

FOOD FOR THOUGHT

鄭辛遙幽默畫

ZHENG XINYAO HUMOUROUS CARTOONS



智慧
快餐

2

上海人民出版社

Food for Thought



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“Simplicity” is ninety percent complexity.

About the Author

Zheng Xinyao is the manager of the National Artist's Association, deputy director of Cartoon Department of NAA, vice chairman of the Shanghai Artists Association.

His work has won prizes in international cartoon competitions held in Belgium, Italy and Japan. He was one of the judges at the Ninth Bulgarian International Cartoon Contest. He published his first compilation, *Zheng Xinyao's Cartoon Humour* in 1991, and in 1994, his *Food for Thought* cartoon series won Award for Excellence in the Eighth National Art Work Exhibition. In 1995, the same cartoon series won the prize in the Eighth National Excellence in Art Work Exhibition. In 1998, he was chosen as one of the most prestigious artists in Shanghai.

简单是要由复杂来支撑的



郑辛遥，中国美术家协会理事，中国美协漫画艺委会副主任，上海美术家协会副主席。

作品在比利时、意大利、日本等国际漫画展览比赛中获奖。曾任保加利亚第九届国际漫画大赛的评委。1991年出版《郑辛遥幽默画》。1994年《智慧快餐》系列漫画获第八届全国美术作品展览优秀作品奖。1995年《智慧快餐》系列漫画获第三届上海文学艺术优秀成果奖。1998年被评为上海首届德艺双馨文艺家。

Author's Note

Just as reading cartoons is a pleasure, drawing cartoons is hard work. It's almost nine years since the Food for Thought cartoon first appeared in the "Features" section of the Xinmin Evening Journal. Every week for those nine years I've had to produce a cartoon, and each year I've collected my clippings into an annual volume. There are now nine of them, and on the title page of each volume a single sentence expresses my feelings and thoughts at the time. I would like to share these with you.

1993—Food for Thought takes its first steps

(In October 1992, the Xinmin Evening Journal started a special column called Food for Thought in the "Features" section. But before this came nearly five years of preparatory work.)

1994—No pain, no gain.

(In the second year of Food for Thought, it won an Award for Excellence in the Eighth National Art Work Exhibition.)

1995—Extraordinary cartoons mixed with ordinary moods

(In the summer of this year, Food for Thought won the prize in the Eighth National Excellence in Artwork Exhibition, and by the end of the year Food for Thought was compiled into a book.)

1996—Suffering Thursdays vs Serene Sundays

(My deadline is every Thursday, then on Sunday, the cartoon appears in the paper.)

1997—"God" asked me to go on drawing

(I was very encouraged by the letters and calls from readers who gave me feedback on my cartoons.)

1998—With a second pair of eyes and ears.

(Discovering my materials in all walks of life, from experts' opinions to the slang of the streets.)

1999—Improve myself and my works can be improved

(What's hard is not drawing, or the subjects or themes, but the moment of discovery, the necessary flash of insight.)

2000—There are ten reasons not to draw any more, but eleven reasons to carry on.

(A reader once said to me, "Let me guess, what will you draw next week?")

2001—Within the heart of everyone and beyond the reach of other cartoonists.

(This is what I'm always striving for with my cartoons.)

While compiling this second book of Food for Thought, I copied these words of self-encouragement to present to my dear readers, because they show a clear picture of my creative journey over nearly a decade of writing and drawing Food for Thought.

Upon the publication of this book, I would like to thank the Supplement Department of Xinmin Evening Journal, Ms. Chen Huiyu and Mr. Gu Zhaomin, editors at Shanghai People's Publishing House, and translators Ms. Wang Chufeng and Mr. Jon Paul Henry.



Fall, 2001

自序

看漫画是一种愉快的享受，画漫画却是一项艰辛的工作。转眼，《智慧快餐》漫画在《新民晚报》“夜光杯”副刊上，已经连载九年了。九年来，每周发表一幅，日积月累，我手头已有九本《智慧快餐》漫画剪报簿。每本剪报扉页上都有一句表达自己当时创作心情的话，现转录如下：

