

心灵北斗星

英汉双语有声励志读物

待人如流水之润

Kindness to Others

丛书主编 任秀桦
分册主编 姚丽 张楠



 机械工业出版社
CHINA MACHINE PRESS



心灵北斗星

英汉双语有声励志读物

待人如流水之润

Kindness to Others

丛书主编 任秀桦
分册主编 姚丽 张楠
参编 张瑶 吕岩 柳景荣
主审 John Gordon



本书采取中英文对照的形式，每篇英文都经过精心选材、用心翻译。文章前面的名言或佳句有助于启迪心灵；文章后面的感悟有助于思考人生。在对文中的单词、短语进行注释的同时进行引申，为读者积聚语言财富。书中精美的手绘插画可以为阅读增加更多乐趣，配套 MP3 光盘可以使读者在不知不觉中提高听力水平。

泰戈尔说过：“我原以为大家都是不相识的，醒来才知道，大家原来是相亲相爱的。”善待别人就是善待我们自己。如果我们能够心存感激，珍惜和善待身边的人，我们生活的世界就会更美好。

图书在版编目（CIP）数据

待人如流水之润：英汉对照 / 姚丽，张楠主编. —北京：机械工业出版社，2008.9

（“心灵北斗星”英汉双语有声励志读物）

ISBN 978-7-111-25247-4

I. 待… II. ①姚… ②张… III. ①英语-汉语-对照读物 ②散文-作品集-世界 IV. H319.4: I

中国版本图书馆 CIP 数据核字（2008）第 154085 号

机械工业出版社（北京市百万庄大街 22 号 邮政编码 100037）

责任编辑：安 婧 版式设计：张文贵

保定市中国画美凯印刷有限公司印刷

2009 年 1 月第 1 版·第 1 次印刷

145mm×210mm·9 印张·263 千字

00 001-10 000 册

标准书号：ISBN 978-7-111-25247-4

ISBN 978-7-89482-854-5（光盘）

定价：26.80 元（含 1CD）

凡购本书，如有缺页、倒页、脱页，由本社发行部调换
销售服务热线：（010）68326294

购书热线：（010）88379639 88379641 88379643

编辑热线：（010）88379355

封面无防伪标均为盗版



Preface

“我喜欢沿着星星的指点走出黑林子，而不向别人问路。”

心灵的北斗星照耀我们在人生的轨迹上前行。它将引领我们走出心灵的踌躇，让我们用信念战胜生活中的种种不幸。心灵的北斗星将开启我们的心灵之门，让我们感悟多彩的世界和人生，让我们的生命之火燃成一片辉煌。

本丛书是一套英汉双语的励志读物，7个分册所选的文章都是目前西方最受欢迎的经典短篇，译文都是编者字斟字酌、用心翻译的。所选文章包括富含哲理的故事、小品文、小议论文等，既有趣味性，又有启智性；既可以开拓视野，又可以提升心性。书中的篇篇精品都值得我们去背诵和品位。赏读这些激励人生、启迪灵感、明喻事理的文章，我们会从中感悟到人生的智慧、生命的真谛和世间的真情。

本丛书中的文章充满了挚爱，充满了真诚，充满了智慧，充满了灵性。它会像清流荡涤我们被浸染的灵魂；它会像春风吹开我们郁闷的心胸；它将激励我们冲出逆境，战胜自我；它将给我们有些沉闷的生活带来清新的空气、和煦的阳光和新的希望，甚至会从此改变我们整个人生。

本丛书会成为我们的知己，天天和我们相伴，默默与我们交流。我们仿佛在和高尚的人相处，在与自己的灵魂对话。北斗星闪耀的光辉浸润着我们的灵魂，让我们的灵魂融入爱和感恩、欣赏和包容，让我们生命的色彩更加鲜明。

任秀桦

2008年6月于沈阳·散淡居



Contents

序

Be Generous 宽厚待人

- ◆ The Given Light
给予之火 / 3
- ◆ Pick Up in the Rain
雨中搭车 / 5
- ◆ Doing Well by Doing Good
助人者诸事顺 / 7
- ◆ Help Somebody
助人 / 11
- ◆ Cookies
饼干 / 14
- ◆ The Most Beautiful Heart
最美丽的心 / 17

Love in Heart 心中有爱

- ◆ The Salty Coffee
咸咖啡 / 23
- ◆ Let Go of Love
让爱常驻 / 27
- ◆ Words from the Heart
说出心里话 / 30

- ◆ Love, Wealth and Success
爱、财富与成功 / 35
- ◆ Living a Life of Love
让生活充满爱 / 38

Regretful Moments 无缘抱憾

- ◆ Dare to Say Love
说出你的爱 / 43
- ◆ The Most Embarrassing Moment
最尴尬的时刻 / 47
- ◆ If Only
情理之间 / 51
- ◆ Punishment
惩罚 / 55
- ◆ Don't Wait till Blossoms Wither
莫待花谢空折枝 / 57

