



双 语 美 文 阅 读 书 系

The scroll of life

生 | 命 | 卷 | 轴

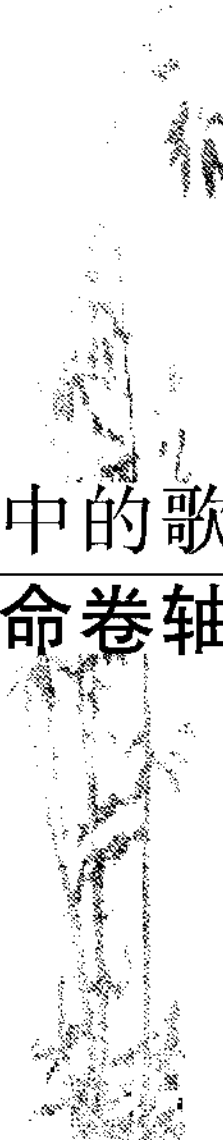
心中的歌

主编：张德玉

“慈母手中线，游子身上衣。”天下父母之爱，
其实都在一针一线、一封家书、一件小事之中。
父爱母爱是我们身上的两重衣，
无时无刻不围绕着我们的前后。
母爱是温暖的外衣，时时关爱着我们的身体；
父爱是贴身的背心，刻刻包围着我们的内心。
无论我们远隔千山万水，还是在天涯海角，
父爱母爱都在我们的身上紧紧缠绕。

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心中的歌 生命卷轴

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目·录

活着的理由 1	The reason for Living 3
父亲、儿子与答案 5	A father, a son and an answer 7
感恩的力量 9	The power of gratitude 11
祈祷之手 13	The praying hands 15
金色的盒子 17	The golden box 18
爱的遗产 19	A legacy of love 21
只是想来看看你 22	Only to see you 24
爸爸的《赞美诗集》 25	Father's Hymnbook 27
旅伴 29	My traveling companion 31
一位母亲的期望 33	A mother's perspective 35
父亲的忏悔 37	Father forgets 39
我和父亲 41	Father and I 45
感受父爱 49	Felling father't love 50
母爱 51	Mother's love 53
我可以买你一小时的时间吗 55	Can I buy an hour of your time? 57
伟大的父母 59	Great parents 60
约会妈妈 61	Dating with my mom 62
汤姆的文章 63	Tom's essay 65
男孩儿鲁本 66	A boy with a mission 69
与父亲共舞 72	A dance with dad 75
繁忙的一天 78	My busy day 80
母亲的手 82	Mother's hands 84
父亲 86	Dad 88

目·录

神秘的白色栀子花 90	Mystery of the white gardenia 92
记忆的全部 94	All I remember 96
最后的家书 97	The last letters 99
心中的歌 101	Heart song 103
最后的磁带 105	The last tape 108
父亲和曼陀林 110	Dad sure could play that Mandolin 112
爱是一根线 114	Love is just a thread 116
我愿永远选择你 118	I will always choose you 121
永恒的爱 124	Love lives forever 127
雨中奔跑 130	Run through the rain 132
雨天的阳光 134	Sunshine on a rainy day 135
沉默的握手最深的交流 136	A silent handshake that speaks volumes 135
一位母亲致世界的信 138	A mother's letter to the world 139
博比的礼物 140	Bobby's gift 142
给妈妈的祷告词 144	Prayer for my mother 145
无论发生什么事， 我都会在你身旁 146	No matter what happens, I'll always be there for you! 148
父子俩 150	The father and the son 152
儿子 154	The son 156
默默的父爱 158	Silent father-love 160
一生的收获 162	Catch of a lifetime 164
父亲，我的心灵之源 166	My dad, my source 168
爱的小盒子 170	The golden Box 172
她未曾放弃我 174	She didn't give up on me 176
伟大的爱 179	Great love 180
亲爱的爸爸 181	Dear dad 183
礼物 185	The gift 187
我铭记 189	I remember 190
脸上有疤痕的母亲 191	A mother with a scar on her face 192
父亲的小女儿 193	Daddy's little girl 194
红红的小脸蛋 195	A small bright red face 196