1993 年——《智慧快餐》开张了！

（1992年10月起在《新民晚报》副刊上正式开辟《智慧快餐》专栏，此前做了五年的案头准备工作。）

1994 年——一分耕耘，一分收获。

（《智慧快餐》漫画诞生第二年，获第八届全国美术作品展览优秀作品奖。）

1995 年——持平常心，作不平常的画。

（那年夏天《智慧快餐》漫画又获第三届上海文学艺术优秀成果奖，年底第一册《智慧快餐》漫画集出版。）

1996 年——痛苦的星期四，愉快的星期天。

（该专栏是每周四交新作，每周日见报。）

1997 年——“上帝”叫我继续画下去。

（经常收到读者来信来电，与我交流《智慧快餐》的读后感，深受鼓舞。）

1998 年——比别人多一双眼睛，多一副耳朵。

（平时收集社会各界人士的精辟论点，乃至平民百姓的生活俚语，作为创作素材。）

1999 年——提高自己，才能提升作品。

（不是没有可画的题材，而是缺少发现。）

2000 年——有 10 条理由说不要再画了，但有 11 条理由说一定能画下去。

（曾有位读者对我说，让我来猜一猜，下周你会画什么？）

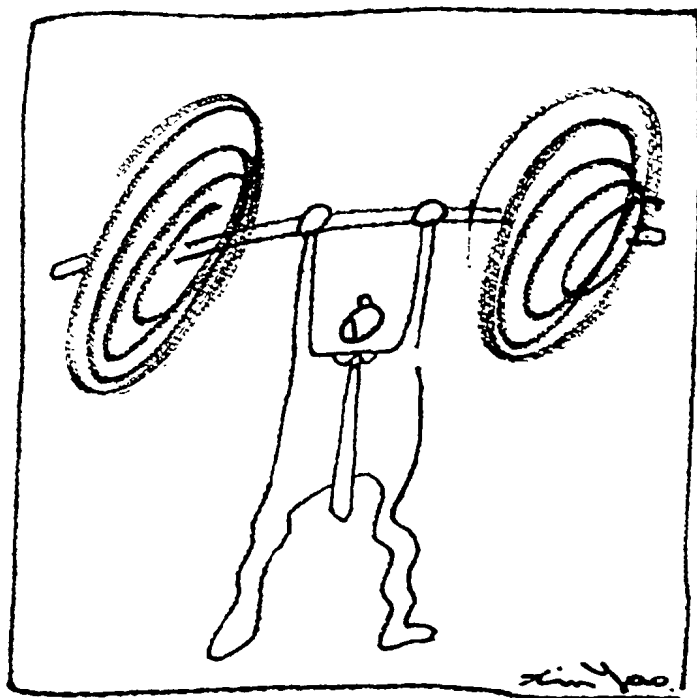
2001 年——人人心中有，他人笔下无。

（我画漫画的永远追求。）

在选编第二册《智慧快餐》漫画时，我将这九本剪报扉页上的自勉之辞一并呈于读者，从中可见我多年来创作“智慧快餐”的心路历程。

结集之际，谨向《新民晚报》副刊部，上海人民出版社编辑陈惠玉女士、顾兆敏先生和译者王楚凤女士、乔恩·保罗·亨利先生，表示谢意。

2001 年初秋

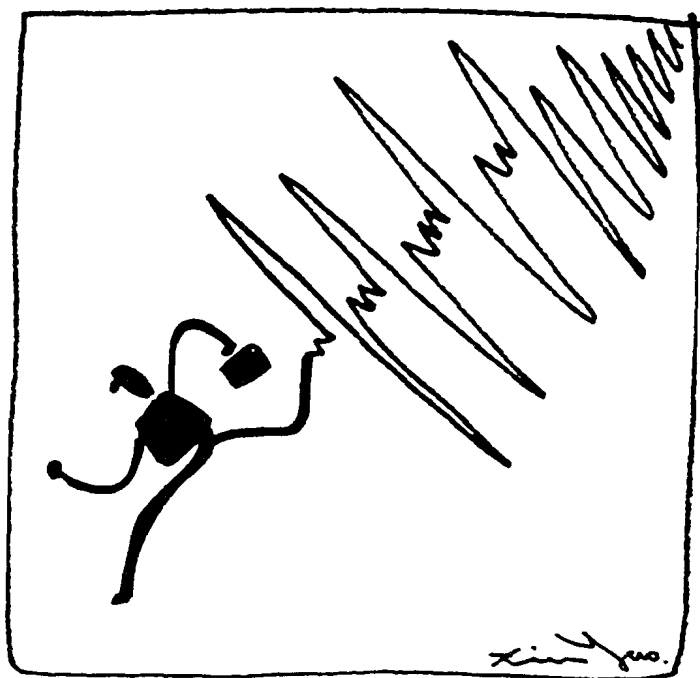


举得起放得下,叫举重;举得起放不下,叫负重。

It's okay to lift a weight and then put it down—that's exercise.
But when you lift and hold it, you're just taking on a burden.

FOOD FOR THOUGHT

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信息时代一不小心改变了人类心脏跳动的频率。

The information age speeds up everything, even our heartrate!

