

ec 英汉对照

心灵英文系列

# 陪伴你一生的 经典美文

岳玉庆 时 静 主 编

A Lifetime Collection of  
Classic Essays



中国出版集团



# 陪伴你一生的 经典美文

主 编 岳玉庆 时 静  
副主编 陈 伟 赵加慕  
殷召荣



中国宇航出版社



中国宇航出版社



中国宇航出版社



中国宇航出版社



中国宇航出版社



中国宇航出版社

· 北京 ·

版权所有 侵权必究

## 图书在版编目(CIP)数据

陪伴你一生的经典美文：英汉对照／岳玉庆，时静主编．  
—北京：中国宇航出版社，2009.1  
(心灵英文系列)  
ISBN 978-7-80218-510-4

I.陪… II.①岳… ②时… III.①英语—汉语—  
对照读物②散文—作品集—世界 IV.H319.4:I

中国版本图书馆 CIP 数据核字 (2008) 第 182452 号

策划编辑 楚晓琦 装帧设计 03 工舍  
责任编辑 楚晓琦 卢 珊 责任校对 杨 辉

出 版 社 中国宇航出版社

社 址 北京市阜成路 8 号 邮 编 100830  
(010)68768548

网 址 [www.caphbook.com/www.caphbook.com.cn](http://www.caphbook.com/www.caphbook.com.cn)

经 销 新华书店

发行部 (010)68371900 (010)88530478(传真)  
(010)68768541 (010)68767294(传真)

零售店 读者服务部 北京宇航文苑  
(010)68371105 (010)62529336

承 印 北京嘉恒彩色印刷有限责任公司

版 次 2009 年 1 月第 1 版 2009 年 1 月第 1 次印刷

规 格 880 × 1230 开 本 1/32

印 张 7.75 字 数 215 千字

书 号 ISBN 978-7-80218-510-4

定 价 17.80 元 (附赠精选阅读 MP3 光盘)

本书如有印装质量问题，可与发行部联系调换

# 前言



面对漫漫人生旅途，每个人都会不断发出对生命意义的追问，都渴望得到幸福，渴望拥有浪漫的爱情，渴望拥有无限的亲情和友情，渴望人生完美而富有意义。从古至今，有多少帝王将相，文人墨客，市井凡人，都著书立说，慷慨激昂，阐发自己的所思和所悟。毋庸置疑，他们的思索和思辨，无不包含着智慧和深刻。这些先行者，如一盏盏明灯，照亮我们后来者的路途，帮助我们减少迷茫与彷徨，避免误入歧途。

本书所收的美文，是从英语的海洋中采撷的精品，堪称经典中的经典。有罗素的《老之将至》、《我生命的意义》、《我们应该选择死亡吗》、爱因斯坦的《人应为他人而活》、爱默生的《论友谊》、丘吉尔的《业余爱好》、毛姆的《我渴望的生活》等名家对人生、友谊、感情、战争等主题的思考；也有《回家》、《一条毛毯》、《地震中的父与子》、《戴玫瑰花的女郎》等感人至深、脍炙人口的著名故事；也有《幸福的要诀》、《真爱的几点内涵》等许许多多内容温馨、扣动心弦的小品文。阅读美文，可以让您拥有诚实，舍弃虚伪；拥有充实，舍弃虚无；拥有踏实，舍弃浮躁；感受幸福，抵御痛苦；奉献真爱，拒绝虚情；享受友情，抛弃孤独。相信通过阅读本书，您会发现爱情的秘笈，体会父爱和母爱的伟大，领悟真诚处事的意义，开拓博爱的胸怀，增添奋发向上的豪情，悟出人生的真谛。



本书所选美文有多篇曾被选入《大学英语》、中小学《语文》等课本。这些文章思想深刻、见解独特,文字优美流畅,适合精读,其中绝大部分也是背诵的首选材料。

另外,本书配有精选朗读 MP3 光盘,对“人在旅途”部分的文章进行了全文录音,语言地道,发音纯正,听读结全,相得益彰。

阅读英语美文,希望您得到美的享受,塑造美的心灵,享受美好生活。

编者

2008 年 12 月





# 目录

人在旅途 The Journey of Life .....	1
--------------------------------	---

Friendship 论友谊 .....	2
How to Grow Old 老之将至 .....	6
What I Have Lived for 我生命的意义 .....	9
Shall We Choose Death 我们应该选择死亡吗 ...	12
Love Your Life 热爱生活 .....	18
The Road of Life 生活之路 .....	20
The Life I Desired 我渴望的生活 .....	22
Man Is Here for the Sake of Other Men 人应为他人而活 .....	24
Hobbies 业余爱好 .....	27
There Days to See 假如给我三天光明 .....	31
The Two Roads 两条道路 .....	35
We Are on a Journey 人在旅途 .....	39

