

EVERYDAY ENGLISH SNACK
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每天读点英文 经典散文全集

马钟元◎主编

典藏英文全集

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前言

Preface

“一粒沙中见世界，半瓣花上说人情。”散文，是闪现的思维火花，展现的情感波澜，再现已逝的时光往事。在人类历史长河中，散文这一文学中的奇葩涌现了无数文采斐然、脍炙人口的名篇。英文经典散文作为人类文学作品中的重要组成部分，感染和影响了成千上万的读者，叩击着一代又一代人的心灵，给人以精神上的享受、艺术上的熏陶、思想上的启迪和行为上的观照。读一篇好的散文就仿佛在与一位智者促膝而谈，虽时光流逝而不自觉。

在综合调查和研究已出版的散文集基础上，在仔细研读所有著名散文作家作品的前提下，编者和译者通力合作，遴选出五十位作家的共计七十三篇作品，编译成《每天读点英文经典散文全集》，以飨读者。本书为中英对照读本，与其他同类作品相比，特点有三。

首先，内容“全”而“精”。所谓“全”不仅是指本书涉及的作者和作品基本上包括了各时代的著名作家及其经典作品，而且还包括了非英语国家作家用英语创作的优秀作品，亦指所选文章内容丰富多彩，精彩纷呈。在这里你可以读到英国作家培根、斯威夫特、艾迪生、哥尔德斯密斯、兰姆、麦考利、赫兹里特、赫德森、杰罗姆、约翰逊、卢卡斯、狄更斯、劳伦斯、伍尔芙、高尔斯华绥、史蒂文森、奥威尔、王尔德、萧伯纳、罗素等诸多名家作品，也可以读到美国作家爱默生、欧文、富兰克林、罗斯福、惠特曼、梭罗、杰克·伦敦、马克·吐温、卡耐基、房龙、海明威、霍桑、海伦·凯勒等众多名家作品，还可以读到黎巴嫩作家纪伯伦、古希腊作家伊壁鸠鲁、法国作家阿尔贝·加缪以及中国作家林语堂这些非英语国家知名作家的作品。这些经典散文说自然、论人生、道哲理，涉及社会生活中的方方面面，其中无不闪现着深邃的智慧和厚重的感悟，读来发人深省。所谓“精”是指每位作家和作品都是精挑细选而来。其篇幅长短不一，或洋洋洒洒、引人入胜，或简洁明快、寓意深刻。在选择文章内容时，编者充分考虑到内容的完整性和可读性，比如《假如给我三天光明》《一个谦卑的建议》《我的大学》等都是完整的文章，而不是节选其中的一小部分，这是其他同类书籍所不具备的。读者可以从中细细体会。

其次，注释“详尽”而“准确”。译者对入选的每篇散文中难以理解的地方都仔细做了注释，标明了词或词组的词性和含义。而为了方便阅读，帮助读者准确理解文章内容，所注释的含义只是该词或词组在文中的含义，并非像词典一样将所有含义一一罗列。因此读者可以准确地了解词或词组的含义，从而理解句子、段落甚至语篇的确切含义。

最后，译文风格“忠实”。散文的独特之处不仅在其内容，还在其风格。可以说没有自己风格的散文就称不上是篇好散文。比如培根的散文语言精妙，修辞丰富，文风古朴典雅，读来如诗般朗朗上口，具有令人愉悦的音乐性。伍尔芙的散文别具一格，充满诗情画意，具有独特的象征意义和视觉描述，有“阳春白雪”之喻。译者翻译每篇散文时，都是在考虑内容忠实原文的前提下，努力实现风格的忠实。比如《论烤猪》译文读来流畅自然、幽默诙谐，让人忍俊不禁；《冷天起床》译文读来风格清雅、闲闲着笔，着实别有一番风味。即便撇开英文原文不谈，只看中文译文，读来也是朗朗上口，兴味盎然，并不觉得有“翻译腔”。读者既可以中英对照进行阅读，亦可以分别阅读原文和译文，来细细品味个中滋味。

