



寻找人生的彩虹

(英汉对照)

编译
邱建华 潘耀珠



旅游教育出版社

寻找人生的彩虹

Search for the Rainbows

邱建华

潘耀珠

编译

旅游教育出版社

· 北 京 ·

(京)新登字 168 号

寻找人生的彩虹

邱建华、潘耀珠 编译

*

旅游教育出版社出版

北京通县向阳印刷厂印刷

新华书店经销

*

开本:787×1092毫米 1/32 14.625印张 280千字

1996年1月第1版 1996年1月第1次印刷

印数:1—5000册 定价:14.00元

ISBN 7-5637-0393-5/H·073

Contents

目 录

Children's Season

儿童时节

A Legacy of Rainbows	(1)
把彩虹留给孩子	(5)
An Explorer's Lesson	(9)
探索者的一课	(12)
How to Teach Children to Behave	(14)
怎样指导孩子的行为	(22)
Eight Ways to Help Your Child Excel	(28)
怎样帮助孩子成为优等生	(34)
Teaching Your Values to Your Children	(39)
把你的价值观传授给孩子	(44)
What Your Child Fears Most	(48)
你的孩子最害怕的是什么	(55)
How to Deal with Your Teen-Ager	(60)
怎样对待青春期的青少年	(67)
Teach Your kids to Protect Themselves	(73)
教你的孩子保护自己	(77)
To Meg, On Becoming Thirteen	(81)
写给快十三岁的梅格	(84)

"Always Here"	(87)
永远不分开	(90)
My Father's Greatest Gift	(93)
父亲给予我的最宝贵的礼物	(100)
Seven Ways to Help Your Child Choose a Career	(106)
怎样帮助你的孩子选择职业	(115)

Learning

学习方法

Take It Easy to Learn Better	(122)
从容地学, 学得更好	(126)
Learning English	(129)
学英语	(137)
Six Keys to Quicker Learning	(142)
促进学习的六条秘诀	(150)
How to Mark a Book	(156)
怎样在书上做记号	(162)
Seven Steps to Better Thinking	(166)
改善思维的七个步骤	(173)

Work

工作的学问

Welcome to the Real World	(179)
欢迎踏上现实社会	(182)
Get off to a Fast Start in Your New Job	(185)

及早在新的岗位上崭露头角	(190)
Getting along with Your Boss	(194)
处好和上司的关系	(200)
Wake up Your Life	(205)
唤醒你的生活	(208)
How to Be a Leader	(211)
怎样成为一个领导者	(216)

Dealing with Others

与人相处

Make Yourself Available!	(220)
乐于帮助别人	(223)
How to Say the Right Thing	(226)
怎样选择恰当的措词	(231)
How to Comfort Those Who Grieve	(235)
怎样安慰那些悲伤的人	(242)
How to Deal with Difficult People	(248)
怎样与难弄的人相处	(253)

Creative Fooling Around

创造性的消遣

What's So Bad about Being So-So?	(257)
“一般”又有什么不好?	(261)
You, Too, Can learn to Draw	(264)
你也可以学会画画	(272)
Tips for Taking Better Photographs	(278)

拍出好照片的诀窍	(285)
----------------	-------

Mind and Success

思想、心理与成功

Freedom to Use the Mind	(290)
自由地运用大脑	(297)
How to Get the Most out of Yourself	(302)
如何发挥你最大的积极性	(309)
You Are What You Think	(315)
你即你所思	(320)
Daydream a Little	(324)
要有一点幻想	(329)
Take Charge of Your Life	(332)
把握你的生活	(338)
Tap Your Hidden Energy!	(343)
发挥你的潜能	(348)
Dare to Live Your Dream	(352)
敢于去实现你的梦想	(356)
You Can Speak in Public	(360)
你能够在大众面前讲话	(365)
How to Make a Good Impression	(369)
怎样给人留下好印象	(376)
Why Smart People Fail	(381)
为什么能干的人失败了	(390)
How to Beat a Bad Mood	(398)
怎样改变坏情绪	(404)

What Successful People Have in Common	(408)
成功者有什么共同点	(413)
Seven Secrets of Peak Performance	(417)
成功的七大要素	(424)
A Diary of Living	(429)
日记：人生的记录	(434)
The Art of Living Simply	(439)
淡泊的生活艺术	(446)
The Secret of True Happiness	(452)
真正幸福的秘密	(457)

A Legacy of Rainbows

By Aletha Jane Lindstrom

ONE SPRING MORNING I paused beside a park fountain^{Spring} to watch the spray diffuse sunlight into shimmering rainbows. A young mother, followed by a tiny blond girl, came hurrying along the path. When the child saw the fountain, she threw her arms wide. "Mommy, wait!" she cried. "See all the pretty colors!"

The mother reached for her daughter's hand. "Come on", she urged. "We'll miss our bus!" Then, seeing the joy on the small face, she relented. "All right," she said. "There'll be another bus soon."