此情可待 The Praise of Love .....	41
-------------------------------	----

Hanover Square 汉诺威广场 .....	42
Roses for Rose 送给罗丝的玫瑰 .....	48
Father and Son in an Earthquake 地震中的父与子 .....	52
Love—Understanding Its Secrets 爱情——领会它的奥秘 .....	56
The Girl with the Rose 戴玫瑰花的女郎 .....	59
A Goodbye Kiss 道别之吻 .....	64



Love Is Special 爱是特殊的 .....	68
All I Remember 刻骨铭心的记忆 .....	73
Some Meanings of Authentic Love	
真爱的几点内涵 .....	77
The Blanket 一条双人毛毯 .....	82
How to Love 如何去爱 .....	88
Letter in the Wallet 钱包里的信 .....	91
True Mother's Love 母爱的真谛 .....	99
The Diary 日记 .....	103
MOTHER 母亲 .....	108
After a While 不久以后 .....	110
Pray for Mother 为母亲祈祷 .....	112

## 生命如歌 The Song of Life ..... 115

The Symphony Is a Way of Life	
生活是一首交响乐 .....	116
If I Were a Boy Again 假如再回到童年 .....	121
The Choice of Companion 择友 .....	125
April Showers Bring May Flowers	
四月下雨五月花开 .....	128
I Like the Feeling 我喜欢这种感觉 .....	130
You Have a Choice 你可以选择 .....	132
Lifetime Catch 一生的收获 .....	135
The Stranger Within 内心的另一个自己 .....	139
Do Not Wait... 不要等待 .....	148
We Never Told Him He Couldn't Do It	
我们从不说他做不到 .....	150
From A to Z 人生的 26 条箴言 .....	153
Follow Your Dream 追随梦想 .....	156
A Letter that Changed My Life	
改变我一生的信件 .....	160
The Contradictions of Modern Day Living	
当今生活的矛盾 .....	168

幸福驿站 The Harbor of Happiness .....	171
Going Home 回家 .....	172
That Special You 特别的你 .....	177
Christmas Is for Love 圣诞节意味着爱 .....	181
The Power of Encouragement 鼓励的力量 .....	185
The Girl on the Train 火车上的女孩 .....	187
The Little Red Wagon 红色小推车 .....	193
The Importance of Being Honest 诚信的重要性 .....	196
A Good Heart to Lean on 善心可依 .....	200
Is There Really a Prince Charming 真有白马王子吗 .....	205
Papa's Lucky Penny 爸爸的幸运硬币 .....	214
The Poor Are Very Wonderful People 穷人都是了不起的人 .....	219
The Cat 猫 .....	223
A Recipe for Happiness 幸福的要诀 .....	228
The Most Beautiful Heart 最美丽的心 .....	230
Cipher in the Snow 雪地上的零 .....	233





# 人在旅途

## The Journey of Life

人生就是一场旅行，不要在乎目的地，在乎的是沿途的风景以及看风景的心情……



# Friendship

Ralph Waldo Emerson

拉尔夫·瓦尔多·爱默生(1803-1882):

美国散文作家、思想家、诗人。1840年爱默生任超验主义刊物《日晷》的主编,进一步宣扬超验主义思想。后来他把自己的演讲汇编成书,这就是著名的《论文集》。《论文集》第一集于1841年发表,包括《论自助》、《论超灵》、《论补偿》、《论爱》、《论友谊》等12篇论文。三年后,《论文集》第二集也出版了。这部著作作为爱默赢得了巨大的声誉,他的思想被称为超验主义的核心,他本人则被冠以“美国的文艺复兴领袖”之美誉。



