

双语呈现
名家译本

英语诵读
全彩插画

穿指流沙 细数年华

【美】欧内斯特·米勒尔·海明威
【美】亨利·戴维·梭罗 等著
南玉祥 译

——那些发人深省的
英语哲理美文

The Selected Literary Pieces
of the Most Encouraging Essays

汇集西方文学经典散文篇章。
在细腻的笔端下，
体验百味人生，领悟人生哲理。



一扫就能听

穿指流沙 细数年华

【美】欧内斯特·米勒尔·海明威
【美】亨利·戴维·梭罗 等著

南玉祥 译

——那些发人深省的
英语哲理美文

图书在版编目 (CIP) 数据

穿指流沙细数年华:那些发人深省的英语哲理美文:
汉英对照 / (美) 海明威等著; 南玉祥译. -- 南京:
江苏凤凰科学技术出版社, 2015.11

(易人外语)

ISBN 978-7-5537-5471-0

I. ①穿… II. ①海… ②南… III. ①英语-阅读教
学-自学参考资料 IV. ① H319.4

中国版本图书馆 CIP 数据核字 (2015) 第 230849 号

穿指流沙细数年华——那些发人深省的英语哲理美文

著者	【美】欧内斯特·米勒尔·海明威【美】亨利·戴维·梭罗等
译者	南玉祥
责任编辑	张远文 葛 昀
责任监制	曹叶平 周雅婷

出版发行	凤凰出版传媒股份有限公司 江苏凤凰科学技术出版社
出版社地址	南京市湖南路 1 号 A 楼, 邮编: 210009
出版社网址	http://www.pspress.cn
经 销	凤凰出版传媒股份有限公司
印 刷	北京旭丰源印刷技术有限公司

开 本	880mm×1230mm 1/32
印 张	10
字 数	230 千字
版 次	2015 年 11 月第 1 版
印 次	2015 年 11 月第 1 次印刷

标 准 书 号	ISBN 978-7-5537-5471-0
定 价	35.00 元

图书如有印装质量问题, 可随时向我社出版科调换。



目录

第一卷 你若盛开，清风自来

Love Your Life/ 热爱生活 6	The Beginning of Wisdom/ 智慧的起 点 46
Companionship of Books/ 与书为伴 8	Don't Let Happiness Run away/ 别 让快乐溜走 49
True Nobility/ 真正的高贵 11	Free to Soar/ 自由飞翔 52
Taking Your Fun/ 用快乐装点生活 13	Get a Thorough Understanding of Oneself/ 彻悟自我 55
The Faculty of Delight/ 喜悦的能力 18	Forgiveness/ 宽恕 58
Dance Like No One's Watching/ 纵情 起舞 21	I will Be the Master of My Emotions/ 你若盛开，清风自来 61
The Pleasure of Study/ 学习的乐趣 23	The 50-Percent Theory of Life/ 生 活半对半理论 66
The Power of Friendship/ 友谊的力量 29	Too Dear for the Whistle/ 得不偿失 的哨子 70
The Happy Door/ 快乐之门 36	Rules to Be Happy/ 快乐的法则 73
Peace of Mind/ 平和之心 38	
Every Man's Natural Desire to Be Somebody Else/ 人人想当别人 41	

第二卷 别让青春满地荒凉

- Three Days to See/ 假如给我三天光明 78
- Learn to Live in the Present Moment/ 活在当下 85
- Everyday Is a Gift/ 珍惜每一天 88
- We Are on a Journey/ 人在旅途 92
- Greeting this Day with Love in My Heart/ 用全身心的爱迎接今天 94
- If I Rest, I Rust/ 吾休则锈 102
- Man's Youth/ 别让青春满地荒凉 105
- Expressing One's Individuality/ 有个性, 尽飞扬 108
- Hour in the Sun/ 阳光下的时光 112
- What I Have Lived for/ 我为何而生 115
- A New Life/ 焕发新生 118
- The Goodness of Life/ 生命的美好 121
- Enjoy the Journey of Life/ 享受生活 124
- The Value of Time/ 时间的价值 128
- On the Feeling of Immortality in Youth/ 有感于青春常在 131
- I will Live this Day as if It Is My Last/ 假如明天就要死去 134
- Packaging a Person/ 人生也需要包装 138
- When You Are Old/ 当你老了 141