活着的理由

虽然我只12岁，但是我却深深地懂得了悲伤的滋味，甚至也体会到死亡的痛苦。我的祖父在他年少时就学会了吸烟，现在，他患上了肺气肿——一种对呼吸系统有着严重破坏性的疾病。

自从祖母过世以后，祖父一直郁郁寡欢，对一切都感到厌烦；他向来脾气不好，如今更是常对关心他的人说一些令人伤心的话。可是，当我出现在他身边时，他却能够变得随和起来。

近来，祖父的病情开始加重了。他不得不接受一次咽喉手术，并在患处植入了一个人工呼吸装置以辅助呼吸。医生表示，祖父已经时日无多了；然而，他却奇迹般地恢复了健康。他不再需要呼吸器，但仍不能说话。他的咽喉已经受到了严重的损坏，只能发出一些轻微的声音。当祖父住在医院里的时候，我和妈妈常乘飞机去四兹堡探望他，大家都很担心再也见不到他了。当我们走进祖父的病房时，我一下子惊呆了，他看上去十分虚弱，几乎连哼一声的力气也没有了；但是，他还是极力想说些什么，我只听他说：“我……你。”

“你什么，爷爷？”我轻声问道。他再也没有力气回答我的问题了。“我”和“你”两个字已经耗尽了全身的力气。

第二天清晨，我和母亲就离开了。我一直在想，祖父究竟想对我说什么呢？直到我回到乔治亚州的家中之后，我才有所领悟。

在我们回家一个星期之后，我们接到那家医院的一位护士打来的电话，她告诉我们说，祖父让她给他的孙女打电话，告诉她“爱”。

最初，我有些困惑，不知道他为什么只说一个“爱”字，而不是说“我爱你”。不过，我随即便想起来那天在医院里他费尽全身力气想要告诉我的话，原来就是“我爱你”。想到这一点，我被深深地打动了。一股暖流顿时涌上心头，我的眼睛不禁有些湿润了。

几个星期的痛苦折磨后，祖父终于可以开口说话了。我们每晚都要给他

打电话,而祖父常常说5分钟就要停下来歇一下,他实在太虚弱了。即便如此,每次在我们挂断电话之前,他总要对我们说一句“我爱你”或“我愿意为你们付出一切”。除此之外,还有一句令我深为感动的话:“你是我活下去的唯一理由。”这些话,是我所听过的最好的赞美。

如今,祖父的病情依然没有大的好转;我也懂得,与他在一起的时间将越来越少。值得庆幸的是,祖父愿意让我和他一同分享他的情感。这份经历使我学会了许多事情。不过,我懂得的最重要的一点就是,“我爱你”这三个字并不像看上去那样简单,它可以是一个人生存下去的理由。



The reason for living

I'm only twelve years old, but I know sadness and the fear of death very well. My grandfather has been smoking since he was a young teenager, and now he has a terrible disease called emphysema that ruins the respiratory system.

Ever since my grandmother died, my grandfather has been depressed—mad at the world. He is a very ornery man and has said some hurtful things to nice people. But when he is around me, it is like a whole soft side of him becomes exposed.

Recently, my grandfather got very sick. He underwent surgery on his throat and had a machine called a respirator to help him breathe. The doctors thought that his days were numbered, but miraculously he recovered. He was taken off the respirator, but still he could not talk. It strained his voice badly to make the slightest noise. While my grandfather was in the hospital, my mother and I flew to Pittsburgh to be with him. We were very fearful we would not see him again. When we reached my grandfather's hospital room, I was shocked by his condition. He looked so sickly. He was hardly able to even grunt. Somehow though, he managed to mourn, "I...you."

"You what, Grandpa?" I whispered. He didn't have the energy to answer me. He had exhausted all his strength with those two syllables, "I" and "you."