A friend is a person with whom I may be sincere. Before him I may think aloud. I am arrived at last in the presence of a man so real and equal, that I may drop even those undermost garments of dissimulation, courtesy, and second thought, which men never put off, and may deal with him with the simplicity and wholeness with which one chemical atom meets another. Sincerity is the luxury allowed, like diadems and authority, only to the highest rank, that being permitted to speak truth, as having none above it to court or conform unto. Every man alone is sincere. At the entrance of a second person, hypocrisy begins. We parry and fend the approach of our fellow-man by compliments, by gossip, by amusements, by affairs. We cover up our thought from him under a hundred folds. I knew a man, who, under a certain religious frenzy, cast off this drapery, and, omitting all compliment and commonplace, spoke to the conscience of every person he encountered, and that with great

insight and beauty. At first he was resisted, and all men agreed he was mad. But persisting, as indeed he could not help doing, for some time in this course, he attained to the advantage of bringing every man of his acquaintance into true relations with him. No man would think of speaking falsely with him, or of putting him off with any chat of markets or reading-rooms. But every man was constrained by so much sincerity to the like plain dealing, and what love of nature, what poetry, what symbol of truth he had, he did certainly show him. But to most of us society shows not its face and eye, but its side and its back. To stand in true relations with men in a false age is worth a fit of insanity, is it not? We can seldom go erect. Almost every man we meet requires some civility,—requires to be humored; he has some fame, some talent, some whim of religion or philanthropy in his head that is not to be questioned, and which spoils all conversation with him. But a friend is a sane man who exercises not my ingenuity, but me. My friend gives me entertainment without requiring any stipulation on my part. A friend, therefore, is a sort of paradox in nature. I who alone am, I who see nothing in nature whose existence I can affirm with equal evidence to my own, behold now the semblance of my being, in all its height, variety, and curiosity, reiterated in a foreign form; so that a friend may well be reckoned the masterpiece of nature.

## 论友谊

拉尔夫·瓦尔多·爱默生

朋友就是我可以与之真诚相对的人。在他面前,我可以自言自语。我终于来到一个如此真实如此平等的人面前,我可以脱去

最里层的那些虚伪和客套的衣服,不用三思而后行,这些东西人们从来都没有摆脱掉。我可以简单率真、全心全意地跟他交往,就像一个原子和另一个原子相遇。真诚,如同皇冠和权威,是一件贵重之物,它只给那些最高阶层的人。他们获准讲真话,仿佛这是他们最高的追求和服从。每个人独处的时候都是真诚的。一旦有另一个人走近,虚伪就开始了。我们用恭维、闲聊、娱乐、事情来避开或抵挡同伴的接近。我们折叠一百层来掩盖我们的思想。我认识一个正处于某种宗教狂热的人,他撕下了这帷幔,省去所有的恭维和老一套,对着他所遇到的每个人的良心说话,说得非常深刻,非常美妙。最初,他遭到拒绝,大家一致认为他疯了。经过朝这个方向坚持一段时间后,他占据了上风,与每一个自己所认识的人都建立了真实的关系,实际上他忍不住如此坚持。没有人想在他面前说谎,也没有人想用集市上或者阅览室里的那种闲谈来摆脱他。他这么真诚,每个人也只好坦诚相待,他们当然对他谈起对大自然的热爱、诗歌、真理的象征等等,他自己的情况当然也毫不保留。但是对我们大多数人来说,社会展示给我们的不是脸和眼睛,而是侧影和背影。在一个虚假的时代,与人们建立真实的关系有必要疯狂一下,不是吗?我们很少能直截了当。几乎我们碰到的每一个人都需要一些礼貌——要求别人的迎合;他有一些名声,一些才华,头脑里有一些不容置疑的关于宗教或慈善事业的奇想,这一点毁掉了跟他所有的谈话。但是,朋友应该是一个头脑健全的人,他需要的不是我的聪明才智,而是我这个人。我的朋友款待我,不给我附带任何约束。因此,朋友本质上是一种悖论。我孤单一人存在,在大自然中我看不到任何能证明其存在的东西,就如同我没有证据确认我自己的存在。现在,我却看到了一个在高度、丰富和求知欲上与我相似的另一个人。所以,完全有理由认为:朋友是大自然的一个杰作。

