

读·品·悟·双语阅读系列



Sunshine Sprinkling
On The Body

洒在 身上的阳光

感动中学生的哲理故事

哲理是抽象的 生活是鲜亮的

刘 鹰 主编



本套书精选了国外中学生优秀阅读作品，仔细品味有助于中学生美好情感的培养；精准的英汉互译，既方便阅读，又有助于读者翻译水平的提高。

本书精心选择了一些或感动，或深邃，或引人深思的哲理小故事，揭示了在成长中我们可能会经历的各种波折。但我们依然相信：雨后的彩虹将格外艳丽，成长的脚印将更加坚实，“洒在身上的阳光”将暖彻心脾！





“读·品·悟”双语阅读系列

洒在身上的阳光

——感动中学生的哲理故事

◎主 编：刘 鹰



二十一世纪出版社

图书在版编目(CIP)数据

洒在身上的阳光：感动中学生的哲理故事 / 刘鹰主编.
—南昌：二十一世纪出版社, 2005. 8

(“读·品·悟”双语阅读系列)

ISBN 7-5391-3135-7

I. 感... II. 刘... III. 英语—阅读教学—中学—课外读物
IV. G634.413

中国版本图书馆CIP数据核字(2005)第103414号

洒在身上的阳光：感动中学生的哲理故事

作 者 刘 鹰 主编

策 划 高长梅

责任编辑 王 华

出 版 二十一世纪出版社

地 址 江西省南昌市子安路75号 邮编 330009

发 行 北京白鹿苑文化传播有限公司

印 刷 北京市德美印刷厂

开 本 787×960 1/16

印 张 13.75

字 数 176千字

版 次 2005年9月第1版

印 次 2005年9月第1次印刷

书 号 ISBN 7-5391-3135-7/I·781

定 价 20.00 元

★ 版权所有 侵权必究 ★

目 录

事情并不总像看上去的那样

Things Are not Always What They Seem	2
事情并不总像看上去的那样	4
A Clever Donkey	5
聪明的驴	7
The Olive Tree and the Fig Tree	8
橄榄树和无花果树	9
The Goatherd and the Wild Goats	10
牧羊人和野山羊	11
Rock of Ages	12
顽 石	14
The North Wind and the Sun	16
北风和太阳	17
The Boatman	18
船 夫	19
The Eagle and the Donkey	20
鹰与驴	23



给心灵洗个澡

The Undeserved Gift	26
不该收的礼物	28
The Letter	29
信	32
A Gift	34
礼 物	36
The Teddy Stoddard's Story	38
泰迪·斯托达德的故事	41
The Farmer and the Ox	44
农 夫 与 牛	46

生命的启示

The Gift of Life	50
生命的礼物	55
Changed Lives	59
生命的转变	61
Two frogs	63
两 只 青 蛙	65
The Eternal Crocus	66
永恒的藏红花	68
The Boy and His Cat	70
男 孩 与 猫	73
Story of Our Life	76
生命的故事	78
Freedom in Dying	80
面对死亡的选择	83
Kite Flying	85

放 风 箏	87
-------------	----

通往成功的路并不平坦

A Lesson for Living	90
人生的一次教训	92
More Than One Way to the Square	94
通往广场的路不止一条	97
The Dreamer	100
追 梦 人	102
If Only	104
情 理 之 间	106
Step Out	108
迈出第一步	110

梦想终有成真时

What You See Is What You Get	112
你得到的是你想到的	114
Follow Your Dream	115
追 逐 梦 想	117
Life Is to be Whole	119
人生在于完整	121
Never too Old to Live Your Dream	123
实现梦想永远都不会迟	125
Determination	127
坚 毅	129
Ask for What You Want	130
争取梦想实现	132



洒在身上的阳光

An Insignificant Act of Kindness	136
微不足道的善举	137
Three Brothers and the Beggar	138
三个兄弟和一个乞丐	141
The Language of the Heart	143
心灵的语言	145
The Warrior and His Sons	146
勇士和他的儿子们	147
Family	148
家	150
Story for the Asking	152
理解万岁	155
A Box Full of Kisses	157
一盒子的吻	159

