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英汉对照  
阅读本

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午后时光  
休闲阅读系列之  
爱情讲义

# 只为你倾心

Happiness is a journey, not a destination. Therefore,  
work like you don't need money, love like you've never  
been hurt, and dance like no one's watching.



厦门大学出版社 国家一级出版社  
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## *I*s Romantic Love a Mental Disease?

Is romantic love a mental disease, as Plato said, a story that ends in death or the highest human achievement?

It is the sweetest thing; it is a red, red rose; it is a battlefield; it is a drug, a delusion, a lunacy. It is the answer, and the question. It is a balm, and a piercing arrow. H. L. Mencken compared it to perceptual anesthesia; Keats wrote that it was his faith; Shakespeare called it a familiar, a devil, an ever-fixed<sup>①</sup> mark, a smoke, a fire, a sea, a madness, a fever, a choking gall; it is like sunshine after rain, and does not bend.

Of the various loves, romantic love is the most complicated and inexplicable. It can come on when you least expect it (and with the most unsuitable person); it can cast you from the heights of ecstasy to the abyss<sup>②</sup> of despair; it can roar in you one moment then dissipate<sup>③</sup> as quickly as breath on

glass. It is what drives you to offer yourself to another human for the rest of your natural life, but only a few years later you may look back and have no memory at all of that initial ecstasy. Romantic love can be so confusing that sometimes you simply want to give up on the whole love thing and concentrate on the nature of dark matter, or macroeconomics, or something else less tiring.

Love can be crazy, good-tasting, and thrilling; it can make you feel as if every part in your body is dancing. It can bring back lost youth, make you remember forgotten dreams, revive dashed hopes. It's just that it needs to come with a caveat<sup>④</sup>, a health warning, an unromantic but insistent voice of reason. So, the next time you fall in love, you should bear in mind that in those early days you are a little crazy, and it may be wise not to make any instant moves.

sole  
词汇

① ever-fixed 永远固定的

② abyss 深渊

③ dissipate 消散

④ caveat 警告



## 浪漫的爱情是种精神疾病吗？

浪漫的爱情真像先哲柏拉图所说的那样是精神疾病，演绎着一个以死亡抑或人类的最高成就作为结尾的故事吗？

爱是甜蜜的事物，是一朵红红的玫瑰；爱是战场、毒品、幻觉、错乱。爱是问题的答案，又是问题的本身。爱是令你心定神宁的芳香之气，又是穿透人心的丘比特箭。美国语言学家门肯把爱比作知觉麻醉；诗人济慈写到爱是他的信仰；莎士比亚称爱为妖精、恶魔、永不磨灭的印迹、烟雾、火灾、海洋、疯狂、发烧、难以入喉的苦味；爱像雨后阳光，直而不曲。

在各式各样的爱当中，浪漫的爱情是最复杂而又最令人琢磨不透的。它可以在你最不经意的时候冒出来（而且带给你最不适合的对象），它可以把你从狂喜的巅峰抛向绝望的深

渊，它一会儿向你呼啸而来，转瞬间却像呼到镜面上的气息消失得无影无踪。是它驱使你将余生献与另一个人，但在几年之后你回想往事之时，却丝毫记不得最初的狂喜。爱情是如此令人困惑，有时你想索性放弃一切关于爱情的烦恼，转而潜心研究宇宙，或宏观经济学，或别的轻松点的事。

爱可以是疯狂的、美味的、惊心动魄的；它可以让你觉得好像身体的每一个部分都在跳舞。它可以带回你逝去了的青春，让你回想起遗忘了的梦想，重新燃起破灭了的希望。只是它需要附上一个忠告，一个健康的警告，一个不浪漫但执著理智的声音。所以，下次你一旦恋爱，你应该记住，在那些爱情初期的日子里你是有点疯狂的，明智的话就不要作任何冲动的决定。

## *F*amiliar Love

Have you ever found that some things in life are quite familiar to us? Take the scene of love for example. Your lovers may have been different over the years, whereas there are many things you might also have experienced in the past. Falling in love is no more than the several specified phases. The flirtation between lovebirds is also simply about the several specified steps. Also the quarrel between the two is nothing but for the several specified reasons. The breakup, or failure in love, seems to bear lots of subtle resemblances<sup>①</sup> to the previous one, too.

