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翻译

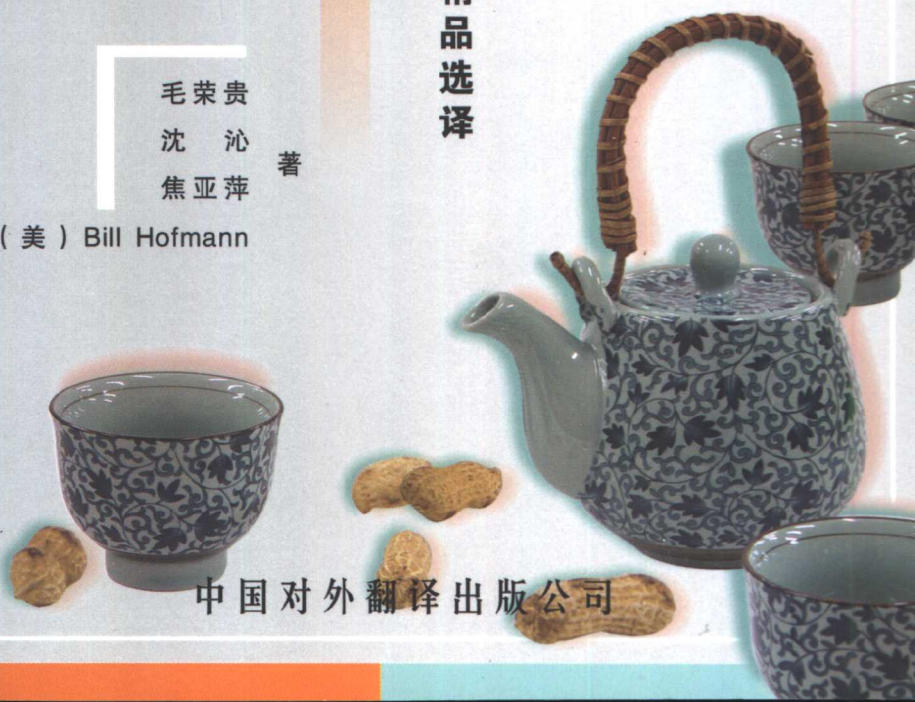
在梦中歇息

新美国短文精品选译

毛荣贵
沈沁
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著

(美) Bill Hofmann



中国对外翻译出版公司

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出版说明



美国资深编辑伊塞(Jane Isay)把专家写的书分为三种:纯学术性著作、半学术半通俗著作和通俗作品。我们在编辑“翻译理论与实务丛书”的几年中,一直想尝试编辑出版一些翻译专业的通俗读物,供其他专业的读者和一般读者阅读学习。

“翻译茶座”是中国对外翻译出版公司继“翻译理论与实务丛书”、“名师评译丛书”之后奉献给广大读者的又一个翻译类系列读物。本系列的特点是:一、理论融入字里行间,既不追求建立体系,也少用学术术语,令人读来轻松;二、文章篇幅大小不拘,但大都内容丰富,文笔流畅,反映了作者丰富的翻译经验和丰厚的中文功底;三、由于这些文章反映了作者对翻译的切身感受,非常有个性,因此趣味性强,能引起读者的阅读兴趣;四、由一篇篇文章组成,阅读起来比较方便,无论什么时候,随手翻到一篇文章就读,读完多有收益;五、阅读这些读物可既学英语又学翻译,一举两得。这些书所选英语原文大都是好文章:词美、句美、涵义美。

本系列首次推出《译文比读分析·开卷有译》、《译文比读分析·译然自得》、《新美国短文精品选译·轻松走出忧郁》、《新美国短文精品选译·漫漫回家路》、《新美国短文精品选译·在梦中歇息》、《译谐译趣》、《译朝译夕》、《译心译意》、《译彩纷呈》、《译味深长》、《译步留神》等11本小书。希望本系列读物能成为其他专业的读者和一般读者的良师译友,能让广大翻译学习者在感到学习的 pressure 的同时,也能感受到无穷的 pleasure。

中国对外翻译出版公司

2005年1月

小 序



古人云，书中自有颜如玉。

常人认为，读书读出了头，便可娶娇女为妻。

此言差矣！难道“颜如玉”三字就如此狭义？非也。“颜如玉”实际上应该作广义解：美女般的风景。书中出现的许多佳句美文，难道不就是一道道如画的风光吗？怎么不能用“颜如玉”去形容呢？