Build a Bridge 架起心灵之桥

- ◆ The First Four Minutes
最初四分钟 / 63
- ◆ Achieve Great Relationship
培养良好的人际关系 / 67
- ◆ How to Argue with Your Boss
怎样与老板争论 / 70
- ◆ Give an Ear
倾听 / 73
- ◆ Invisible Wall
无形的墙 / 76
- ◆ Apologize
道歉 / 79

Be Grateful 感恩生活

- ◆ The Hand
手 / 85
- ◆ The Thirty-second's Quiz
30 秒的测验 / 87
- ◆ I Am Lucky
我很幸运 / 90
- ◆ Gifts of the Heart
心中的礼物 / 94
- ◆ Stone Soup
石头汤 / 97
- ◆ The Seven Wonders of the World
世界七大奇迹 / 100

Up to You 由你选择

- ◆ Under the Weather
情绪低落 / 105
- ◆ The Most Beautiful Flower
最美的花朵 / 108
- ◆ Learn to Give Up
学会放弃 / 112
- ◆ Make Up Your Mind
做出抉择 / 115
- ◆ A Permanent Beneficial Test
一道受用终身的测试题 / 118
- ◆ Family or Career
家庭还是事业 / 121
- ◆ A Young Pianist's Story
年轻钢琴家的故事 / 125

Learn from Animals 动物的启示

- ◆ Lessons We Learn from Geese
由大雁得到的启示 / 131
- ◆ Relying on Ourselves
求人不如求己 / 134
- ◆ If a Dog Were Your Teacher
假如狗是你的老师 / 137
- ◆ Faithful Friends
忠实的朋友 / 141
- ◆ The Baby Eagle
小鹰的故事 / 144
- ◆ Giving Up Is Not an Option
不言放弃 / 149

Be Kind to Family 善待亲人

- ◆ Paid in Full
全额支付 / 155
- ◆ Giving Blood
献 血 / 158
- ◆ A True Gift of Love
真 爱 / 160
- ◆ Father and Son in an Earthquake
地震中的父与子 / 164
- ◆ A Promise of Flowers
花的承诺 / 168
- ◆ Family Letters
家 书 / 171

Make Each Day Count 把握现在

- ◆ Cherishing Every Day

珍惜每一天 / 179

◆ Happiness Is a Journey

幸福是个过程 / 183

◆ Live a Positive Life

积极地生活 / 186

◆ Excuse

借口 / 189

◆ The Best Day of Life

生命中最精彩的一天 / 192

◆ Love of the Whole Life

一生之爱 / 195

■ Tips of Doing Things 处事的艺术

◆ Advice to Young People

给年轻人的忠告 / 201

◆ The Secrets of a Great Life

非凡人生的秘诀 / 206

◆ The Color of Friendship

友谊的颜色 / 210

◆ The Magic of Starting Small

从小事做起的魔力 / 215

◆ Kindergarten — Where It All Begins

从幼儿园开始 / 218

◆ Chance or Choice

机遇与选择 / 221

◆ Hey, Take It Easy

嘿，别着急 / 224

■ Dare to Try 勇于尝试

◆ Dare to Change

勇于改变 / 231

- ◆ Rock of Ages
多年的顽石 / 235
- ◆ The Best Teacher I Ever Had
我遇到的最好的老师 / 239
- ◆ More than One Way
路不止一条 / 243
- ◆ Weakness or Strength
将弱项变为强项 / 246

Open Your Eyes 睁大眼睛

- ◆ God's Coffee
上帝的咖啡 / 253
- ◆ Meeting That Changes the Life
改变一生的邂逅 / 256
- ◆ Paradox of Our Times
我们时代的尴尬 / 261
- ◆ Texas Justice
得克萨斯州的法律 / 264
- ◆ The Old Woman and the Physician
老太太和医生 / 267
- ◆ The Precious Gift
珍贵的礼物 / 269
- ◆ The Stone Cutter
石匠 / 272



Be Generous

宽厚待人



The Given Light

给予之



☆ *All of us, at certain moments of our lives, need to take advice and receive help from other people.*

Once upon a time a man had heard, that in a foreign place, far away, there was a holy¹ flame burning. So he got up and left his home to find the holy flame and bring some of its light back home to his house. He thought, "When I have this light, then I will have happiness and life and all the people I love will have it too."

He travelled far, far away and finally found the holy flame, with which he lit his light. On his way back he had only one worry: his light could go out.

On his way home he met someone who was freezing and didn't have any fire and who begged him to give him some of his fire. The man with the light hesitated for a moment. Wasn't his light too precious², too holy to be given away for something ordinary like that? Despite these doubts, he decided to give some of his light to the one who was freezing in the darkness.

The man continued his journey home and when he had almost reached his house a terrible thunderstorm³ started. He tried to protect his light from the rain and the storm, but in the end his light went out.

To return the long way back to the place where the holy flame was burning was impossible, he wouldn't have had enough strength to go back this far, but he was strong enough to return to the human being whom he had helped on his way home.



And with his light he could light his own again.