The next morning my mother and I had to leave. I kept wondering just what it was he had tried so desperately to tell me. It was not until I was back to home in Georgia that I learned what he had tried to say.

A week after we returned home, My family received a phone call from one of the nurses in the hospital. She told us that my grandfather had said: "Call my granddaughter and tell her love."

At first I was a little confused, thinking why he would just say "love", why not "I love you"? Then it hit me, the day we were in the hospital he had been trying to say, "I love you". I was really touched. I felt as if I was going to cry, and I did.

After many painful weeks, my grandfather was finally able to talk. I called

him every night. Normally he had to stop after about five minutes because he was too weak. No matter what, though, every time we hung up he would say "I love you" and "I'd do anything for you". These, along with his moving words, "You are the only reason I live," are the best compliments I have ever received.

My grandfather is still very ill and I know our time is limited. I feel much honored that he has shared his feelings with me. I have learned a lot from this experience. But the most important thing I've learned is that a simple "I love you" is really not simple. It is a reason for living.

父亲、儿子与答案

几乎每天早晨，当我路过亚特兰大机场时，都能看见一辆满载乘客的列车向登机口的方向驶去。这类免费列车每天都重复着单调而乏味的旅程，没人觉得有趣。然而，这个周六我在乘车时，却听到了从车厢里传出的一阵笑声。

在头节车厢的最前面，坐着一对父子。他们正透过窗户观赏着一直向前延伸的铁道。

我们停下来等候旅客下车，之后，车门关上了。“走吧。拉紧我！”父亲说。那个男孩儿大约5岁，一路上兴奋极了。

车上坐的多半是衣着考究的人、出差的人，以及度假的白人，只有这对黑人父子穿着朴素简单。我知道，如今我们不该再有种族歧视的思想，希望我这样的描述没人介意。

“快看！”父亲对儿子说，“看见那位飞行员了吗？我敢肯定他现在要去开飞机了。”儿子听了，立即伸长脖子去看。

下车后，我突然想起还得在航空集散站买点东西。由于距起飞时间还早，于是我决定再乘车回去。

正当我准备上车的时候，我看到那对父子也来了。我突然间意识到他们并不是来坐飞机的，而是特意来坐区间列车的。

“我还想再坐一会儿！”

“再坐一会儿？”父亲假装有些生气，却无法掩饰内心的喜悦之情，“你不累吗？”

“这很有趣！”儿子说。

“好吧。”父亲说。这时，车门再次打开，大家都上了车。

很多父母都有能力送孩子去欧洲，去迪斯尼乐园，可这些孩子却堕落了；很多父母都住得起豪华别墅，孩子有车、有游泳池，可这些孩子还是学坏了。

富人、穷人，黑人、白人，那么多人都轻易学坏了。

“爸爸，这些人要去哪儿？”儿子问。

“世界各地。”父亲回答。机场上来来往往的人流或正准备奔赴远方，或刚从远方归来。这对父子却坐在区间列车上，享受着父子间的亲情和彼此间的陪伴。

我们的社会正面临许多问题：犯罪、越来越多的年轻人变得冷漠无情、文化水平下降、基本素质缺乏、起码的礼貌丧失等等。我们尚有如此多的问题亟待解决。而这里，这位父亲却愿意花上一天的时间来陪伴儿子，并在这样一个星期六的早上，提出这个想法。

其实答案很简单：父母愿意为子女花费时间，关爱，以及一切努力。而这对父子不需要花一分钱，却能够得到世上最有价值的东西。

列车加速了。父亲指着窗外说着什么，儿子又咯咯地笑了起来。是的，答案就是这么简单。

A father, a son and an answer

Passing through the Atlanta airport one morning, I caught one of those trains that take travelers from the main terminal to their boarding gates. Free, sterile and impersonal, the trains run back and forth all day long. Not many people consider them fun, but on this Saturday I heard laughter.