英文经典散文历久而弥新，愈久而弥醇，愿诸位英语爱好者、广大英语师生、研究人员徜徉其中，感受散文之美，感悟人生真谛。全书的编纂工作，由天津外国语大学滨海外事学院英语系主任马钟元教授组织编写，凭借着多年的英语教学经验和对文学，特别是英美文学的深入研究，马钟元教授带领他的教师团队，完成本书的精选、整理、翻译和注释等工作。本书付梓之际，心中惴惴，欢迎广大读者朋友互相切磋，不吝赐教。

《每天读点英文经典散文全集》编委会

2012年5月

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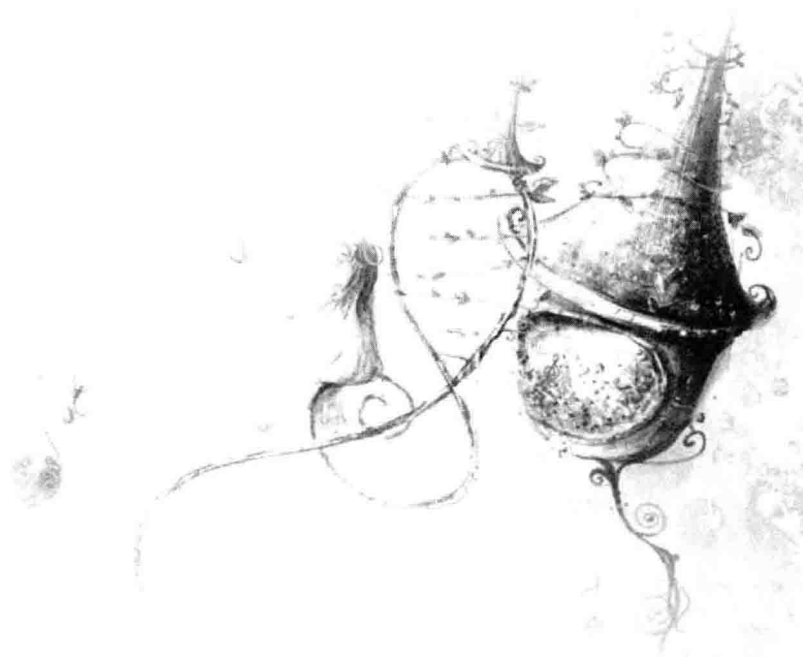
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人生感悟



论青年与老年

弗兰西斯·培根(Francis Bacon)

英国哲学家、作家和科学家，伊丽莎白一世手下一位高级政府官员（新贵族）的次子。12岁进入剑桥大学三一学院，但是3年后中途辍学，未获得学位。他从16岁开始给英国驻巴黎大使当一个时期的官员。但是18岁时，父亲猝死，未能留下什么钱财，因此他开始攻读法律，21岁时找到一个律师的职业。培根推崇科学、发展科学的进步思想和崇尚知识的进步口号，一直推动着社会的进步。这位一生追求真理的思想家，被马克思称为“英国唯物主义和整个现代实验科学的真正始祖”。他在逻辑学、美学、教育学方面也提出许多思想，著有《新工具》《论说随笔文集》等。后者收入58篇随笔，从各个角度论述广泛的人生问题，精妙有哲理，拥有很多读者。

A MAN that is young in years, may be old in hours, if he have lost no time. But that happened rarely. Generally, youth is like the first **cogitations**^①, not so wise as the second. For there is a youth in thoughts, as well as in ages.

