

# 给我三日光明

——记海伦·亚当斯·凯勒

英汉对照 Three Days To See —— Helen Adams Keller 马建威 编译 学苑出版社



英语基础读物丛书

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马建威 编译

Three Days To See

—Helen Adams Keller

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## 前 言

海伦·亚当斯·凯勒被认为是美国历史上最伟大的女性之一。幼时身患重病，致使她丧失了视、听、言的能力。生活在没有声音、没有光明、没有交流的世界，孩童时代的她桀骜不驯，性格孤僻乖戾，没有人可以将其驯服。安妮·曼斯菲尔德·沙利文的出现改变了她的一切。安妮·沙利文用热情与耐心将海伦转变成为一名慈善家、演讲家、教育家。是思维、文字和爱造就了新的海伦·凯勒。

海伦克服了常人无法想象的困难，完成了大学学业，以优异的成绩获得了学士学位。她始终致力于残疾人事业，四处募捐用以改善残疾人的生活环境，并为他们创造受教育的机会。她曾周游世界各地，为残疾人加油鼓劲。1964年林登·B·约翰逊总统授予她总统自由奖章，这是美国公民所能获得的最高荣誉。

海伦著书甚丰，就连作家马克·吐温、卡尔·桑德伯格也是她忠实的读者。她的文章不仅激励着残疾人克服困难，争取美好的未来，而且激励着全人类珍惜生命，互相爱慕，实现人生的真正价值。

海伦享有空前的凝聚力，这种巨大的向心力吸引了各行各业的人士，有学者、科学家、作家、政治家……和残疾人。美国作家玛娅·曼尼兹曾写道：“……这位

神奇的女性能激励他人坚定理想，……或许没有一个健在的人曾结识更多的世界奇才和更多的世界劳苦大众。”

海伦的一生是奉献、成就和苦难的一生。她去世后，《华盛顿邮报》撰文道：“她的一生不愧是我们这个时代最伟大的辉煌之一，即将 88 周岁的她的辞世是整个世界的损失。”

人类即将迈入 21 世纪，我国的现代化事业将进入崭新的发展时期。笔者希望海伦的事迹能带给我们勇气和干劲，也希望读者能从中得到这样一个讯息：丘山积卑而为高，江河合水而为大。每个人做好自己的工作，社会将会硕果累累。

蒙学苑出版社和吕志士先生的嘱托，我负责编译此书。正值完稿之际，吕志士先生不幸与世长辞。悲恸之余，我仅将此书献给吕志士先生，以表怀敬。

因笔者经验不足，恳请广大读者对书中错误和遗漏之处不吝赐教。

马建威

1999 年 9 月于北京工商大学(白云校区)

# 给我三日光明

——记海伦·亚当斯·凯勒

Three Days To See

——*Helen Adams Keller*

## A Brief Account

Helen Adams Keller, June 27, 1880—June 1, 1968, was a well-known American woman writer, lecturer and educator. Although deaf and blind, she was a great example to physically disabled people who achieved so much. When she was 19 months old, she suffered a severe disease resulting in loss of sight, hearing and eventually speech. In 1887, when Miss Sullivan was 20 years old, she began teaching Helen. Miss Sullivan had experienced blindness and regained a portion of her sight after medical treatment. She graduated from Perkins Institution of Boston. She taught Miss Keller to understand by writing letters on the palms of her hands spelling out words; by taking her hand and placing it on her own (Sullivan's) throat to "listen to" vibrations to learn to speak.

After studied in Perkins Institution (for the blind), Helen Keller could read and write braille, and was extraordinarily familiar with teaching courses. In 1904, she graduated from Radcliffe College, Massachusetts. Helen Keller never married but was devoted to public relief work for the blind. She traveled around the world helping others. She wrote many books including "My Life" in 1902, "Optimism" in 1903, "The Story of the Stone Wall" in 1910, "Midstream" in 1929, and "Journal" in 1938.

## 简要生平

海伦·亚当斯·凯勒(1880年6月27日—1968年6月1日)是美国著名女作家、演讲家和教育家。虽然又盲又聋,但她仍取得了非凡的成就,为残疾人树立了伟大的榜样。由于重病,她出生后19个月就失去了视力、听力,而后又失去了语言能力。1887年,20岁的沙利文小姐开始教她。沙利文小姐原来也是盲人,经治疗后恢复部分视力,是波士顿帕金斯学院的毕业生。她的教授方法是用手把字母写在凯勒小姐的掌心,教她各种事物的名称;将她的手指放在自己(沙利文)的喉头,“听”其振动学习说话。

海伦·凯勒经过帕金斯(盲人)学院的学习,会用盲文读写,并十分熟悉普通教育的课程。1904年她毕业于马萨诸塞州拉德克利夫学院。海伦·凯勒致力于盲人的公共救助事业,终身未婚。她曾周游世界各地帮助其他人。她撰写了很多书,包括《我的一生》(1902年),《乐观》(1903年),《石头墙的故事》(1910年),《中流》(1929年)和《日记》(1938年)等。



## LETTERS (1887—1901)

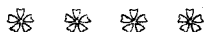
*Miss Sullivan began to teach Helen Keller on March 3rd, 1887. Three months and a half after the first word was spelled into her hand, she wrote in pencil this letter.*

TO HER COUSIN ANNA (MRS. GEORGE T. TURNER)

[Tuscumbia, Alabama, June 17, 1887.]