As she knelt with her arms around the child, joy filled the mother's face too - that rare and special joy of sharing something lovely with someone we love.

Since that day, I've found that the happiest, most observant, most creative children belong to families rich in rainbows shared.

How can parents help a child appreciate the mystery and excitement of the world? The following suggestions may help.

Respect your child's enthusiasms. For a youngster there is something unforgettable about those times when Mom, Dad or a grandparent shares the *child's* discovery. Recently I ran into a friend and her seven-year-old son standing outside a bakery. "Jimmy brought me," she explained. "He stops here every morning on his way to school to smell the good smells. I'd forgotten the wonderful aroma of baked goods fresh from the oven!" Jimmy squeezed his mother's hand and looked up at her, his eyes shining with pride.

On a beach one day I watched a girl, about 12, select stones from the water's edge and carry them to her mother. Then they sat, heads together, while the girl happily attempted to identify her treasures. I later commented to the mother, "You must be tremendously interested in stones."

"It's Sally's interest," she replied. "Right now it's stones. Next month it may be shells or wildflowers. She needs someone to listen."

I wasn't surprised to find out that Sally is a top student and the science expert of her class. Her life and that of the little boy outside the bakery will be full of splendid newness always waiting to be explored.

Share your own sense of wonder. given the opportunity, children eagerly share their parent's interests. One mother staked out a three-foot-square section of her back yard. She equipped herself and her two children with ten-power magnifying lenses, and together they examined the

area daily.

“Those lenses opened a new world.” the mother reported. “We saw the seasons change and marveled at exquisite patterns of snowflakes, a blue jay’s feather, a butterfly wing. We discovered exotic weeds, and flowers within flowers. Even the yellow center of a daisy is packed with hundreds of yellow stars. Now we know what Walt Whitman meant” when he wrote, “I know of nothing else but miracles.”

I am a teacher, and some time ago the father of one of my students confided, “I was upset by the hours Bobby spent immobilized in front of the TV. Then I began recalling my own boyhood activities.”

The following Saturday Bobby and his father built a raft and poled it down a stream. A week later they made kites and flew them on Bobby’s grandfather’s farm. In a school theme Bobby wrote. “My happiest times are when my dad and I do things he did when he was a kid.”

Make time for hunting rainbows. A single mother of three told me, “While supper is in the oven, I walk my toddler around the block. It takes only minutes to let her smell a flower or call her attention to a flock of birds in the sky.”

“With the older children, much of our best sharing takes place during chores. We have a ‘magic window’ over our kitchen sink where we search for fantastic things in the clouds. Or look for pictures to paint. And we keep journals

describing four things that we want most to remember from each day. Not only are we all becoming more observant, but we're finding that even our 'bad' days have bright moments."

Help kids find out for themselves. Mark, a teacher at our nature center, frequently responds to questions by asking questions of his own. One day when my fourth graders and I were with him on a nature trail, a child pointed to a bush beside a pond. "Why does that bush have thorns?" he asked Mark.

"Can you think of a reason?" Mark countered.

Soon the children were tossing questions and answers back and forth with an enthusiasm I seldom saw in school. Finally one shy little girl giggled and said, "I think they're where the fairies hang their wings when they go swimming!"

Mark was delighted. "We shouldn't box children in with one 'right' answer", he said to me. "When their imaginations roam, that's the best kind of learning."

We cannot measure what we give a child when we offer him a sharpened awareness of life or a dream to dream. If life is to continue to be worth living, it will depend upon the creative young people who look upon the world and find it worth preserving. The ones with a legacy of rainbows are capable of carrying us a greater heights than we have ever been.

把彩虹留给孩子

阿莱莎·简·林斯特龙

一个春天的早晨，我在一个公园的喷泉前面停住了脚步，看着喷发出来的水珠在阳光照耀下形成的绚丽彩虹。一个年轻的母亲，后面跟着一个金发小女孩，急匆匆地从小路上走来。当这个小孩看到喷泉时，她张开了双臂，大声喊道：“妈妈，等一等！你看这里有这么多漂亮的颜色！”

母亲伸出手去拉她女儿的手。“快走，”她催促道，“我们要赶不上汽车了。”但当她看到女儿小脸上的欢欣时，她的心软了下来。“好吧”，她说，“过不了多久就会有下一趟车的。”

当她蹲下去搂着女儿时，这个母亲的脸上也洋溢着欢欣——那种少有的，只有当我们和我们所爱的人在一起分享美妙的事物时才显现出来的那种特别的欢欣。

从那天以后，我发现，最快乐、最有观察力、最富有创造性的孩子属于那些常常分享彩虹之美的家庭。

作为父母，怎样才能帮助你的孩子去欣赏这个世界的神奇与美妙呢？下面的这些建议可能会对你有些帮助：

尊重你孩子的热情。对孩子来说，当父母亲或祖父母和他们一起分享他们自己的发现时，他们常会长久地记住这一时刻。前不久我遇到一个朋友和她七岁的儿子，当时他们正在一家面包店前。“吉米把我带到了这里”，她解释说，“他每天早上上学去路过这里时总要停下来闻一闻这里的香味。我