And yet the invention of young men, is more lively than that of old; and imaginations stream into their minds better, and, as it were, more divinely. Natures that have much heat, and great and violent desires and **perturbations**^②, are not ripe for action, till they have passed the meridian of their years; as it was with Julius Caesar and Septimius Severus. Of the latter, of whom it is said, *Juventutem egit erroribus, imo furoribus, pienam*. And yet he was the

青年人若不曾虚度光阴，则年少亦可老成持重。然而此事鲜有。概论之，青年如人之初年，不若再思明智，因青年既见于年龄，亦见于思想。

较之老年人，青年人富于创造力，其想象力势如泉涌，有如神助。青年人热情澎湃、目标远大、欲望强烈、焦躁不安，中年之后方成大器，如尤利乌斯·恺撒和提米乌斯·塞维鲁斯。据说后者“曾度过荒唐甚至疯狂的青春”，而后成为能力超群之帝王。然而沉静稳健之

① cogitation *n.* 仔细思考

② perturbation *n.* 忧虑，不安

ablest emperor, almost, of all the list. But **reposed**^① natures may do well in youth. As it is seen in Augustus Caesar, Cosmus Duke of Florence, Gaston de Foix, and others. On the other side, heat and vivacity in age, is an excellent composition for business. Young men are fitter to invent, than to judge; fitter for execution, than for counsel; and fitter for new projects, than for settled business. For the experience of age, in things that fall within the **compass**^② of it, directeth them; but in new things, abuseth them.

The errors of young men, are the ruin of business; but the errors of aged men, amount but to this, that more might have been done, or sooner. Young men, in the conduct and manage of actions, embrace more than they can hold; stir more than they can quiet; fly to the end, without consideration of the means and degrees; pursue some few principles, which they have chanced upon absurdly; care not to innovate, which draws unknown inconveniences; use extreme **remedies**^③ at first; and, that which doubleth all errors, will not acknowledge or **retract**^④ them; like an unready horse, that will neither stop nor turn. Men of age object too much, consult too long, adventure too little, repent too soon, and seldom **drive business home**^⑤ to the full period, but content themselves with a mediocrity of success. Certainly it is good to compound employments of both; for that will be good for the present, because the virtues of either age, may correct the defects of both; and good for **succession**^⑥, that young men may be learners, while men in age are actors; and, lastly, good for extern accidents, because authority followeth old men, and favor and popularity, youth. But for the moral part, perhaps youth will have the **pre-eminence**^⑦, as age hath for the politic.

青年便可成器，如奥古斯都·恺撒、佛罗伦萨大公爵科西莫和戴法克斯之辈。再者，老年人保有热情和活力于事业大有裨益。青年人长于创造，短于决断；长于实干，短于讨论；长于创业，短于守成。老年人富于经验，可引导青年人熟悉旧事物，却会误导青年人认识新事物。

青年人犯错，毁灭事业；老年人犯错，终不至此，唯其所做过多或过早而已。青年人做事不自量力、热情有余、冷静不足、好高骛远、不考虑方式和程度；青年人桀骜不羁竟至相信偶然机遇；青年人轻视革新，易招致意外麻烦；青年人起初采取极端措施加以补救，却将错误加重，事后不承认亦不挽回；青年人如未驯野马，不会停蹄、不会转向。老年人反对多、讨论久、冒险少、后悔快，满足于成绩平平，鲜著丰功伟绩。诚然，若将二者结合甚好。于现下而言，此法可相互取长补短；于将来而言，青年人可学习，老年人可做事；最后，于解决突发事件而言，老年人富有权威、便于指挥，青年人好大喜功、干劲十足。但于道德而言，青年人也许优势突出，老年人则精于世故。