浅草才能没马蹄，乱花渐欲迷人眼。本书一共有四大部分：

名人心路，教你一招、养生心术、热爱生命。它们多角度、多方位为我们展示了西方社会的人间万象，大千世界，令读者掩卷长吁，啧啧感慨。

“Think Yourself Thin”(想象你是苗条的)一文心裁别出，它告诉读者，控制自己的思想是控制身体减肥的关键。同时，积极的思想也能引导你克服生理和心理上的障碍，持之以恒地投身到运动中去。给自己一个积极的心态，一切都会变化。

“Fat to Firm in Five Weeks”(注：此文之标题何其美！)(减肥5周见效)就展示给读者一个科学健康的减肥方式，贵在减脂；坚持锻炼；饮食健康；调整心态。生动的语言更是让读者神清气爽。

“How to Deal with a Difficult Boss”(如何对付难弄的上司)用诙谐的语言给上司们分类，特别教你，假如碰到刁钻的上司应该怎么办？文章分析了各类上司的特点以及应对之策，让你以行之有效的方化解“问题上司”带来的困扰，在工作中游刃有余地发挥自己的才干。“Nature’s Perfect Medicine”(上苍所赐神药)则

告诉你一种简单而又行之有效的锻炼方法——步行。步行益处多多,大致可归纳为三点:美容塑身、强身祛病和减压健脑。流畅的语言和清晰的分类,更让读者对步行的好处了然于心。读后,你难道不跃跃欲试吗?

“Ways to Win”(“谈判”成功之道)出自一个公认的谈判高手之手,但是,他谈判成功的经验却始料不及,发人深省。文章写道:

I've never made a deal where I didn't feel I could have gotten more money, or an additional benefit. That's normal; nobody ever gets the last cent. In fact, it's a very good negotiating tactic to leave something on the table. It shows your lack of greed and it's always appreciated.

我做成的每一个交易,都留下这样的感觉:我还可赚得更多,或者还有额外利益。这在常理之中,其实,没有人能拿到最后一分钱。事实上,在桌上留下点东西是一种很好的谈判策略。这表明你不贪得无厌,别人也会很赏识这一点。

来吧,加入到美妙的英语美文世界,更多精彩,五彩纷呈。本书收入的 17 篇短文,可以毫不夸张地说,篇篇精彩,页页动人,其中必有你的最爱和至爱。

思想丰富者的读书收获可能成倍于思想干涸者。

汉语写读书的成语可谓多矣!

——“举一反三”、“由表及里”、“由此及彼”、“豁然贯通”、“一叶知秋”、“弦外之音”、“浮想联翩”、“红袖添香”,等等。

其中任何一条成语与此书的阅读“牵手”,那么,笔者断言,你将慨叹:哦,书中自有黄金屋!

在本书每篇短文后面,编者特设小专栏。它们分别是:

点字成金、译途静思、美文共赏和佳句拾零。

愿读者喜欢这些小专栏,这些小专栏的目的在于助读,在于向你演示:读书,贵在咀嚼,乐在联想。你若是一位有思想的读者,那么,这种咀嚼和联想会得到辉煌的演绎,并自然地化为实实在在的“开卷得益”。

Bill Hofmann 系笔者的美国故人,西雅图的一位退休大学教授。相识八年以来,我们之间几乎每周都有 email exchange,越洋的携手,我们编著了畅销书《问答美国》(丛书)(“社会篇”和“校园篇”)(外文出版社 2001 年版)。Bill 还不辞辛劳,经常 email 我美国短文,他认为值得向中国读者推荐的优秀短文。经年累月,便有了今天的这两册读物。

编者受水平所限,书中不尽如人意之处,尚祈读者朋友能和我们进行 E to E 的交流! 笔者的 email address 是: rgmao@online.sh.cn(见 email 必复)。

毛荣贵

2004 年初夏于上海

交通大学东川花苑

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一 名人心路

A Funny Thing Happened on My Way to the Emmys

Model Karen Duffy Sidesteps Death
with Wisecracks and Wisdom

艾美奖领奖途中的趣事

模特凯伦·杜菲以智语和智慧跨越死亡

Karen Duffy

模特是一个被鲜花和掌声包围的职业。模特们在 T 台上展示着美丽的服装和她们完美的身材。这是多少女孩子梦寐以求的生活。更何况本文的作者凯伦·杜菲还不断地拍广告和电视剧,事业如日中天。然而就在她得到了美国电视艾美奖之后,她不幸地患上了非常罕见的中枢神经系统肉样瘤病,几乎全身瘫痪。从事业的顶峰落到生命的低谷,凯伦不仅承受着身体的剧痛,还经受了心灵的打击。幸好她的身边有一群无微不至的亲人和朋友,鼓励她、帮助她。更重要的是,在患病期间,她还认识了她未来的丈夫,一个完全包容她的疾病的男人。生命使她失去了健康,但却给了她幸福和对生活的认识,正如本文最后所说:“Something I suppose I’ve learned myself through my own dance with death.”本文以诙谐幽默的语言讲述这段不同寻常的经历,令人对凯伦坚强的意志和对生活的热爱