At the front of the first car looking out the window at the track that lay ahead were a man and his son.

We had just stopped to let off passengers, and the doors were closing again. "Here we go! Hold on to me tight!" The father said. The boy, about five years old, made sounds of sheer delight.

I know we're supposed to avoid making racial distinctions these days, so I hope no one will mind if I mention that most people on the train were white, dressed for business trips or vacations and that the father and son were black, dressed in clothes that were just about as inexpensive as you can buy.

"Look out there!" The father said to his son, "see that pilot? I bet he's walking to his plane." The son craned his neck to look.

As I got off, I remembered some thing I'd wanted to buy in the terminal. I was early for my flight, so I decided to go back.

I did and just as I was about to reboard the train for my gate, I saw that the man and his son had returned too. I realized then that they hadn't been heading for a flight, but had just been riding the shuttle.

"I want to ride some more!"

"More?" the father said, mock-exasperated but clearly pleased, "You're not tired?"

"This is fun!" His son said.

"All right," the father replied, and when a door opened we all got on.

There are parents who can afford to send their children to Europe or Disneyland, and the children turn out rotten. There are parents who live in million-dollar houses and give their children cars and swimming pools, yet something goes

wrong. Rich and poor, black and white, so much goes wrong so often.

"Where are all these people going, Daddy?" the son asked.

"All over the world," came the reply. The other people in the air port were leaving for distant destinations or arriving at the ends of their journeys. The father and son, though, were just riding this shuttle together, making it exciting, sharing each other's company.

So many troubles in this country crime, the murderous" soullessness that seems to be taking over the lives of many young people, the lowering of educational standards, the increase in vile obscenities in public, the disappearance of simple civility. So many questions about what to do. Here was a father who cared about spending the day with his son and who had come up with this plan on a Saturday morning.

The answer is so simple: parents who care enough to spend time, and to pay attention and to try their best. It doesn't cost a cent, yet it is the most valuable thing in the world.

The train picked up speed, and the father pointed something out, and the boy laughed again, and the answer is so simple.

感恩的力量

当我的大儿子被确诊为“多动症”时，我的第一反应就是轻松——因为我终于明白他之所以会有那些举止的原因了。可是，我随即又陷入了悲伤、恐惧和愤怒的情绪之中。我为儿子，也为自己感到难过。像其他许多与我有着相似境遇的人一样，我也禁不住要问上帝：“为什么是我？”

由于上帝赐予我的一切，我终于可以把心思集中在感恩上了。我认为，上帝之所以选择我来养育我的儿子，是因为他相信我能把最好的东西都给予儿子。上帝教导我去爱、去理解儿子的一切，我很感激上帝选择我做我儿子的母亲。

感恩的力量渐渐平复了我内心的伤痛。

作为母亲，感恩的力量能在日常生活中起到怎样的作用呢？用一颗感恩的心去关注家人所做的一切，想想自己能为家庭带来怎样的变化。当你持有一颗感恩的心，你的爱心和感激之情便会随之而来，人们无时无刻不需要这些感受。作为母亲，有时会觉得根本没人感激我们所做的一切——事实正是如此，母亲常常是最后一个被感谢的人。你传授感恩之心的一个方法就是为孩子树立榜样，即便你的孩子和丈夫把所有的事情都搞糟了，你也要找个感谢他们的理由。多花些时间和精力，寻找适合的方式，想想家人所做的事情，是否有值得你说一句“谢谢”的。你可以对丈夫说一句：“谢谢你为这个家努力工作。”或者对孩子说：“我非常欣赏你的幽默——发自内心地笑出来的感觉真好。”表达你的感激会让你的家人感受到一种感恩的心情。如果这样还是无法使他们有所领悟，那就在你需要感激的时候告诉他们。你也可以将自己得到感激时的心情告诉他们。