第三卷 心若有梦, 风雨兼程

- The Death of the Moth/ 飞蛾之死 144
- The Road to Success/ 成功之路 149
- April Showers Bring May Flowers/ 四月雨催开五月花 153
- A Psalm of Life/ 人生礼赞 155
- Success/ 成功之所在 159
- Ignorance Makes One Happy/ 无知常乐 162
- The Life I Desired/ 我所追求的生活 165
- Great Expectations/ 满怀期望 167
- Advice to a Young Man/ 给年轻人的建议 170
- If the Dream Is Big Enough/ 心若有梦, 风雨兼程 172
- Dream—A Passion Within You/ 梦想生发, 激情不灭 176
- Wake up Your Life/ 叫醒你的生活 178
- Care for Your Dream/ 关爱梦想 182
- Get to Do/ 立即行动 185
- Love Your Job/ 热爱工作 189
- Successful Living/ 成与败的距离 194

第四卷 你的世界不会一直下雪

- Of Study/ 论学习 200
- Life Is What We Make It/ 你的所得由你决定 204
- Courage/ 勇气 206
- One Determined Angel/ 人间天使 208
- Perseverance/ 坚持 212
- Defeat/ 失败 215
- On Motes and Beams/ 微尘与栋梁 217

On the Instability of Human Glory/ 论
人间荣誉之虚渺 220

Smile to Life/ 微笑着生活 222

Always will I Seek the Seed of Triumph
in Every Adversity/ 希望生于痛苦边缘
224

Just by Having Hearts in His Eyes/
眼睛里的爱心 226

Life Is All About Choices/ 你的生活你
做主 232

Be Grateful to Life/ 感恩生活 236

Broken Wings, Flying Heart/ 勇敢的
心 239

If/ 假如 242

There will Be Sunshine in Your Life/
你的世界不会一直下雪 246

Moments in Life/ 生活絮语 249

A Permanent Beneficial Test/ 一道
受用终生的测试题 252

I Hope/ 我希望 256

Parable of the Pencil/ 关于铅笔的寓
言 260

第五卷 幸福没有那么难

Seven Secrets to a Great Life/ 精彩
人生也有“捷径” 264

The Road to Happiness/ 幸福之道 269

The Fortune Cookie/ 幸运甜饼 273

The Value of Laugh/ 笑容的含金量 276

Heart with Sunshine/ 心若放晴，云淡
风轻 282

Does Money Buy Happiness/ 金钱能
买来幸福吗？ 287

Life/ 生活感悟 289

Happiness/ 心若花香，幸福荡漾 293

The Essence of Happiness/ 什么是
幸福 297

Our Pursuit of Happiness/ 幸福，一
生所求 301

The Paradox of Happiness/ 幸福的
悖论 306

Where Is Happiness/ 幸福在哪里 311

Let Go/ 放手 313



前言

在世界文学的璀璨星空里，群星荟萃，流光溢彩。我国文学著作璀璨夺目，国外的散文诗歌中也不乏珍品。很多名家的经典之作被先后翻译过来，并受到国内广大读者的喜爱。这里分类别地翻译整理了一些经典哲理散文，内容包括幸福、勇气、珍惜等方面；这里列举几个著名作家的情况，让大家对本书有个大致了解，希望给读者带来生活启迪和美的感受。

书中有以硬汉作家著称的欧内斯特·海明威的作品。1953年，他以《老人与海》一书获得普利策奖；1954年，《老人与海》又为海明威夺得了诺贝尔文学奖。2001年，海明威的《太阳照常升起》与《永别了，武器》两部作品被美国现代图书馆列入“20世纪中的100部最佳英文小说”。这里选用了他的《真正的高贵》一文，它向我们展示了这位大家的思想境界和人生态度。

书中还有世界著名教育家、盲人女作家海伦·凯勒的经典之作《假如给我三天光明》的节选。该书的前半部分主要写了海伦变成盲聋人后的生活，后半部分则介绍了海伦的求学生涯。同时也介绍了她丰富多彩的生活以及她的慈善活动等。她以一个身残志坚的柔弱女子的视角，告诫身体健全的人们应珍惜生命，珍惜拥有的一切。

英国哲学家、数学家、逻辑学家、历史学家伯特兰·罗素的《我为什么而生》也位列书中。伯兰特·罗素是20世纪西方最著名、影响最大的学者和和平主义社会活动家之一。1950年，罗素获得诺贝尔文学奖，以表彰其“多样且重要的作品，持续不断地追求人道主义理想和思想自由”。他的代表作有《幸福之路》《西方哲学史》《数学原理》《物的分析》等。