不由肃然起敬。

In 1995 I went to the Emmy Awards in Los Angeles with George Clooney. To nobody's greater surprise than my own, I was a mildly warm commodity. I'd been on MTV as a veejay and had done something like 300 commercials. I'd been in the film Dumb & Dumber, and the show I was a correspondent for, "TV Nation," had just won an Emmy the night before for outstanding informational series. I had also signed on with the Ford modeling agency. I felt happier than Jerry Lewis in Paris.

1995年,我和乔治·克卢尼一同前往洛杉矶,参加艾美奖颁奖典礼。没有人比我更惊讶,自己竟如此炙手可热。我曾担任过音乐电视播放员,也曾拍过300多个商业广告。我曾参演过电影《阿呆与阿瓜》,而我扮演记者的那部戏《电视王国》刚在前一晚赢得了艾美奖的最佳连续剧剧情奖。我也与福特模特经纪公司签了约。我觉得自己比在巴黎的杰里·刘易斯更快活。

But I'd had a bad headache for a couple of weeks. Though I'd been trying to ignore it, by the evening of the Emmy Awards it was like the devil himself was inside my brain with a hot poker, trying to ram it through my skull.

但是,我头痛已经有几个星期了。虽然,我一直试着不去想它,可是,到了颁奖典礼的当晚,那感觉就像魔鬼在我的脑袋里,拿着滚烫的拨火棍,想把它硬穿过我的头盖骨似的。

Still, I would have gone to the Emmys with George Clooney if it meant carrying my head in with me in a hand-tooled leather bag. I knew a date with him was a real score.

尽管如此,我仍然会和乔治·克卢尼一起去参加艾美奖颁奖典礼,即使是要我把脑袋装在手工皮包里带着去。我知道,跟他约会

才是真正引人瞩目的事。

George was nominated for best actor. Though he didn't win, at least I had something to celebrate, I thought. As far as I knew at that moment, everything was perfect in my life. All I had to do was enjoy it to the fullest extreme.

乔治被提名为最佳男演员。虽然,他并没有获胜,至少我觉得,我还是有些东西可以庆贺的。那一刻,在我看来,生命里的一切都是如此完美。我要做的就是最大限度地享受它。

The day after the Emmys, the headache was even more intense. I continued trying to ignore it. But as the day went on, the pain exploded in my head like a can of soda that had been shaken and popped open.

颁奖典礼之后的那天,我的头痛得更厉害了。我还是试着不去理会它。然而,随着时间的推移,那剧痛使我的脑袋像炸开了一般,就像一罐苏打水被猛烈摇晃之后突然爆开一样。

I canceled everything in Los Angeles, hopped a plane to New York and took a cab straight to my doctor's office. Though I didn't know it at that time, when I stepped out of that taxi, my life as a healthy person ended and my life as a sick person—a really, really sick person—began.

我取消了在洛杉矶的一切活动,跳上飞往纽约的班机,然后,拦了辆出租车直奔我医生的诊所。虽然那时我并没有意识到,从我走下那辆出租车起,我作为健康人的生活就此结束了,而我作为一个病人——一个病得非常、非常严重的病人——的生活开始了。

After examining me, my physician sent me for a CT scan that same day. The result: I had a lesion in my spinal column and brain.

给我做完检查后,我的医生当天又让我做了CT扫描。结果是:我的脊柱和大脑有器官损伤。

I endured many months of testing until a diagnosis was finally made: sarcoidosis of the central nervous system. Sarcoidosis, a disease I hadn't heard of before I got sick, can inflame different organs of the body, causing problems in the affected areas. Sometimes the disease is life-threatening. While sarcoidosis of the central nervous system is rare, it seems I was one of the unlucky few to get it.