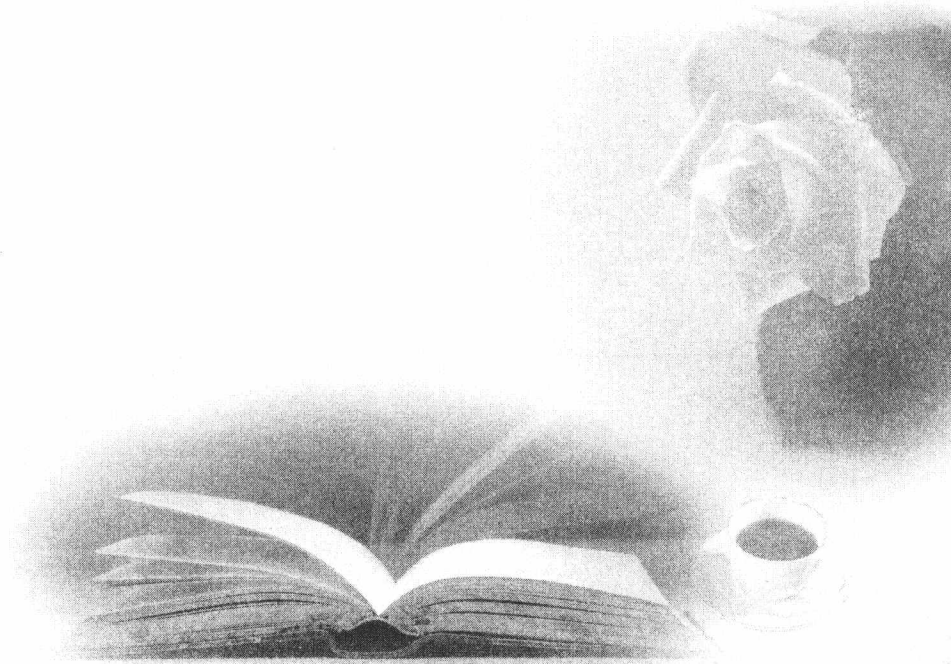
把握生活的轮盘

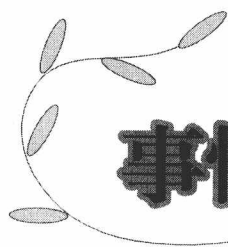
An Ant and a Grasshopper	162
蚂蚁和蚱蜢	164
The Cracked Pot	166
破裂的水罐	168
Swan and Dewdrop	170
天鹅与露珠	171
The Last Leaf	172
最后一片叶	179



正在长大

A Room of His Own	186
他自己的天地	189
As the Twig Is Bent	191
如嫩枝弯而不断	193
A Boy and His Tree	195
男孩与树	197
The Rock	199
石 头	201
The Thief and His Mother	202
小偷和他的母亲	203
Too Dear for the Whistle	204
得不偿失	206
Please Dress Me in Red	208
请给我穿上红色的衣服	210