在你需要合作的时候，感激之情就是一股巨大的推动力。当我得到我两岁儿子的帮助时，我常常会很开心地表扬他。我要让他感觉到他帮了我一个大忙。我明白，想让他懂得感恩，先要让他学会什么是感激。几天前，我

把一束含有多种颜色的玫瑰花带回了家，5天里，他几乎每天都要对我说几声谢谢。

有时，我们由于生活的忙碌，已经忘记了感恩的重要。我们期望每个人都能够尽职尽责，每个人只能听到让自己做事的声音。这种态度会使家人逐渐产生抱怨，并造成家庭关系的不和谐。

当生活顺意的时候，人们更易于表达感激之情。可是，当我们面对艰辛的生活时，却往往难于向家人表达感激之情。经济困难、长期患病、亲人过世，以及婚姻纠纷等都可能使人心力交瘁，从而使生活危机重重。面对这种境遇，也许连找一个感激的理由都很难。虽然痛苦在所难免，但我们有权选择是否接受痛苦，也有权选择我们对待一切的态度。我们可以相信上帝，相信上帝会为我们安排好一切。我们感激经验教训，感激在我们成长和转变的过程中所得到的机遇。看看大千世界中的芸芸众生吧！每个人都在艰难的生活获得了礼物。正是生活中所经历的痛苦使我们变得更加坚强，更加聪明，更加热爱今天的生活！

近来，我参加了一个颇具影响力的研讨班，讨论的主题是人类产生的多级能量。与会者把能量分成七级，第一级能量是根据对冷漠和牺牲的看法而定的；第二级能量是根据人们怀有的愤怒和抵制情绪的程度而定的。人的能量级别越高，他的感情和思想也就更加积极。在第七级别，人们就会获得无限的爱和一种客观的思想。恐怕只有上帝才能达到第七级。人类平均拥有的能量级别为2.5，而要想拥有和平和欢乐，人们的能量级别必须达到五或六级。

那么，我们该如何提高我们的能量级别呢？如何敞开心扉拥抱欢乐呢？一个有效的方法就是让自己拥有一颗感恩的心。看看那些满怀感激的眼神，聆听你和你所爱的人们的心声，每天说一些肯定的话，感激你在生命中学到的东西和你得到的祝福。你的感激之情越浓，你对社会的作用就越大，你对生命的见解也就会越深。

The power of gratitude

When my older son was diagnosed with Attention Deficit Hyperactivity Disorder, my first reaction was relief —I finally knew the reason for his behavior. However, I was also overwhelmed with sadness, fear and anger. I felt sorry for my son and for myself. Like many others in similar circumstances, my question to God was "Why me?"

Through the grace of God, I am now able to focus on my gratitude. I believe God chose me to raise my son because he knew that I would give him the best I have. He will teach me to love and understand him for who he is. I am grateful that I have my son, and grateful that God chose me to be his mother.

There is power and healing in gratitude.

How can gratitude help us in our everyday lives as moms? Think about the difference you can make in your family's life just by noticing and being thankful for all the great things they do. When you express gratitude, you show your love and appreciation. Everyone needs to feel these things every day. Sometimes as moms we feel that no one appreciates us—and it is true that moms are usually last on the list to be thanked. One way you can teach gratitude is by example. Even on the days when it seems your children or husband are doing everything wrong, find a reason to thank them. Take the time and energy to look for the good. Think about the things that your family does that deserve a "Thank you". You might say to your husband, "Thank you for working so hard for our family," or, to your child, "I really appreciate your sense of humor—it feels good to laugh." Expressing your gratitude helps family members to understand how it feels to be appreciated. And if they still don't catch on, let them know when you feel unappreciated. You can also tell them how great it makes you feel when they do express gratitude. Gratitude is a wonderful motivator when you need cooperation. When enlisting the help of my two year old, I praise him often and with enthusiasm. I let him know that he is a great helper. I know I am teaching him appreciation because he expresses it to me. The other day I brought a bunch of multicolored roses home. For five days, at least once or twice a day, my son thanked me for the flowers.