① reposed *adj.* 安宁的

② compass *n.* 理解，领会

③ remedy *n.* 补救

④ retract *v.* 收回

⑤ drive sth. home 使完全理解

⑥ succession *n.* 接连发生

⑦ pre-eminence *n.* 杰出

A certain **rabbin**^①, upon the text, *Your young men shall see visions, and your old men shall dream dreams*, inferreth that young men, are admitted nearer to God than old, because vision, is a clearer revelation, than a dream. And certainly, the more a man drinketh of the world, the more it **intoxicateth**^②; and age doth profit rather in the powers of understanding, than in the virtues of the will and affections. There be some, have an over-early **ripeness**^③ in their years, which fadeth **betimes**^④. These are, first, such as have brittle wits, the edge whereof is soon turned; such as was Hermogenes the rhetorician, whose books are exceeding subtle; who afterwards waxed stupid. A second sort, is of those that have some natural dispositions which have better grace in youth, than in age; such as is a fluent and luxuriant speech; which becomes youth well, but not age: so Tully saith of Hortensius, *Idem manebat, neque idem decebat*. The third is of such, as take too high a strain at the first, and are magnanimous, more than tract of years can **uphold**^⑤. As was Scipio Africanus, of whom Livy saith in effect, *Ultima primis cedebat*. "His last actions were not equal to his first."

经文中说：“你们中的青年人会见到幻觉，而老年人会梦见梦境。”一位犹太教教士据此推断青年人应该比老年人更接近上帝，因为幻觉比梦境更真实。的确，世情如酒，愈喝愈醉人。较之意志力和情感，老年人在理解力上获益更多。有些人年龄早熟，才华凋谢也快。这些人可分为三种：第一种人有点小聪明，锋芒毕露但很快便消失不再，如修辞学家赫摩格尼斯，其著作极其奥妙，但后来却成愚钝之人；第二种人身上的某些天性更适合青年人，而不适合老年人，比如流利丰富的语言就很适合青年人，但不适合老年人。因此土利评论霍坦西亚斯道：“当原来的样子已经不适合他时，他依然故我。”第三种人起初目标太过高远，随着年龄的增长而难以为继。如西庇阿·阿非利加努斯即是如此。历史学家李维评论他道：“他晚年成就不如早年。”

(史晓丽 译)

① rabbin *n.* 犹太教教士

② intoxicate *v.* 使喝醉

③ ripeness *n.* 成熟

④ betimes *adv.* 迅速地

⑤ uphold *v.* 维持

Getting Up on Cold Mornings

冷天起床

利·亨特 (Leigh Hunt)

英国评论家、散文家、诗人。1791年入伦敦基督公学，1808年，与兄长约翰·亨特共同创办周刊《检察者》，1813年至1815年由于批评未来的国王乔治四世，亨特兄弟被捕入狱，监禁两年，二人在狱中仍继续编辑出版《检察者》。1821年，应雪莱之邀，前往意大利，帮助编辑雪莱和拜伦主办刊物《自由者》。到达意大利一周后，雪莱不幸溺死。亨特于是前往希腊，不久回到英国。他为拜伦写了一本传记，名为《拜伦爵爷及其同时代人》。亨特的《自传》则文笔隽永，更受称道。利·亨特所编辑的杂志还有《指示者》《闲谈者》和《利·亨特伦敦日报》。他写有不少文学批评文章，收在《评论文集》《圆桌》《年月》《男人、女人和书》等集中。他的诗歌作品有长诗《里米尼的故事》，抒情短诗《阿布·本·阿德罕姆》和《珍妮吻了我》，也传颂很广。

An Italian author—Giulio Cordara, a Jesuit—has written a poem upon insects, which he begins by insisting, that those **troublesome**^① and **abominable**^② little animals were created for our **annoyance**^③, and that they were certainly not inhabitants of Paradise. We of the north may dispute this piece of theology; but on the other hand, it is as clear as the snow on the housetops, that Adam was not under the necessity of shaving; and that when Eve walked out of her delicious bower, she did not step upon ice three inches thick.

Some people say it is a very easy thing to get up of a cold morning. You have only, they tell you, to take the resolution; and the thing is done. This may be very true; just as a boy at

意大利作家、耶稣会士朱利奥·科尔达拉写过一首关于昆虫的诗，他落笔便强调说那些讨厌又可恶的小动物天生是为讨人厌的，又说它们定非天堂居民。我们北方人也许对这篇神学作品不敢苟同，但亚当不必剃须刮脸，夏娃走出香闺时亦无须足履三英寸寒冰，恰如房顶之雪，一清二楚。