本书中的作品从不同角度阐释生活的意义，提醒我们热爱生活，摒弃迷茫，珍惜当下。如塞缪尔·斯迈尔斯所言：“好书即为金玉良言与思想光华之总成，令人铭于心，爱不忍释，成为我们相随之伴侣与慰藉。”笔者衷心地希望本书可以成为读者朋友的枕边密友，苦乐相伴。



目录

第一卷 你若盛开，清风自来

Love Your Life/ 热爱生活 6	The Beginning of Wisdom/ 智慧的起 点 46
Companionship of Books/ 与书为伴 8	Don't Let Happiness Run away/ 别 让快乐溜走 49
True Nobility/ 真正的高贵 11	Free to Soar/ 自由飞翔 52
Taking Your Fun/ 用快乐装点生活 13	Get a Thorough Understanding of Oneself/ 彻悟自我 55
The Faculty of Delight/ 喜悦的能力 18	Forgiveness/ 宽恕 58
Dance Like No One's Watching/ 纵情 起舞 21	I will Be the Master of My Emotions/ 你若盛开，清风自来 61
The Pleasure of Study/ 学习的乐趣 23	The 50-Percent Theory of Life/ 生 活半对半理论 66
The Power of Friendship/ 友谊的力量 29	Too Dear for the Whistle/ 得不偿失 的哨子 70
The Happy Door/ 快乐之门 36	Rules to Be Happy/ 快乐的法则 73
Peace of Mind/ 平和之心 38	
Every Man's Natural Desire to Be Somebody Else/ 人人想当别人 41	

第二卷 别让青春满地荒凉

- Three Days to See/ 假如给我三天光明 78
- Learn to Live in the Present Moment/ 活在当下 85
- Everyday Is a Gift/ 珍惜每一天 88
- We Are on a Journey/ 人在旅途 92
- Greeting this Day with Love in My Heart/ 用全身心的爱迎接今天 94
- If I Rest, I Rust/ 吾休则锈 102
- Man's Youth/ 别让青春满地荒凉 105
- Expressing One's Individuality/ 有个性, 尽飞扬 108
- Hour in the Sun/ 阳光下的时光 112
- What I Have Lived for/ 我为何而生 115
- A New Life/ 焕发新生 118
- The Goodness of Life/ 生命的美好 121
- Enjoy the Journey of Life/ 享受生活 124
- The Value of Time/ 时间的价值 128
- On the Feeling of Immortality in Youth/ 有感于青春常在 131
- I will Live this Day as if It Is My Last/ 假如明天就要死去 134
- Packaging a Person/ 人生也需要包装 138
- When You Are Old/ 当你老了 141

第三卷 心若有梦, 风雨兼程

- The Death of the Moth/ 飞蛾之死 144
- The Road to Success/ 成功之路 149
- April Showers Bring May Flowers/ 四月雨催开五月花 153
- A Psalm of Life/ 人生礼赞 155
- Success/ 成功之所在 159
- Ignorance Makes One Happy/ 无知常乐 162
- The Life I Desired/ 我所追求的生活 165
- Great Expectations/ 满怀期望 167
- Advice to a Young Man/ 给年轻人的建议 170
- If the Dream Is Big Enough/ 心若有梦, 风雨兼程 172
- Dream—A Passion Within You/ 梦想生发, 激情不灭 176
- Wake up Your Life/ 叫醒你的生活 178
- Care for Your Dream/ 关爱梦想 182
- Get to Do/ 立即行动 185
- Love Your Job/ 热爱工作 189
- Successful Living/ 成与败的距离 194

第四卷 你的世界不会一直下雪

- Of Study/ 论学习 200
- Life Is What We Make It/ 你的所得由你决定 204
- Courage/ 勇气 206
- One Determined Angel/ 人间天使 208
- Perseverance/ 坚持 212
- Defeat/ 失败 215
- On Motes and Beams/ 微尘与栋梁 217