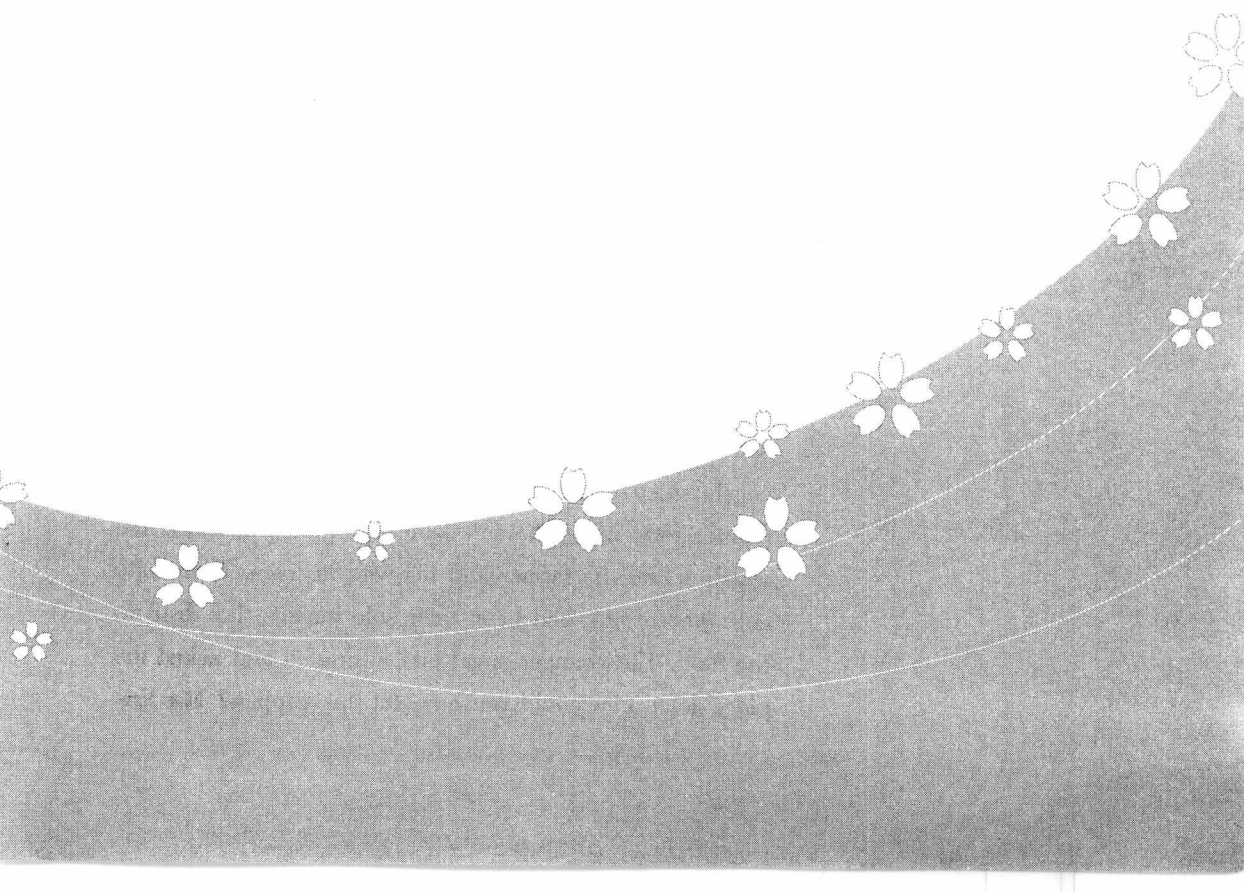




事情并不●

Shuang Yu Yue Du Zhe Li Gu Shi
双 语 阅 读 · 哲 理 故 事

像 看上去的那样





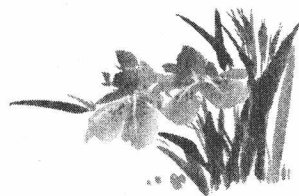
Things Are not Always What They Seem

Sometimes that is exactly what happens when things don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage.

2

感动中学生的哲理故事

洒在身上的阳光



Two travelling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the mansion's guestroom. Instead the angels were given a small space in the cold basement. As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it. When the younger angel asked why, the older angel replied, "Things aren't always what they seem."

The next night the pair came to rest at the house of a very poor, but very hospitable farmer and his wife. After sharing what little food they had the couple let the angels sleep in their bed where they could have a good night's rest. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field. The younger angel was infuriated and asked the older angel how could you have let this happen? The first

man had everything, yet you helped him, she accused. The second family had little but was willing to share everything, and you let the cow die.