It is not only the people who appear in our lives that we seemingly have known, but also our life. Say you have once hurt the one who was deeply in love with you. And one day you were hurt by the one you were deeply in love with. It was

not what we call nemesis<sup>②</sup>, because there was no right or wrong about feelings between man and woman. Nor was there so called circulation. We considered startlingly that all the things before our eyes were out of nemesis, which were merely man's life. The miscellaneous<sup>③</sup> things in our life will originally imitate each other.

Love is like this, so is long or forever parting.

Happiness is like this, and so is sorrow.

To be a human will sometimes be tedious<sup>④</sup> in that the things happened were too similar. To be a human will sometimes be fun, because we know happiness will come again due to similarity.

词汇

① resemblance 相似，形似

② nemesis 报应

③ miscellaneous 多种多样的；混杂的

④ tedious 乏味的，单调的；冗长的

## 爱情，似曾相识

有没有觉得人生总有许多事情似曾相识？比如爱情的场景，多少年来，你爱的人不一样，但是，许多事情好像以前已经经历过了。恋爱也不外乎那几个阶段。情侣调情，也不外乎那几个步骤。两个人吵架，也不外乎那几个理由。后来的分手，或者失恋，也跟上次失恋好像有很多微妙的相似之处。

似曾相识的，不单单是一些在我们生命里出现过的人，还有我们的生活。你曾伤害过一个爱你至深的人。一天，你被一个你爱恋至深的人深深伤害。这并不是什么报应。男女感情，无所谓对错，也无所谓循环。我们惊奇地以为眼前的一切都是因果报应，而这只不过是人生。人生种种，本来便会相互模仿。

爱情如是，生离死别亦如是。

快乐如是，悲伤亦如是。

做人有时很沉闷，因为发生的事太相似了。做人有时很有趣，因为相似，我们知道快乐会重来。

## Give It Wings!

There was once a lonely girl who longed so much for love. One day while she was walking in the road she found two dying songbirds.

She took them home and put them in a small cage. She cared them with love and the birds grew strong. Every morning they greeted<sup>①</sup> her with a happy song. The girl felt great love for the birds.

One day the girl left the door to the cage open. The healthier one of the two birds flew from the cage. The girl was so frightened that he would fly away. As he flew close, she grasped him wildly. Her heart felt glad at her success in capturing him. Suddenly she felt the bird go limp<sup>②</sup>. She opened her hand and stared in horror at the dead bird. Her pressing love had killed him.

She noticed the other bird moving back and forth on the edge<sup>③</sup> of the cage. She could feel his great need for freedom. He needed to soar into the clear, blue sky. She lifted him from the cage and tossed him softly into the air. The bird circled once, twice, three times.

The girl watched delightedly at the bird's enjoyment. Her heart was no longer concerned with her loss. She wanted the bird to be happy. Suddenly the bird flew closer and landed softly on her arm. It sang the sweetest melody<sup>④</sup> that she had ever heard.

The fastest way to lose love is to hold on it too tight<sup>⑤</sup>, the best way to keep love is to give it wings!

词汇

- ① greet 问候;招呼;迎接
- ② limp 柔软的;无力的
- ③ edge 边;边缘
- ④ melody 旋律,曲调;悦耳的音乐
- ⑤ tight 紧紧地



## 将爱放飞

从前，有个寂寞的女孩非常渴望爱情。一天，她走在小路上，发现两只快要病死的鸣鸟。

她把它们带回家，放入一个小笼子。经她悉心照料，小鸟一天天强壮起来。每天早晨，鸟儿都要用欢快的歌声向她表示问候。女孩不由得喜欢上了这两只小鸟。

一天，女孩打开了鸟笼的小门。那只较健康的鸟儿飞了出来。女孩非常害怕它会飞走。鸟儿飞近时，她使劲儿将它抓住。她非常高兴，终于又把它捉了回来。突然间，她察觉到鸟儿四肢无力。她张开手，惊恐地盯着手里的死鸟。她急切的爱害死了鸟儿。

她注意到另一只鸟儿在笼边来回折腾。她可以感觉到它对自由的无限向往。它渴望冲向明净的蓝天。她将它举起，轻