On the Instability of Human Glory/ 论
人间荣誉之虚渺 220

Smile to Life/ 微笑着生活 222

Always will I Seek the Seed of Triumph
in Every Adversity/ 希望生于痛苦边缘
224

Just by Having Hearts in His Eyes/
眼睛里的爱心 226

Life Is All About Choices/ 你的生活你
做主 232

Be Grateful to Life/ 感恩生活 236

Broken Wings, Flying Heart/ 勇敢的
心 239

If/ 假如 242

There will Be Sunshine in Your Life/
你的世界不会一直下雪 246

Moments in Life/ 生活絮语 249

A Permanent Beneficial Test/ 一道
受用终生的测试题 252

I Hope/ 我希望 256

Parable of the Pencil/ 关于铅笔的寓
言 260

第五卷 幸福没有那么难

Seven Secrets to a Great Life/ 精彩
人生也有“捷径” 264

The Road to Happiness/ 幸福之道 269

The Fortune Cookie/ 幸运甜饼 273

The Value of Laugh/ 笑容的含金量 276

Heart with Sunshine/ 心若放晴，云淡
风轻 282

Does Money Buy Happiness/ 金钱能
买来幸福吗？ 287

Life/ 生活感悟 289

Happiness/ 心若花香，幸福荡漾 293

The Essence of Happiness/ 什么是
幸福 297

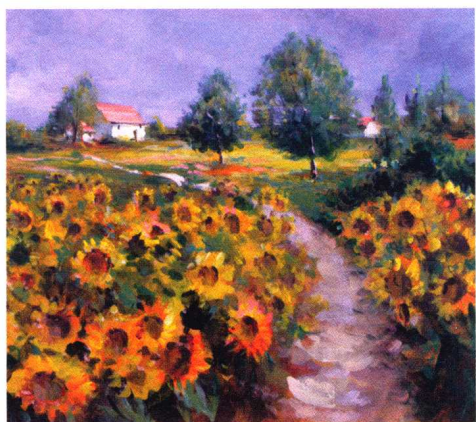
Our Pursuit of Happiness/ 幸福，一
生所求 301

The Paradox of Happiness/ 幸福的
悖论 306

Where Is Happiness/ 幸福在哪里 311

Let Go/ 放手 313





第一卷

你若盛开， 清风自来

Love Your Life

American | Henry David Thoreau

However mean your life is, meet it and live it; do not shun it and call it hard names. It is not so bad as you are. It looks the poorest when you are richest. The faultfinder will find faults in paradise. Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poor house. The setting sun is reflected from the windows of the alms-house as brightly as from the rich man's abode¹; the snow melts before its door as early in the spring. I do not see but a quiet mind may live as contentedly there, and have as cheering thoughts, as in a palace. The town's poor seem to me often to live the most independent lives of any. Maybe they are simply great enough to receive without misgiving². Most think that they are above being supported by the town; but it often happens that they are not above supporting themselves by dishonest means, which should be more disreputable³. Cultivate poverty like a garden herb, like a sage. Do not trouble yourself much to get new things, whether clothes or friends. Turn the old, return to them. Things do not change; we change. Sell your clothes and keep your thoughts.

热词天地

1.abode [ə'bəʊd] **n.** 住所; 家

2.misgiving [mɪs'ɡɪvɪŋ] **n.** 疑虑; 顾虑

3.disreputable [dɪs'repjətəbl] **adj.** 名声不好的; 不光彩的

热爱生活

【美】亨利·戴维·梭罗

无论你生活得怎样卑微，请直接面对吧！不要逃避，也不要恶语相加。生活并没有你想的那么糟。在你堆金积玉的时候，你的生活却看起来一贫如洗。一个吹毛求疵的人在天堂也能找到些问题。即使一贫如洗，也要热爱你的生活。纵然身处陋室，你也可以度过愉快、兴奋、辉煌的时光。斜阳西照，透过济贫院的窗，如在富人公寓的窗子上一般明亮；两地门前的积雪都会在初春消融。在我眼中，只有心态平和的人才会容易满足，积极乐观，不论身处何地都可以像在皇宫一般。于我而言，城中的穷人常常有着最独立自由的生活，可能只是由于他们伟大到可以乐观接受一切。大多数人是屑于靠城镇的援助生活的；但事实上，他们却常常通过不正当的途径谋生，而这样的行为令他们更加不堪。视穷困如园中芳草，像圣人那般耕植它吧！别再为追寻新事物而徒增忧愁，不管是新衣服还是新朋友。去寻找那旧有的事物，返璞归真。世间万物是不变的，变的是我们。你可以卖掉衣服，但要保留自己的思想。

絮语点滴

生活的真谛在于悠然自得。世间万物，无欲则刚，有容乃大！



Companionship of Books

British | Samuel Smiles

A man may usually be known by the books he reads as well as by the company he keeps, for there is a companionship of books as well as of men, and one should always live in the best company, whether it be of books or of men.

