查，对旅游组织的滥用职权进行罚款。有了这些措施，相信漓江的美丽将世代保存。

In addition, the ambitious "Water Ten Plan" is also now tackling water pollution across the country. Other initiatives, such as the "River Chief System", hold senior officials responsible for reducing water pollution. With such campaigns in effect, China's waterways are heading towards a clean and sustainable future.

此外,雄心勃勃的“水十大计划”目前还在全国范围内解决水污染问题。其他举措,如“河长制”,要求高级官员负责减少水污染。随着这些活动的实施,中国的水道正朝着清洁和可持续的未来迈进。

U4 : ADVERSITY AND COURAGE

Great works are performed not by strength, but perseverance.-Samuel Johnson.

伟大的作品,不是靠力量而是靠坚持才完成的。

--塞缪尔约翰逊

Reading and Thinking

A SUCCESSFUL FAILURE 一次成功的失败

Perce Blackborow joined an expedition with Sir Ernest Shackleton to Antarctica on the ship Endurance in 1914. Shackleton was one of the most famous explorers of his day and it was considered a great honor to be part of his expeditions. Below are some of Blackborow's diary entries.珀西·布莱克博罗于1914年加入欧内斯特·沙克尔顿爵士的“坚忍”号南极探险之旅。沙克尔顿是他那个时代最著名的探险家之一,参加他的探险活动被认为是一种极大的荣誉。以下是布莱克伯罗的一些日记。

31 Oct,1914

1914年10月31日

Well, it so happened that one morning I bought a newspaper and read the advertisement about the Antarctic expedition.

嗯，碰巧有天早上我买了份报纸，看到了有关南极探险的广告。

An expedition to the South Pole with the great Sir Ernest Shackleton-this is the adventure that I have been dreaming of. And I was ready for it. At the age of 19, I am fit and full of vigor. However, when I applied to join the expedition, Shackleton turned me down because he thought I was too young and wasn't qualified. But I was so enthusiastic about the idea of going along with them that I secretly went aboard his ship, the Endurance, and hid in a small cupboard. Unfortunately, three days after we set off I was discovered. Shackleton did not want to turn back so he offered me a job, but only after he promised me, "If anyone has to be eaten, then you will be the first!" He assigned me to be a steward, and I now serve meals for twenty-eight men, three times a day.

与伟大的欧内斯特·沙克尔顿爵士一起去南极探险，这是我一直梦寐以求的探险。我已经做好了准备。我19岁，身体健康，精力充沛。然而，当我申请加入探险队时，沙克尔顿拒绝了我，因为他认为我太年轻，没有资格。但我对和他们一起去探险的想法是如此热情，于是我偷偷上了他的船“坚忍号”，并且藏在了一个小碗柜里。不幸的是，我们出发三天后，我就被发现了。沙克尔顿不想返航（把我送回），所以他给了我一份工作，但他还向我保证，“如果有人必须被吃掉，那么你将是第一个！”他派我去当服务员，我现在为二十八个人一天做三次饭。

How everyone will envy me when I come back and tell them about the amazing places I have been to!

当我回来告诉大家我去过的那些神奇地方时，大家会多么羡慕我啊！

21.Nov,1915

1915年11月21日

The journey has not been easy. Endurance became stuck in the ice as we approached Antarctica. The ice froze around us and we were well and truly stuck! We saw the ship get crushed by the ice. And when the ship sank, our hearts sank with it.

这段旅程并不轻松。我们快到南极洲时，“坚忍”号卡在了冰里。冰把我们周围都冻住了，我们彻底被卡住了！我们看到船被冰压坏了。船沉的时候，我们的心也跟着沉了下去。

Before we abandoned the ship, Shackleton calmly called us together and told us to rescue our most essential supplies-the small boats, our food, the cook stove, candles, clothes, and blankets. This was no time to panic. We were not allowed to take most of our personal belongings, and Shackleton himself threw away all his gold. But to our surprise, he allowed Hussey to keep his banjo, Hussey often plays it to keep our spirits up.

在我们弃船之前，沙克尔顿平静地把我们召集在一起，告诉我们要抢救我们最基本的必需品：小

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