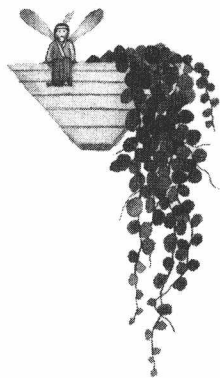
"Things aren't always what they seem," the older angel replied. "When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it."

"Then last night as we slept in the farmers' bed, the angel of death came for his wife. I gave him the cow instead. Things aren't always what they seem."

Sometimes that is exactly what happens when things don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage. You might not know it until some time later...

事情并不总像看上去的那样

有些时候,事情实际上并不以它应有的方式发生。如果你信念坚定,你只需要坚信所发生的每一个结果都对你有利。



旅行中两个天使来到一个富人家借宿。这家人对他们并不友好,不让他们在舒适的客人卧室里过夜,而是在冰冷的地下室找了一个角落让他们住下。铺床时,大天使发现墙上有一个洞,就顺手把它补好了。小天使问为什么,大天使答道:“事情并不总像看上去的那样。”

第二天晚上,两个天使来到了一个非常贫穷的农家借宿。主人夫妇对他们非常热情,拿出仅有的一点食物来款待他们,又让出自己的床铺给两个天使。第二天一早,两个天使发现农夫和他的妻子在哭泣,他们惟一的生活来源——一头奶牛死在田里了。小天使非常愤怒,他问大天使为什么会这样,第一个家庭什么都有,大天使还帮助他们修补墙洞;第二个家庭尽管如此贫穷还是热情地款待客人,而大天使却没有阻止奶牛的死亡。

“事情并不总像看上去的那样。”大天使答道,“当我们在地下室过夜时,我看到墙洞里面堆满了金块。因为第一家的主人被贪欲所迷惑,不愿意别人分享他的财富,所以我把墙洞填上了,使他发现不了金块。”

“昨天晚上,死亡之神来召唤农夫的妻子,我让奶牛代替了她。所以,事情并不总像看上去的那样。”

有些时候,事情实际上并不以它应有的方式发生。如果你信念坚定,你只需要坚信所发生的每一个结果都对你有利。也许一段时间之后,你就会明白了。

A Clever Donkey

When you do something wrong and try to cover your ass, it always come back to bite you.

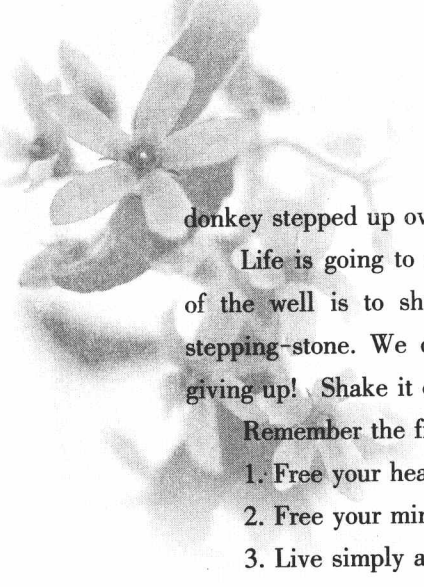


One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down. A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw.

With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the



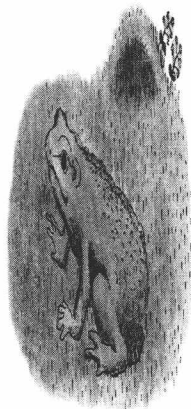


donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping-stone. We can get out of the deepest well just by not stopping, never giving up! Shake it off and take a step up.

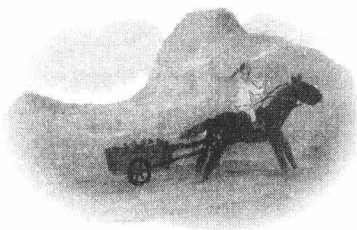
Remember the five simple rules to be happy:

1. Free your heart from hatred-Forgive.
2. Free your mind from worries-Most never happen.
3. Live simply and appreciate what you have.
4. Give more.
5. Expect less.