Helen write anna george will give Helen apple  
simpson will shoot bird jack will give Helen stick of can-  
doy doctor will give mildred medicine mother will make  
mildred new dress

[No signature.]



*Twenty-five days, while she was on a short visit away from home, she wrote to her mother. Two words are almost illegible, and the angular print slants in every direction.*

TO MRS. KATE ADAMS KELLER

[Huntsville, Alabama, July 12, 1887.]

Helen will write mother letter papa did give Helen

## 书信选编(1887年—1901年)

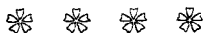
沙利文小姐于1887年3月3日开始教海伦·凯勒。海伦在手心感觉到第一个单词三个半月之后,她用铅笔写了这封信。

### 致表姐安娜(乔治·T·特纳夫人)

(亚拉巴马州塔斯坎比亚,1887年6月17日)

海伦写给安娜。乔治会给海伦苹果。辛普森将射鸟。杰克会给海伦棒糖。医生会要给米尔德里开药。妈妈准备给米尔德里做新衣裳。

(未署名)



这封信是二十五天后她离家作短途旅行时给她母亲写的信。其中两个字几乎无法辨认,棱角分明的字迹东倒西歪。

### 致凯特·亚当斯·凯勒夫人

(亚拉巴马州亨茨维尔,1887年7月12日)

海伦要给妈妈写信。爸爸喂海伦吃了药。米尔德

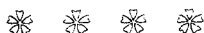
medicine mildred will sit in swing mildred did kiss Helen  
teacher did give Helen peach george is sick in bed george  
arm is hurt anna did give Helen lemonade dog did stand  
up

conductor did punch ticket papa did give Helen  
drink of water in car

carlotta did give Helen flowers anna will buy Helen  
pretty new hat Helen will hug and kiss mother Helen  
will come home grandmother does love Helen

good-by

[ No signature. ]



*By the following September Helen shows improvement in fulness of construction and more extended relations of thought.*

## TO THE BLIND GIRLS AT THE PERKINS INSTITUTION IN SOUTH BOSTON

[ Tuscumbia, September, 1887. ]

Helen will write little blind girls a letter Helen and  
teacher will come to see little blind girls Helen and  
teacher will go in steam car to boston Helen and blind  
girls will have fun blind girls can talk on fingers Helen  
will see Mr anagnos Mr anagnos will love and kiss Helen  
Helen will go to school with blind girls Helen can read  
and count and spell and write like blind girls mildred

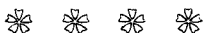
里要荡秋千。米尔德里吻了海伦。老师给了海伦苹果。乔治躺在床上病了。乔治的胳膊疼。安娜给了海伦柠檬水。狗站了起来。

车票由售票员打孔了。爸爸在车上给海伦喝水。

卡罗塔给了海伦花儿。安娜将为海伦买漂亮的新帽子。海伦将拥抱和亲吻妈妈。海伦要回家了。姥姥爱海伦。

再见！

(未署名)



当年九月，海伦的造句更加完整，思路也更为广泛。

### 致南波士顿帕金斯学院的盲人姑娘们

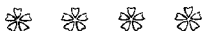
(塔斯坎比亚，1887年9月)

海伦要给盲人小姑娘写一封信。海伦和老师要来看望盲人小姑娘们。海伦和老师要乘蒸汽汽车去波士顿。海伦要与盲人小姑娘一起玩。盲人姑娘能用手指交谈。海伦将见到阿纳格诺斯先生。阿纳格诺斯先生将会喜欢和亲吻海伦。海伦将和盲人姑娘们一起上学。海伦将像盲人姑娘们一样，会读、会算、会拼写。

will not go to boston Mildred does cry prince and jumbo  
will go to boston papa does shoot ducks with gun and  
ducks do fall in water and jumbo and marnie do swim in  
water and bring ducks out in mouth to papa Helen does  
play with dogs Helen does ride on horseback with teach-  
er Helen does give handee grass in hand teacher does  
whip handee to go fast Helen is blind Helen will put let-  
ter in envelope for blind girls

good-by

Helen Keller



TO MR. MICHAEL ANAGNOS, DIRECTOR OF  
THE PERKINS INSTITUTION

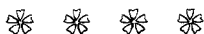
[ Tuscumbia, November, 1887. ]

dear mr. anagnos I will write you a letter. I and  
teacher did have pictures. teacher will send it to you.  
photographer does make pictures. carpenter does build  
new houses. gardener does dig and hoe ground and plant  
vegetables. my doll nancy is sleeping. she is sick. mildred  
is well uncle frank has gone hunting deer. we will have  
venison for breakfast when he comes home. I did ride in  
wheel barrow and teacher did push it. simpson did give  
me popcorn and walnuts. cousin rosa has gone to see her  
mother. people do go to church sunday. I did read in my  
book about fox and box. fox can sit in the box. I do like