有人曰于冷天起床实属易事，曰尔等只需下定决心即可。就像学童只需挨顿鞭子，一切

① troublesome *adj.* 讨厌的

② abominable *adj.* 令人憎恶的

③ annoyance *n.* 烦恼

school has only to take a **flogging**^①, and the thing is over. But we have not at all made up our minds upon it; and we find it a very pleasant exercise to discuss the matter, candidly, before we get up. This, at least, is not idling, though it may be lying. It affords an excellent answer to those who ask how lying in bed can be indulged in by a reasoning being, —a rational creature. How? Why, with the argument calmly at work in one's head, and the clothes over one's shoulder. Oh—it is a fine way of spending a sensible, impartial half-hour.

If these people would be more charitable they would get on with their argument better. But they **are apt to**^② reason so ill, and to assert so dogmatically, that one could wish to have them stand round one's bed of a bitter morning, and lie before their faces. They ought to hear both sides of the bed, the inside and out. If they cannot entertain themselves with their own thoughts for half an hour or so, it is not the fault of those who can. If their will is never pulled aside by the enticing arms of imagination, so much the luckier for the stage-coachman.

Candid inquiries into one's decumbency, besides the greater or less privileges to be allowed a man in proportion to his ability of keeping early hours, the work given his faculties, etc., will at least concede their due merits to such representations as the following. In the first place, says the injured but calm applier, I have been warm all night, and find my system in a state perfectly suitable to a warm-blooded animal. To get out of this state into the cold, besides the inharmonious and uncritical abruptness of the transition, is so unnatural to such a creature, that the poets, refining upon the **tortures**^③ of the damned, make one of

便烟消云散。这种说法也许对极了，可吾辈根本尚未下定决心，且吾辈发现于起床前就此事坦诚地讨论一番实在愉悦至极。虽说可能躺于床上，但至少不可谓游手好闲。有人问人是理智的动物，是理性的生灵，怎能沉湎不起，怎能？而这便是最好的答案。嗨，想那脑海中如此冷静地思索着，而衣服又裹至肩头。哈！如此明智而公正地度过半小时实在妙极。

倘若这些人更为宽容，则其论点更为合理。然其推理往往太过拙劣，说法太过武断，直教人希望他们于寒冷的清晨围站在床前，而你则于众目睽睽下躺于床上。他们必须聆听床两侧的声音，且毫无遗漏之处。倘若他们无法自我思索、自娱自乐，消磨半小时左右的时光，那就不能归咎于有能之辈了。倘若他们的意志绝不为人诱人的想象力所动，则于驿站车夫而言更为幸甚。

人们因其早起能力不同，承担工作有别等，享有的特权便或多或少。除此，只消就人们的就寝状况公正地调查一番，至少就会承认以下言论确有其理。受尽委屈又心平气和者恳求道，首先我已暖和了一整夜，身体状态完全符合热血动物的要求，要脱离这种状态进入寒冷之中，且不说这种过渡多不协调，多突然，单就人这种动物来说又何其不近人情。于是乎，诗人在详论地狱受罪者所受折磨时，无不以为最痛者莫过于猛然将其由酷暑抛入严寒，由熊