我忍受了数月的检查,终于得到了确诊:中枢神经系统的肉样瘤病。肉样瘤病,这种在我得病之前闻所未闻的疾病,能使不同的身体器官红肿发炎,并在受侵袭的部位引发多种问题。有时候,这种疾病甚至会威胁到生命。尽管中枢神经系统的肉样瘤病十分罕见,我却成了不幸患上这种病的极少数人中的一个。

My symptoms worsened. As the lesion grew and pressed on my nerves, my entire left side became immobilized; then parts of my right side were affected. To make matters worse, the headache pain I was suffering quickly became full-body agony. Even if I could have gotten to an audition for a movie role, I couldn't do my hair because washing it was excruciating.

我的症状日趋恶化。随着损伤增大并压迫到神经,我的整个左半边身体变得动弹不得,随后,我的右半边的局部也开始受到影响。更糟糕的是,我的头痛很快发展成了全身的剧痛。即使我有机会去试演一个电影角色,我也没法做头发,因为洗头简直会让我痛得难以忍受。

The pain was so bad that I couldn't help crying, harder than I'd cried since I'd watched the films *Old Yeller* and *Sounder*. But my skin was so sensitive at this point that the tears felt like sulfuric acid as they rolled down my face. I wasn't able to wipe them away because the feeling of a tissue scraping across my cheeks was even worse. I wanted to call

Amnesty International and report a torture.

我痛得直哭,比我看电影《老黄狗和大声公》时哭得更厉害。可是眼下我的皮肤是那么敏感,当泪珠从脸上滚落时,那感觉就像硫酸似的。我无法把它们拭去,因为纸巾从脸颊上擦过的感觉更加糟糕。我想打电话给国际特赦组织,向他们报告这种折磨。

Single at age 34, I'd been an enthusiastic conscript in the good-time army. I committed to nothing and no one. At work or in a relationship, I'd always had one foot out the door, just waiting to move on to the next adventure. My main fear about being sick was that it might take away some of the independence I cherished so much.

我34岁,单身,是社交享乐大军中一名狂热的成员。我不对任何事、任何人负责。工作或谈情说爱时,我总是保持一脚踩在门外的状态,随时准备动身踏上另一段冒险之旅。我对于生病主要的恐惧是它可能会带走些许我所珍视的独立精神。

I'd been trying hard not to admit that this illness might change my life, and part of that was fooling myself into thinking that I was still out there in the world, able to pursue jobs. But I had become too debilitated. Everything I had worked toward and hoped for was starting to slip away. I prayed for the strength to deal with what was happening to me.

我一直努力尝试着拒绝承认这场病将改变我的人生,而这种尝试的一部分是哄骗自己相信我仍在这世界上受人瞩目,仍有能力继续我的工作。可是,我已经病得非常虚弱了。所有我努力获得的,所有我希望得到的,都开始悄悄地溜走。我祈祷拥有足够的力量来应付发生在我身上的事情。

One day, after another round of tests, I was struggling to walk with my mother through Central Park back to my apartment in Greenwich Village. I was having such a hard time

that I broke down.

一天,在又一轮的化验后,我和妈妈一起,艰难地在中央公园里穿行,要回我在格林威治村的公寓去。我走得非常艰难,不到半路就无法再前进了。

“Mom,” I sobbed, “I’m sunk. I can’t even walk through the park. I’m never gonna be able to have a child. I’m never gonna be able to have anything or do anything.”

“妈妈,”我呜咽着说,“我完蛋了。我甚至不能走过这个公园。我永远不可能有孩子了。我无法拥有任何东西,无法去做任何事情。”

To myself I wondered, do I deserve this? I rewound my life history over and over, looking for early signs of the disease that was eating my spinal cord. But even these mental gymnastics were exhausting. Most of the time I lay awake in bed, in too much pain to even hold a book.

我感到疑惑,这是我应得的吗?我反复地回想我的生命历程,寻找着那正在蚕食我脊髓的疾病的早期征兆。然而,就连动这点脑筋都令我筋疲力尽。大部分的时间,我清醒地躺在床上,巨大的疼痛使我连本书都拿不了。

Then I began seeing a neurologist, Dr. Frank Petito, who started me on massive doses of oral steroids, plus morphine for the pain. The steroids began to work immediately. Their anti-inflammatory effects diminished the pain and increased my mobility. Within a week I went from feeling as if I were hovering at the hairy edge of death to actually being able to move around, albeit slowly.

然后,我开始找神经科医生弗兰克·珀蒂托替我治疗。他对我施用大剂量的口服类固醇,再加上止痛的吗啡。类固醇立即起了作用。它们的消炎效果减轻了疼痛,我开始可以活动一下了。一