米尔德里不去波士顿。米尔德里哭了。普林斯和江波要去波士顿。爸爸用枪射鸭子，鸭子掉到水里，江波和玛米游过去把鸭子叼在嘴里交给爸爸。海伦和狗一起玩耍。海伦和老师一起骑在马背上。海伦用手给汉蒂喂草吃，老师鞭打汉蒂让它快走。海伦是个盲人。海伦要把写给盲人姑娘们的信装进信封。

再见。

海伦·凯勒



致帕金斯学院院长，

迈克尔·阿纳格诺斯先生

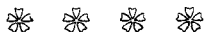
(塔斯坎比亚, 1887年11月)

亲爱的阿纳格诺斯先生：我要给你写一封信。我和老师照相了。老师会把照片寄给你。是摄影师拍的照。木匠建造新房子。园丁挖土锄地种蔬菜。我的洋娃娃南希正在睡觉。她生病了。米尔德里身体挺好。弗兰克叔叔去打鹿了。他回家后我们早餐就可以吃鹿肉了。我坐在手推车上，老师在推。辛普森给了我玉米花和核桃仁。罗沙表姐去看她妈妈了。星期日人们去教堂。我从书里了解到狐狸和箱子。狐狸可以坐在

to read in my book. you do love me. I do love you.

good by

Helen Keller.



*By the beginning of the next year her idioms are firmer. More adjectives appear, including adjectives of colour. Although she can have no sensuous knowledge of colour, she can use the words, as we use most of our vocabulary, intellectually, with truth, not to impression, but to fact. This letter is to a school-mate at the Perkins Institution.*

#### TO MISS SARAH TOMLINSON

Tuscumbia, Ala., Jan. 2nd, 1888.

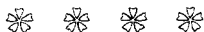
Dear Sarah

I am happy to write to you this morning. I hope Mr. Anagnos is coming to see me soon. I will go to Boston in June and I will buy father gloves, and James nice collar, and Simpson cuffs. I saw Miss Betty and her scholars. They had a pretty Christmas-tree, and there were many pretty presents on it for little children. I had a mug, and little bird and candy. I had many lovely things for Christmas. Aunt gave me a trunk for Nancy and clothes. I went to party with teacher and mother. We did dance and play and eat nuts and candy and cakes and oranges and I did have fun with little boys and

箱子里。我喜欢阅读我的书。你爱我。我也爱你。

再见

海伦·凯勒



新年伊始她的习语掌握地更加稳固。信中出现了更多的形容词,其中有描述色彩的。尽管她不可能具有对色彩的感性认识,但是她能象我们一样根据事实,而不是模糊的意象,智巧地、正确地运用这些词汇。这封信是写给帕金斯学院的一名校友的。

### 致萨拉·汤姆林逊小姐

亚拉巴马州塔斯坎比亚,1888年1月2日

亲爱的萨拉:

我很高兴今天早晨给你写信。我希望阿纳格诺斯先生能很快来看我。六月份我要去波士顿,我要给爸爸买双手套,给詹姆斯买领饰,给辛普森买袖饰。我见到了贝蒂小姐和她的学生。她们有一棵漂亮的圣诞树,树上有许多为小朋友们准备的礼物。我得到了一个口杯、一只小鸟和糖果。圣诞节我收到许多好东西。姨妈送给南希一辆玩具卡车,送给我衣物。我随同老师和母亲参加了一个聚会。我们又跳又玩并且吃了坚果、糖果、蛋糕和柑橘,我和小朋友们玩得很开心。霍



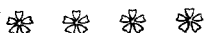
girls. Mrs. Hopkins did send me lovely ring, I do love her and little blind girls.

Men and boys do make carpets in mills. Wool grows on sheep. Men do cut sheep's wool off with large shears, and send it to the mill. Men and women do make wool cloth in mills.

Cotton grows on large stalks in fields. Men and boys and girls and women do pick cotton. We do make thread and cotton 'dresses of cotton. Cotton has pretty white and red flowers on it. Teacher did tear her dress. Mildred does cry. I will nurse Nancy. Mother will buy me lovely new aprons and dress to take to Boston. I went to Knoxville with father and aunt. Bessie is weak and little. Mrs. Thompson's chickens killed Leila's chickens. Eva does sleep in my bed. I do love good girls.

Goodby

Helen Keller.



TO MR. MICHAEL ANAGNOS

Tuscumbia, Ala. , Feb. 24th, 1888.

My dear Mr. Anagnos, —I am glad to write you a letter in Braille. This morning Lucien Thompson sent me a beautiful bouquet of violets and crocuses and jonquils. Sunday Adeline Moses brought me a lovely doll. It came from New York. Her name is Adeline Keller. She