① flogging *n.* 鞭打

② be apt to 倾向于

③ torture *n.* 痛苦

their greatest **agonies**^① consist in being suddenly transported from heat to cold,—from fire to ice. They are “haled” out of their “beds”, says Milton, by “harpy-footed furies”,—fellows who come to call them. On my first movement towards the **anticipation**^② of getting up, I find that such parts of the sheets and bolster, as are exposed to the air of the room, are stone-cold. On opening my eyes, the first thing that meets them is my own breath rolling forth, as if in the open air, like smoke out of a cottage chimney. Think of this symptom. Then I turn my eyes sideways and see the window all frozen over. Think of that. Then the servant comes in. “It is very cold this morning, is it not?”—“Very cold, Sir.”—“Very cold indeed, isn’t it!”—“Very cold indeed, Sir.”—“More than usually so, isn’t it, even for this weather?” (Here the servant’s wit and good-nature are put to a considerable test, and the inquirer lies on thorns for the answer.) “Why, Sir I think it it.” (Good creature! There is not a better, or more truth-telling servant going.) “I must rise, however—get me some warm water.”—Here comes a fine interval between the departure of the servant and the arrival of the hot water; during which, of course, it is of “no use!” to get up. The hot water comes. “Is it quite hot?”—“Yes, Sir.”—“Perhaps too hot for shaving: I must wait a little?”—“No Sir; it will just do.” (There is an over-nice propriety sometimes, an officious zeal of virtue, a little troublesome.) “Oh—the shirt—you must air my clean shirt;—linen gets very damp this weather.”—“Yes, Sir.” Here another delicious five minutes. A knock at the door. “Oh, the shirt—very well. My stockings—I think the stockings had better be aired too.”—“Very well, Sir.”—Here another interval. At

熊烈火抛入彻骨寒冰。弥尔顿有言，他们“被有怪鸟巨爪的凶女神”，即前来叫醒他们的家伙，从“床上”“强拉起来”。我刚有起床之念，却见床单长枕曝于室内空气之中，已然冷透。一睁眼，首先映入眼帘的是自己呼出的热气，那滚滚翻腾的姿态如在露天，恰似村舍烟囱里升起的袅袅炊烟。请想想这幅景象吧。随后我转眼一看，只见窗子上寒冰素裹。请想想看。随后佣人进来。“今天早上很冷，是吧？”——“是的，先生。”——“真很冷，是吧？”——“真冷，先生。”——“即便这种天气，也冷得出奇，对吧？”（此刻，佣人的智慧和好脾气经受着严峻的考验，而询问者则如坐针毡，期待着答案。）“嗯，先生，我想是……是的。”（真是好人！真是最好最诚实不过的佣人。）“可我还必须起床——给我弄点热水来。”于是乎，仆人离开，待至热水到来又是一段美妙的时光。这段时光起床自是无用的了。热水来了。“水很热吧？”——“是的，先生。”——“也许剃须刮脸太热了，我得等会儿吧？”——“不用，先生，剃须刮脸正好。”（有时他的表现太过得体，殷勤有余，着实有点讨厌。）“哦，衬衫——你得把我那干净的衬衫拿去透透气——这种天气里亚麻料的衣服潮乎乎的。”——“好的，先生。”于是乎，又是五分钟惬意的时光。然后门上传来敲门声。“噢，衬衫——太好了。我的袜子——我想最好也把袜子拿去透透气。”——“好吧，先生。”——于是乎，又是一段时光。终于，万事俱备，只欠起床了。我现在——

① agony *n.* 极度痛苦

② anticipation *n.* 预期

length everything is ready, except myself. I now, continues our incumbent (a happy word, by the bye, for a country vicar)—I now cannot help thinking a good deal—who can?—upon the unnecessary and villainous custom of shaving: it is a thing so unmanly (here I nestle closer)—so effeminate (here I recoil^① from an unlucky step into the colder part of the bed).—No wonder that the Queen of France took part with the rebels against the degenerate King, her husband, who first affronted her smooth visage with a face like her own. The Emperor Julian never showed the luxuriancy of his genius to better advantage than in reviving the flowing beard. Look at Cardinal Bembo's picture—at Michael Angelo's—at Titian's—at Shakspeare's—at Fletcher's—at Spenser's—at Chaucer's—at Alfred's—at Plato's—I could name a great man for every tick of my watch.—Look at the Turks, a grave and otiose people.—Think of Haroun Al Raschid and Bed-ridden Hassan.—Think of Wortley Montague, the worthy son of his mother, above the prejudice of his time—Look at the Persian gentlemen, whom one is ashamed of meeting about the suburbs, their dress and appearance are so much finer than our own—Lastly, think of the razor itself—how totally opposed to every sensation of bed—how cold, how edgy, how hard! how utterly different from anything like the warm and circling amplitude, which —

Sweetly recommends itself, upon our gentle senses.

