



心灵鸡汤智慧灯

滋润心灵，照亮前程

[英汉对照]

— 小故事大道理 —

做最好的自己

*The Little Stories
with Great Wisdom*

小故事启迪心灵，大道理照亮人生

青闰 / 主编

一滴水珠折射出太阳的光辉，
一朵小花蕴涵天堂的美好，
生活中的平凡小事往往包含最深刻
的人生道理。



大连理工大学出版社
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前言

Preface

小故事启迪心灵，大道理照亮人生。一滴水珠折射出太阳的光辉，一朵小花蕴涵天堂的美好。生活中的平凡小事往往包含最深刻的人生道理，“心灵鸡汤智慧灯”系列精心选出最具价值的小故事，是一本值得用心品味的人生经典。

“心灵鸡汤智慧灯”系列涉及心态、宽容、尊重、亲情、爱情、友谊、善良、感恩、幸福、做人、做事、挫折、成功等重大人生课题，涵盖人生的方方面面，书中的小故事短小精炼，包含深刻的生活内涵和无穷的人生智慧，能点燃我们内心深处的智慧火花。这些文章既可以使读者感到心灵震撼，又可以从容自信，端正人生态度，找到生活方向，成就美满人生。

这里选译的小故事或经典优美、百读不厌，或震撼心灵、耐人寻味，或自然和谐、生动有趣，或陶冶情操、净化心灵，或美仑美奂、动人心扉……她们既像一颗颗珍珠、一粒粒钻石，又像一缕缕阳光、一泓泓清泉，更像一处处圣火、一座座灯塔。

她们像一只只神奇灵动的手拨动着你的心弦，使你如沐春风、如逢甘霖。她们就像鲜花一样芬芳，月色一样柔和，微风一样清新，春雨一样滋润。

朋友，每当华灯初上，白天的喧哗与骚动渐渐平息，伴着明月清风，和着舒缓旋律，携一卷美文，品一杯香茗，坐在属于自己的空间，体验文字带给你的优美、睿智、灵动与流畅，感受时间从指缝间飘然而去，体味一种纯净、充实和有趣的生活，是何等美妙和惬意！

朋友，来吧，这里有你的青春，有你的记忆，有你的梦想，还有你的爱情和希望。让我们在此相会，让我们的人生得到心灵鸡汤的滋润。

在翻译过程中，我们得到了大连理工大学出版社编辑的悉心指导和大力支持，在此深表谢忱。

编者

2012 年 12 月

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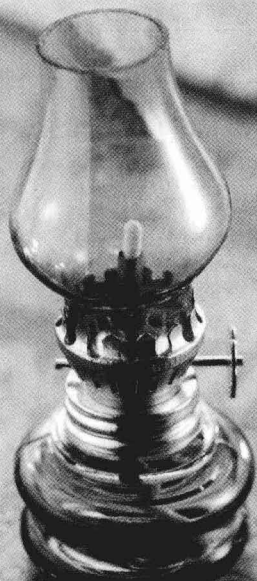
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with Great Wisdom



第一章





Honor Is like a Toy

荣誉就像玩具

One day, when a friend went to visit Madame Curie, she was surprised to find her little daughter was playing with the gold medal the British Royal Society just awarded¹ her. The friend asked, "Madame Curie, how can you let a child play with the gold medal of the Royal Society?"

Madame Curie said with a smile, "I want to let her know since childhood that honor is like toys, only for having some fun, so we can't always keep it, or we will achieve nothing."

When Madame Curie visited the United States in 1921, she once received one gram of radium that an American woman donated² her. One gram of radium valued more than a million dollars at that time. Although she's the mother of radium, she couldn't afford such expensive³ radium.

Before the ceremony, Madame Curie noticed the donating certificate was marked with words "To Madame Curie". She looked displeased and declared, "The certificate⁴ must be modified⁵. I can't accept it as my private property⁶. This one gram of radium will always belong to science."

一天，一位朋友去拜访居里夫人时，吃惊地发现她的小女儿正在玩英国皇家学会刚刚颁给居里夫人的金质奖章。朋友问道：“居里夫人，你怎能让一个孩子玩英国皇家学会奖章啊？”

居里夫人微微一笑说：“我是想让她从小就知道，荣誉就像玩具，只能玩玩，绝不能永远守着它，否则会一事无成。”

1921年，居里夫人访问美国时，收到一位美国妇女捐赠给她的1克镭。1克镭当时价值100多万美元。尽管她是镭之母，但她买不起这样昂贵的镭。

赠送仪式之前，居里夫人注意到《捐赠证书》上标有“赠给居里夫人”，面露不悦，声明说：“这个证书必须修改。我不能接受这1克镭成为我的私产。这1克镭永远属于科学。”



Notes

1. award [ə'wɔ:d] vt. 颁奖；授奖
2. donate [dəu'neit] v. 捐赠；赠予

3. expensive [iks'pensiv] adj. 昂贵的
4. certificate [sə'tifikit] n. 证书
5. modify ['mɒdɪfaɪ] vt. 更改; 修改
6. property ['prɒpəti] n. 财产; 所有物



The Bee and Flowers

蜜蜂与鲜花

The rose is withered¹, but the bee still sucks like crazy², because it sucked honey from this flower before. But now, in this flower, what the bee sucks is venom³.