已经忘了这刚从烤箱里出来的面包的奇妙香味了！”吉米捏了捏他母亲的手，抬头看着她，眼睛里闪耀着自豪的光彩。

有一天我在海滩上看到一个小姑娘，大约十一二岁的样子，正在水边捡石头，然后把石头拿到她母亲那里去。他们坐了下来，头倚着头，小姑娘兴奋地辨认着她的宝贝。我后来跟这个母亲闲聊起来：“你一定对石头很感兴趣吧。”

“这是萨莉的兴趣，”她回答说：“现在是石头，下个月可能就是贝壳或者野花。她需要有人倾听她讲话。”

当我知道萨莉是个出类拔萃的学生、班级里的小科学家时，一点也不感到惊奇。在她和那个在面包店前的小男孩的生活中将总会有无数崭新的东西等待着他们去发现。

与孩子分享你自己的新奇感。如果给予机会，孩子们常常会急切地分享他们父母的兴趣。有个母亲在她家的后院标出了一块三英尺见方的草地。她给自己和她的两个孩子各买了一个十倍的放大镜，他们每天一起观察那块地方。

“这些放大镜打开了一个新天地，”这个母亲说道，“我们看到了季节的变化，对雪花、蓝色桤鸟羽毛和蝴蝶翅膀的美妙的花纹惊叹不已。我们发现了奇异的野草和生长在花中间的花。甚至一朵雏菊的黄色花蕊上也堆满了成百上千的黄色星星。现在我们理解了惠特曼诗句的含义了：“除了奇迹我别无所知。”

我是一个教师，不久前，我的一个学生的父亲告诉我：“博比以前总是长时间地坐在电视机前一动不动，这使我很恼火。于是我开始回想自己童年时代做过的事。”

此后的一个星期六，博比和他的父亲扎了一只木筏，沿着一条小溪顺流而下。一个星期之后，他们自己做了个风筝

拿到博比爷爷的农场上去放。在一篇学校的作文里，博比写道：“我最愉快的时间是当我和爸爸做他在小时候做过的事。”

留出时间去寻找彩虹。一个有着三个孩子的单身母亲告诉我说：“当我把晚饭放进烤箱时，我会领着刚刚学会走路的小女儿到街角上去走一圈。只需花几分钟的时间就能让她闻到花香或指给她看天空中一群飞鸟。

“对大一点的孩子来说，我们绝大部分分享美的最好时间是在做家务的时候。在我们厨房水池上方有一个我们称为：‘神奇的窗口’，从那里我们寻找引人遐想的云彩，或者是可以写生的图画。我们还坚持写日记，描述每天我们最想要记住的四件事。我们不仅都变得更有观察力，而且还发现：即使在我们的‘坏’日子里也有天晴的时刻。”

帮助孩子自己去发现。马克是我们学校自然中心的一个老师，当学生向他提出问题时，他常常以问题来作答。有一天，我和我的四年级学生跟他一起到野外去上自然课。有个学生指着池塘边的一丛灌木问马克：“为什么那丛灌木有刺呢？”

“你们能够想出一个答案来吗？”马克反问道。

孩子们马上以一种我在学校里难得见到的热情争论开了。最后，有一个带有羞色的小姑娘咯咯地笑着说：“我想，当小精灵来这里游泳时，它们是被用来挂小精灵的翅膀的！”

马克由衷地感到高兴。“我们不应该把孩子们框在一个‘正确’的答案里，”他对我说，“当他们的想像展翅翱翔时，便是一种最好的学习。”

当我们向孩子提供一种对生活敏锐的感知力或一个值得去梦想的梦想时，我们的给予是难以估价的。如果说人生将

继续是有价值的话，那么这将取决于那些具有创造性的年青人——当他们环顾这世界时，他们发觉它是值得去维护的。那些继承了彩虹作为遗产的年青人将能把我们带向我们未曾达到过的高度。

An Explorer's Lesson

By L. F. Willard

MY GRANDSON Jason, who was not supposed to leave the front yard, was nowhere to be seen — normal behavior for a ten-year-old. He didn't answer my call. I sat down on a lawn chair to read and noticed the tall ~~stepladder~~ lying flat on the ground under the big tree beside the driveway. It didn't take Sherlock Holmes to figure Jason was up in that tree and had accidentally kicked the ladder away. He wasn't about to come down, and he wouldn't let me know he was stranded. I could restore the ladder and rescue him, but then I recalled an episode in my youth that I now, more than 50 years later, suddenly understood.

Raymond Cutting was to many people a village character, but a charming one. A white haired, well-dressed gentleman, he entered my life briefly when I was Jason's age.

I roamed the village freely. My parents said no only to the abandoned slate quarry at the foot of a local mountain, but it was a fascinating place: full of milky-green water, small mountains of slate fragments with occasional poplar saplings growing through to make climbing easier, and