聪明的驴

如果你想掩盖做过的错事，终究会受到惩罚。



有一天，农夫的驴掉进了井里。在农夫想办法的时候，可怜的驴叫了好几个小时。最后，农夫决定，驴已老了，反正井也需要填平，把驴救出来不太值得。

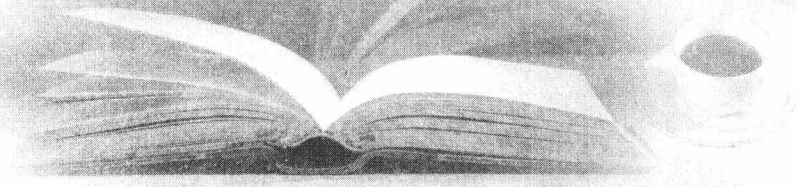
他请了所有的邻居来帮忙。他们都抄起铲子，开始往井中铲土。开始，驴意识到发生了什么事，便发出了令人胆战心惊的叫声。后来，令大家奇怪的是，驴安静了下来。又填了几铲土之后，农夫往井里看了看。他见到的情景让他惊讶不已。

驴对砸在背上的每一铲土做出了非凡之举：它把土抖掉，然后往上走一步。随着农夫的邻居们不断往驴身上铲土，驴不断把土抖掉，再往上走一步。很快，每个人都惊呆了——驴迈出了井口，欢快地跑了！

生活会往你身上铲土，各种各样的土。从井里出来的办法就是抖掉土，往上走一步。我们的每一个困难都是一块垫脚石。通过不懈的努力，永不放弃，我们可以从最深的井里走出来！抖掉尘土，往上走一步。

谨记五条简单的快乐原则：


- 一、解脱心灵，不要怨恨——宽恕。
- 二、放松大脑，不要焦虑——很多事情都不会发生。
- 三、简单生活，感谢所有。
- 四、多给予。
- 五、少要求。





The Olive Tree and the Fig Tree

Pride goes before a fall.



8

感动中学生的哲理故事

洒在身上的阳光

An Olive tree and a Fig tree were talking one winter day.

"I feel sorry for you," said the Olive tree. "Every year you lose all your leaves and have to shiver through the winter with bare branches. But I stay green and beautiful all the year round. Still, I suppose we can't all be good-looking."

The Fig tree was silent. Later that day the weather turned very cold. Great grey clouds filled the sky and it was very still. It began to snow heavily.

All that night it snowed, and all the next day. Fields and hedges were thickly covered and people had to dig paths from their houses to the roadside. The snow settled on the Olive tree, drifting in little piles in the leaves, weighing down the branches so that they snapped and fell to the white ground below. The Fig tree was more fortunate. She had no leaves to trap the snow and it drifted harmlessly through the bare twigs.

When the thaw came she was still standing, ready to put out her new spring leaves; but the Olive tree lay broken, a twisted jumble of sticks and brown leaves.

橄榄树和无花果树

骄者必败。



冬季的一天,橄榄树和无花果树在聊天。

“我真替你惋惜,”橄榄树说,“每年冬天你的叶子都会掉光,树枝光秃秃的,瑟瑟发抖。可我一年四季都郁郁葱葱,漂漂亮亮的。当然了,我想我们不可能都好看。”

无花果树默默无语。那天晚些时候,天气变得很冷。大片灰色的云布满了天空,万籁俱寂,天开始下起了大雪。

雪下了一晚上,又接着下了一整天。田野和树篱上都覆盖上了一层厚厚的雪,人们只得挖出一条条从家里通往路边的小路。雪落在橄榄树上,在叶片上堆积成一小堆一小堆的,树枝被压弯折断了,掉落在白茫茫的地上。无花果树比较幸运,他没有叶子,挡不住雪,雪从光秃秃的细枝间飘过,对树没有丝毫损害。

当积雪融化的时候,无花果树依然挺立着,新春一到,就会长出嫩叶;而橄榄树却被压断了,成为一堆乱糟糟的残枝败叶。