Add to this, benumbed fingers, which may help you to cut yourself, a quivering^② body, a frozen towel, and a ewer full of ice; and he that says there is nothing to oppose in all this, only shows, at any rate, that he has no merit in opposing it.

牧师义不容辞道（顺便说一下，“义不容辞”一词对乡村牧师来说再合适不过了。）——现在不禁要多想想——谁不想呢？——想想剃须刮脸这多余的恶习：多缺乏男子气概（此刻，我将被子依偎得更紧。）——多像女人（此时，我退缩了，不敢迈出那不幸的一步，触碰床上较冷之处。）——想那老朽国王用如王后般光滑的脸冒犯了她，也就无怪乎王后竟会和反叛者一起造反了。朱利安皇帝重新蓄起飘逸的胡须，将其才华横溢展现得淋漓尽致。看看红衣主教本博的画像——看看米开朗基罗的——看看提香的——看看莎士比亚的——看看弗莱彻的——看看斯宾塞的——看看乔叟的——看看阿尔弗雷德的——看看柏拉图的——我的表每发出一次滴答声，我就能说出一位伟人——看看土耳其人这个庄重而悠闲的民族——想想哈隆·阿尔，拉希德和卧床不起的哈桑——想想沃特利·蒙塔古，那个母亲的好儿子，那个超越时代偏见的人——看看那些波斯的先生们，人们在市郊遇到便觉耻辱，可他们的衣着和相貌比我们不知漂亮多少倍。——最后，想想剃刀本身——与床给你的感觉迥然不同——何其冰冷，何其锋利，何其坚硬！与环抱着你那温暖宽大的床相距又何其遥远。剃刀它——

温柔地将自己推荐给我们细腻的感觉。

何况尚有冻僵的手指（也许会助你一臂之力将自己割伤）、发抖的身体、结冻的毛巾及蓄满冰块的水罐。倘若有人云这一切并无可反对之处，也只能说明他并无反对的本事罢了。

① recoil v. 畏缩

② quivering adj. 颤抖的

Thomson the poet, who exclaims in his *Seasons*—
Falsely luxurious! Will not man awake?

used to lie in bed till noon, because he said he had no motive in getting up. He could imagine the good of rising; but then he could also imagine the good of lying still; and his exclamation, it must be allowed, was made upon summertime, not winter. We must proportion the argument to the individual character. A money-getter may be drawn out of his bed by three or four pence; but this will not suffice^① for a student. A proud man may say, “What shall I think of myself, if I don’t get up?” but the more humble one will be content to waive his prodigious notion of himself, out of respect to his kindly bed. The mechanical man shall get up without any ado at all; and so shall the barometer. An ingenious liar in bed will find hard matter of discussion even on the score of health and longevity. He will ask us for our proofs and precedents of the ill effects of lying later in cold weather; and sophisticate much on the advantages of an even temperature of body; of the natural propensity (pretty universal) to have one’s way; and of the animals that roll themselves up, and sleep all the winter. As to longevity, he will ask whether the longest is of necessity the best; and whether Holborn is the handsomest street in London.

We only know of one confounding^②, not to say confounded argument, fit to overturn the huge luxury, the “enormous bliss”—of the vice in question. A liar in bed may be allowed to profess a disinterested indifference for his health or longevity; but while he is showing the reasonableness of consulting his own or one person’s comfort, he must admit the

诗人汤姆逊在其《四季》中疾呼道：

虚伪的舒适！难道人们不愿醒来？

汤姆逊其人往往躺至中午，自称没有起床动机。他自然想得到起床的种种好处，可转念又想躺在床上不动也不错啊。况且，我们必须承认他所疾呼的是夏天并非冬天。我们须将此观点和个人性格联系起来。财迷心窍者也许只消三四个便士便可从床上爬起，然而这点小钱又哪人得了书生的眼。骄傲者会说：“若不起床，我成什么人了。”较谦虚者为了对他那体贴的床表示尊敬，甘愿放下自己高傲的身段。行为呆板者起床毫不费力，气压表亦是同理。聪明的赖床者甚至不愿讨论健康和长寿问题。他会要我们拿出证据、提供先例，证明冷天睡懒觉有何坏处；大肆诡辩保持人体温度平衡有何好处，天性随心所欲（相当普遍）有何好处，动物蜷起身体冬眠又有何好处。至于长寿，他要问最长的人生难道一定就是最好的人生，霍尔本难道就是伦敦最美的街道。