## 词汇空间

---

- ① diadem 王冠
- ② hypocrisy 虚伪
- ③ drapery 帷帐
- ④ semblance 外貌, 类似

## 心灵小语

---

何谓朋友? 能撕去一切面纱, 真诚相待, 用本心去交流的  
就是朋友。

# How to Grow Old

Bertrand Russell

Some old people are oppressed by the fear of death. In the young there is a justification for this feeling. Young men who have reason to fear that they will be killed in battle may justifiably feel bitter in the thought that they have been cheated of the best things that life has to offer. But in an old man who has known human joys and sorrows, and has achieved whatever work is was in him to do, the fear of death is somewhat abject and ignoble. The best way to overcome it—so at least it seems to me—is to make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life. An individual human existence should be like a river—small as first, narrowly contained within its banks, and rushing passionately past boulders and over waterfalls. Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they become merged in the sea, and painlessly lose their individual being. The man who, in old age, can see his life in this way, will not suffer from the fear of death, since the things he cares for will continue. And if, with the decay of vitality, weariness increases, the thought of rest will be not unwelcome. I should wish to die while still at work, knowing that others will carry on what I can no longer do, and content in the thought that what was possible has been done.

# 老之将至

伯特兰·罗素

一些老人因为害怕死亡而忧心忡忡。年轻人有这种烦恼可以理解。那些担心自己会死于战争的年轻人，一想到会失去生活所能给予他们的最美好的事物时会感到痛苦，这是情有可原的。但是老人已经饱尝了人间甘苦，已经完成了自己的使命，要是还害怕死亡，就有些可怜又可耻了。克服这种恐惧的最好办法——至少在我看来——就是让你的兴趣变得更加广泛，更加不受个人情感影响，直到那些禁锢自我的围墙一点一点地退却消失，你的生命渐渐融入到宇宙的生命之中。个体的存在应像是一条河流——起初细小，被窄窄的河堤包围着，然后一路激昂地冲过岩石，飞下瀑布。渐渐地，河流宽阔了，河堤消退了，河水平稳了，最后，河流连绵不断地汇入大海，与之融为一体，毫无痛苦地结束了作为个体的存在。那些在晚年能这样看待生活的老人，就不会因畏惧死亡而苦恼，因为他所关心的一切将会继续存在下去。而且，随着生命力的日渐衰退，人的疲倦感会日益增强，老人有长眠的愿望并不是一件坏事。我希望在尚能工作的时候长眠，知道有人会继续我未竟的事业，我会感到欣慰，因为我已经尽我所能，做了全部能做的。

## 词汇空间

- ① oppress 压抑
- ② justification 理由
- ③ justifiably 有理由地
- ④ abject 可怜的
- ⑤ ignoble 不光彩的
- ⑥ ego 自我
- ⑦ weariness 疲倦

## 心灵小语

---

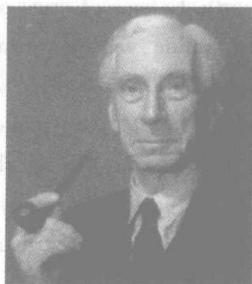
人一生最宝贵的是生命,每个人只有一次。这一次的生命应当像一条河流一样度过,尽管起初很是弱小,然而却英勇无畏地向前奔涌,冲过岩石,越过瀑布,向着一个崇高的目标努力奋斗。这样,当他渐渐老去时,他可以带着欣慰,带着骄傲。因为他知道,他没有虚度年华,没有碌碌无为,而是做了一切该做的,完成了该完成的使命。



# What I Have Lived for

Bertrand Russell

伯特兰·罗素(1872-1970):20世纪最有影响力的哲学家、数学家和逻辑学家之一,同时也是活跃的政治活动家,并致力于哲学的大众化、普及化。无数人将罗素视为这个时代的先知。1950年,罗素获得诺贝尔文学奖,以表彰其“多样且重要的作品,持续不断的追求人道主义理想和思想自由”。代表作品有《哲学问题》、《西方哲学史》、《幸福之路》、《数学原理》、《心灵分析》等。



Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a deep ocean of anguish, reaching to the very verge of despair.

I have sought love, first, because it brings ecstasy—ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness—that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss. I have sought it, finally, because in the union of love I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem too good for human life, this is what—at last—I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the