The bee knows that venom's taste is far different from the previous⁴ taste, because of its bitter. So, the bee is terribly angry. One mouth it sucks, it complains to the whole world that why the taste changed.

Finally, one day, don't know why, the bee flaps⁵ its wing and flies a little higher. At this time, it finds everywhere is flowers around the withered rose.

玫瑰花枯萎, 但蜜蜂仍然拼命吮吸, 因为它以前从这朵花上吮吸过甜蜜。但如今, 在这朵花上, 蜜蜂吮吸的是毒汁。

蜜蜂知道, 因为毒汁苦涩, 与以前的味道完全不同。于是, 蜜蜂非常生气。它吸一口就向整个世界抱怨为什么味道发生了变化。

终于, 有一天, 不知道是为什么, 蜜蜂振动翅膀, 飞高了点儿。这时, 它发现枯萎的玫瑰花周围到处都是鲜花。



Notes

1. withered ['wiðəd] adj. 枯萎的
2. like crazy 发疯似地; 拼命地
3. venom ['venəm] n. 毒液
4. previous ['pri:vɪəs] adj. 早先的
5. flap [flæp] v. 拍打



Candlewick and Heart

烛芯与人心

"This candle has some oil, how it has put out¹?" asked the child.

"The candlewick² burnt out, so it of course went out," Dad said.

"The candle without heart will not burn, what about a person without heart?" asked the child.

"Like the candle without heart, the person without heart cannot give light to others," Dad said.

"这蜡烛还有油，怎么就熄灭了呢？”孩子问。

"烛芯烧完了，当然就熄了。”爸爸说。

"没有‘心’的蜡烛不会燃烧，没有心的人呢？”孩子问。

"没有心的人与没有‘心’的蜡烛一样，不能照亮别人。”爸爸说。



Notes

1. put out 熄灭
2. candlewick ['kænd(ə)lwɪk] n. 烛芯



The Realm without Heart

无心的境界

Someone asked me, "Why can vegetation¹ without heart grow, bloom and fruit naturally, but people with soul cannot live freely?"

I retorted², "You are not vegetation, but how do you know vegetation has no heart? You say people have a heart, where is human heart? If the vegetation has no heart and if people reach the realm³ without heart, we can, of course, live freely."

有人问我：“为什么草木无心，也能自然生长、开花、结果，有心的人反而不能无忧无虑

虑地过日子？”

我反问道：“你非草木，怎么知道草木无心呢？你说人有心，人的心又在哪里？假如草木真是无心，人如果达到无心的境界，当然可以无忧无虑地过日子。”



Notes

1. vegetation [ˌvedʒi'teɪʃən] n. (总称) 草木
2. retort [ri'tɔ:t] v. 反驳
3. realm [reɪlm] n. 境界



Why Depressed?

为什么沮丧？

Once on the way home from work, I parked and watched a children's baseball game. I asked the child what the score was when I sat on the **sideline**¹.

The boy replied with a smile, "We are 0 to 14 backward."

"Really?" I said, "You did not look **depressed**²."

"Depressed?" The child said **baffled**³, "Why depressed? It is not our team's turn to attack!"

一次，在下班回家的路上，我停车观看公园里的一场儿童棒球比赛。我在场边坐下来，问一个孩子比分是多少。

那个孩子微笑着回答说：“我们正以 0 比 14 落后。”

“真的吗？”我说，“你看上去并不沮丧。”

“沮丧？”孩子不解地说，“为什么要沮丧？还没有轮到我们队进攻呢！”



Notes

1. sideline ['saɪdlaɪn] n. 边界线
2. depressed [dɪ'prest] adj. 沮丧的
3. baffle ['bæfl] vt. 使困惑



What Use Did I Look Back?

回头又有什么用？

A young man carried a casserole¹ on the back, moving forward. Carelessly, the rope broke, so the casserole fell to the ground and broke. But the young man moved on, without looking back.

Someone stopped him and asked, "Didn't you know the casserole was broken²? Why not take a look?"

The young man said, "It has been broken, so what use did I look back?" With that, the young man went on his way.

一名年轻人背负砂锅前行，不小心绳子断了，砂锅掉在地上就碎了。年轻人头也不回继续前行。

有人拦住年轻人问：“你不知道砂锅碎了吗？干嘛不看看？”

年轻人说：“已经碎了，回头又有什么用？”说完继续赶路。



Notes

1. casserole ['kæsərəʊl] n. 勺皿；砂锅
2. break [breik] vt. 打破，弄破；中断；弄坏



I Have My Advantage

我有我的优势

When my 10-year-old daughter Sarah was born, one foot is missing a muscle, so she need walk on crutches¹.

One day, Sarah came back from school and told me that she participated in² sports racing in school. I began to think quickly. I wanted to say something to encourage her, not letting her feel discouraged because of the failure, but before I could speak, Sarah said, "Mom, I won the first of this race." I couldn't believe it. And Sarah added, "I have my advantages³."