摒弃赖床这一莫大享受、“无限幸福”陋习的理由，我们只有一个。这个理由虽称不上叫人惊慌失措，也可谓令人惶恐不安。赖床者可承认对自己的健康和长寿毫无兴趣、漠不关心。但于提供合理理由考虑自己本人抑或他人的舒适时，亦须承认一人以上所提要求定然具

① suffice v. 足够

② confounding adj. 令人惊惶的

proportionate claim of more than one; and the best way to deal with him is this, especially for a lady; for we earnestly recommend the use of that sex on such occasions, if not somewhat over-persuasive; since extremes have an **awkward**^① knack of meeting. First then, admit all the ingeniousness of what he says, telling him that the bar has **been deprived of**^② an excellent lawyer. Then look at him in the most good-natured manner in the world, with a mixture of assent and appeal in your countenance, and tell him that you are waiting breakfast for him; that you never like to breakfast without him; that you really want it too; that the servants want theirs; that you shall not know how to get the house into order, unless he rises; and that you are sure he would do things twenty times worse, even than getting out of his warm bed, to put them all into good humour and a state of comfort. Then, after having said this, throw in the comparatively indifferent matter, to him, about his health; but tell him that it is no indifferent matter to you; that the sight of his illness makes more people suffer than one; but that if, nevertheless, he really does feel so very sleepy and so very refreshed by—Yet stay; we hardly know whether the frailty of a—Yes, yes; say that too, especially if you say it with sincerity; for if the weakness of human nature on the one hand and the vis inertiae on the other, should lead him to **take advantage of**^③ it once or twice, good-humour and sincerity form an irresistible junction at last; and are still better and warmer things than pillows and blankets.

Other little helps of appeal may be thrown in, as occasion requires. You may tell a lover, for instance, that lying in bed makes people corpulent; a father, that you wish him to complete the fine manly example he sets his children; a lady, that she will injure her bloom or her

有相应的分量。对付赖床者，女性尤佳。因为两个极端也有相通的笨拙诀窍，因此若有此等情况出现，若非强行指派，我们诚挚推荐由女性担此重任。此为上上之策。于是乎，首先要承认其言语何其睿智，告之律师界由此损失了一位优秀律师。然后换上和蔼至极的态度，摆出既赞同又恳求的表情，告诉他说你正在等他用早餐，说若他不吃你也绝不会吃，说你真的很想吃，说佣人们也想吃，说倘若他不起床，你就不知道如何把屋子收拾得井井有条，说你肯定为了让大家心情愉悦、身心舒适，比离开温暖的床糟糕二十倍的事他也愿意做。说完，便提及他的健康问题。虽说健康于他无关紧要，但你要告诉他于你而言则至关重要；告诉他见他生病，不止一个人会痛苦；不过倘若他确实困倦已极，恢复活力就得——等等；我们尚不知其弱点是否是——对，对；不过还是得说，尤其如果你说得够诚恳；因为倘若人性的弱点和惰性使其一两度接受了你的言论，那么和蔼的态度、真挚的情感终会汇成一股难以抗拒的力量，这股力量较之枕头和毛毯更好、更温暖。

迫于形势，也可加入其他有助恳求的小技巧。譬如，告诉情郎躺在床上身体会发福；告诉令尊为子女树立男子汉的完美榜样；告诉女士她那令万千男士和女士无比艳羡的娇容和

① awkward *adj.* 笨拙的

② be deprived of 被夺去

③ take advantage of 利用