A good book may be among the best of friends. It is the same today that it always was, and it will never change. It is the most patient and cheerful of companions. It does not turn its back upon us in times of adversity or distress. It always receives us with the same kindness, amusing and instructing us in youth, and comforting and consoling¹ us in age. Men often discover their affinity to each other by the mutual love



they have for a book. The book is a truer and higher bond of union. Men can think, feel, and sympathize² with each other through their favorite author. They live in him together and he, in them. A good book is often the best urn of a life enshrining the best that life could think out, for the world of a man's life is, for the most part, but the world of his thoughts. Thus the best books are treasuries of good words, the golden thoughts, which, remembered and cherished³, become our constant companions and comforters. Books possess an essence of immortality. They are by far the most lasting products of human effort. Temples and statues decay, but books survive. Time is of no account with great thoughts, which are as fresh today as when they first passed through their author's minds ages ago. What was then said and thought still speaks to us as vividly as ever from the printed page. The only effect of time has been to sift out the bad products, for nothing in literature can long survive but what is really good.

Books introduce us into the best society; they bring us into the presence of the greatest minds that have ever lived. We hear what they said and did; we see them as if they were really alive; we sympathize with them, enjoy with them, grieve with them; their experience becomes ours, and we feel as if we were in a measure actors with them in the scenes which they describe.

热词天地

1.console [kən'səʊl] **vt.** 安慰, 慰问, 抚慰

2.sympathize ['sɪmpəˌθaɪz] **vi.** 同情; 赞同; 支持

3.cherish ['tʃerɪʃ] **vt.** 珍爱; 钟爱; 怀念

as well as 也, 又

whether...or... 是……还是……

in times of 在……的时刻; 在……的时期

与书为伴

【英】塞缪尔·斯迈尔斯

读一个人在读的书，如同读这个人本身；同样的，观察他的朋友，也如同观察这个人自身。因为有的人用书来做伴，也有的人与人做伴；不管以书为友还是与人为伴，每个人都要有自己的知己。

一本好书可以成为我们的挚友，它始终如一，永不改变。它是最耐心、最令人欢欣的伴侣。即使在穷困之时，危难之际，它也不会背弃我们；它总是那么亲切，满心善意地接受我们。年华正盛之时，好书可以给予我们快乐，为我们指引方向；当年华逝去，好书又能给我们的的心灵以慰藉与鼓励。人们经常由于喜欢同一本书而成为知己。书是一种更加真实和高尚的情感纽带。人们可以通过自己最喜爱的作者沟通想法，交流情感，彼此心意相通，共享悲欢。他们与作者同在，作者也与他们共生。好书如最精致的器皿，珍藏着人生思想的精粹。这是因为在很大程度上，人类生活的世界就是人们思想的世界。因此，最好的书籍就是那些被铭记并珍藏的良言佳句和卓越思想，它们已经成为了我们永恒的伴侣与慰藉。书籍有着不朽的本质。它们是迄今为止人类创造的最为恒久的作品。寺庙会坍塌，神像会朽烂，但书籍却经久长存。对那些伟大的思想来说，时间是微不足道的，多年前首次出现在作者脑海的那些伟大思想，今天依然清新如故。那时的语言和思想依然栩栩如生，它们跃然纸上同我们侃侃而谈。时间唯一的作用就是：取其精华，去其糟粕，因为只有真正优秀的文学作品，才能经得起时间的淬炼。

书籍让我们同优秀的人做朋友，让我们置身于历代伟人巨匠之间。我们如闻其声，如观其行，如见其人。我们与他们情感融汇，悲喜与共；我们对他们的经历感同身受，恍若在作者描绘的舞台上，与他们一起登场。

絮语点滴

古人说，书中有黄金屋，颜如玉、千盅粟；我说书中有闺中友、万栋宅。所以，把握你的财富吧！

True Nobility

American | Ernest Hemingway

In a calm sea every man is a pilot.

But all sunshine without shade, all pleasure without pain, is not life at all. Take the lot of the happiest—it is a tangled yarn. Bereavements¹ and blessings, one following another, make us sad and blessed by turns. Even death itself makes life more loving. Men come closest to their true selves in the sober moments of life, under the shadows of sorrow and loss.

In the affairs of life or of business, it is not intellect that tells so much as character, not brains so much as heart, not genius so much as self-control, patience, and discipline, regulated by judgment.

I have always believed that the man who has begun to live more seriously within begins to live more simply without. In an age of extravagance² and waste, I wish I could show to the world how few the real wants of humanity are.

To regret one's errors to the point of not repeating them is true repentance³.

There is nothing noble in being superior to some other man. The true nobility is in being superior to your previous self.

热词天地

1.bereavement [bi'ri:vmənt] **n** 丧亲之痛

2.extravagance [ɪk'strævəgəns] **n** 奢侈品; 挥霍

3.repentance [rɪ'pentəns] **n** 后悔; 忏悔; 悔过