我们所有人，在一生中的某些时刻都需要接受别人的忠告和帮助。

从前，有一个人听说圣火在遥远的异国他乡熊熊燃烧着。于是他离开家去寻找圣火，希望将它带回家。他想：有了圣火，我就会拥有幸福美满的生活，而且我爱的人也会拥有这一切。

他长途跋涉，终于找到了圣火，用圣火点燃了火把。在回去的路上，他只担心一件事：火把可能会熄灭。

在回家的路上，他遇见了一个快要冻僵的人。他没有火取暖，因此恳求能分给他一点儿火种。他拿着火把，犹豫了片刻。如此珍贵神圣的火种，能就这样随随便便地分给别人吗？尽管有些疑虑，他还是决定把自己的火种分给这个快要冻僵的人。

他继续往回走。就在快到家的时候，一场可怕的暴风雨开始了。尽管他尽力保护圣火，最终火把还是熄灭了。

再长途跋涉回到圣火的点燃地是不可能的。他已经没有力气再走那么远的路了，但是至少他还可以坚持回到中途曾经帮助过的人那里。

用那里的火种他可以把自己的火把再次点燃。



enlightenment

Helping others would not lessen our superiority, but offers us the joy of being helpful, and even brings us unexpected rewards.

SPARKLING WORDS & PHRASES

1. holy *adj.* 神圣的
2. precious *adj.* 珍贵的，宝贵的
3. thunderstorm *n.* 雷雨，雷暴

Pick Up in the Rain



中搭车

☆ *It is easy to perform a good action, but it is not easy to acquire a settled habit of performing such actions.*

One night, at 11:30 p. m., an old African American woman was standing on the side of an Alabama highway trying to endure a lashing¹ rain storm. Her car had broken down and she desperately² needed a ride. Soaking³ wet, she decided to flag down the next car. A young white man stopped to help her generally, which was unheard of in those conflict-filled 1960s.

The man took her to safety, helped her get assistance and put her into a taxi cab. She seemed to be in a big hurry! She wrote down his address, thanked him and drove away. Seven days went by and a knock came on the man's door. To his surprise, a giant console⁴ color TV was delivered to his home.

A special note was attached. It read:

Thank you so much for assisting me on the highway the other night. The rain drenched⁵ not only my clothes but my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away. God bless you for helping me and unselfishly⁶ serving others.

Sincerely yours,
Mrs. Nat King Cole



做一件好事不难，难的是让做好事成为一种习惯。

一天深夜 11 点半的时候，在阿拉巴马州高速公路的路边，一位黑人老太太站在瓢泼大雨中。她的车子出了故障，急需搭车。虽然已经全身湿透，但她还是决定招手拦截下一辆车。一个白人小伙子让她搭了便车，这种事在 60 年代是闻所未闻的，因为那时种族冲突非常激烈。

小伙子把她送到了安全的地方，帮她叫了一辆出租车。老太太看起来急匆匆的，她迅速记下他的地址，表示了感谢，就坐出租车离开了。七天后，有人敲小伙子的家门，给他送来一台大屏幕彩电，这使他十分惊讶。

电视机上贴着一张特别的便条，上面写道：

感谢你那天晚上在高速公路上帮助了我。当时，浑身湿透的我已经彻底绝望了。正是因为你的出现，我才得以在我丈夫去世前守候在他的身旁。你无私地帮助了他人。愿上帝保佑你。

您真诚的

纳特·金·科尔夫人



enlightenment

People are born equal and should help each other when someone is in need without considering any difference between you and him/her.

SPARKLING WORDS & PHRASES

1. lashing *adj.* 瓢泼的
2. desperately *adv.* 非常，十分，不顾一切地
3. soaking *adj.* 湿透的，湿淋淋的
4. console *n.* 控制台，操纵台
5. drench *vt.* 使湿透
6. unselfishly *adv.* 无私地



Doing Well by Doing Good

助人者诸事



☆ *People will always keep their eyes open for those opportunities to give and embrace them as the best sure way of doing well.*

There is a man who I'd like to tell you about. His name is Sandy Greenberg. In his youth, Sandy was a very good student, but he came from a poor family. And so he went to Columbia University on a scholarship and there he met his roommate who was also receiving financial aid¹.

Now while he was a sophomore² at Columbia University, Sandy contracted an eye disease³ that eventually proved to be glaucoma⁴. But the trouble was, it wasn't detected early enough, and as a result he became legally⁵ blind. I ask you all to imagine for a moment having been sighted all your life, and then all of a sudden being faced, in a very competitive school, with losing so much sight you could no longer read. This is what happened to Sandy Greenberg.

But something else happened to Sandy that may surprise you. Sandy said that when he lost his sight, his roommate would read his textbooks to him every night.

So I'm going to put you in that question: in a competitive school like Columbia, or Johns Hopkins, if your roommate had a serious disability, would you take the time to read textbooks to him every night, knowing the more you spend time reading textbooks to your roommate, perhaps the less well you might do with your other activities? That's not as easy a question as it first appears.