FOOD FOR THOUGHT

智慧快餐

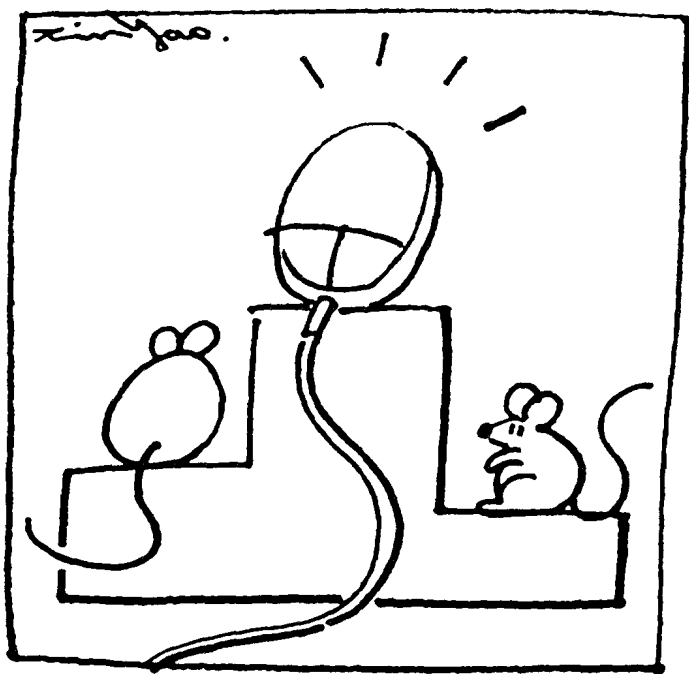


人性有个弱点：通常都乐意接受有形的帮助，却不愿接受无形的忠告。

It's a weakness of human nature that while we're willing to accept tangible help, we balk at taking intangible advice

FOOD FOR THOUGHT

智慧快餐



鼠标——被人们称为自有老鼠以来最重大的发明。

The Mouse—the greatest invention since the mouse

FOOD FOR THOUGHT

智慧快餐

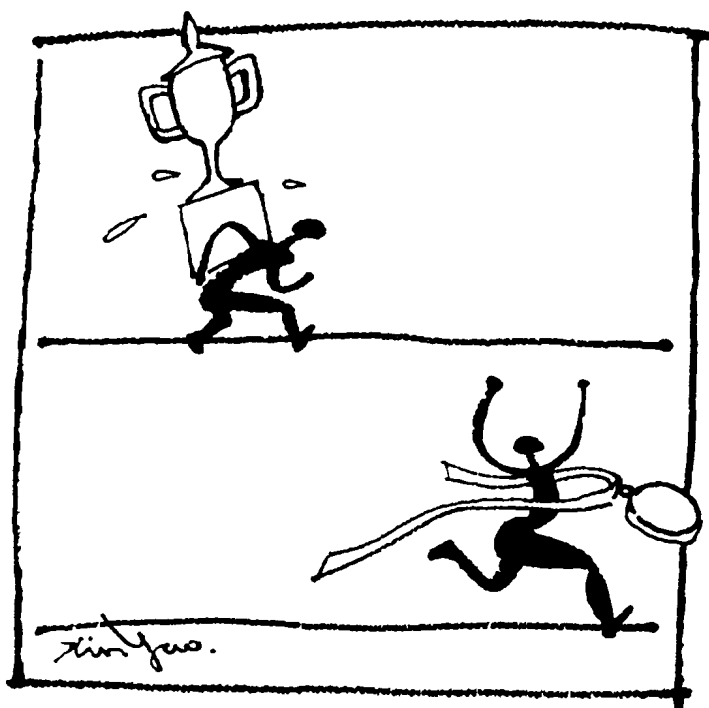


懂得不求完美之时,就是享受美好人生之始。

You'll never be able to enjoy life unless you stop chasing perfection

FOOD FOR THOUGHT

智慧快餐

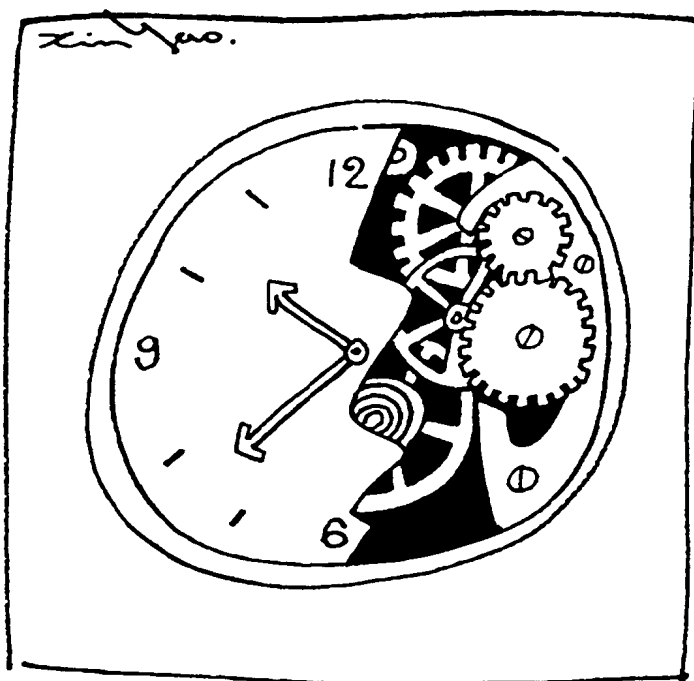


在赛场上,金牌常常拥抱一身轻松的人。

The prize for the race often goes to the runner with lightest heart

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"Simplicity" is ninety percent complexity

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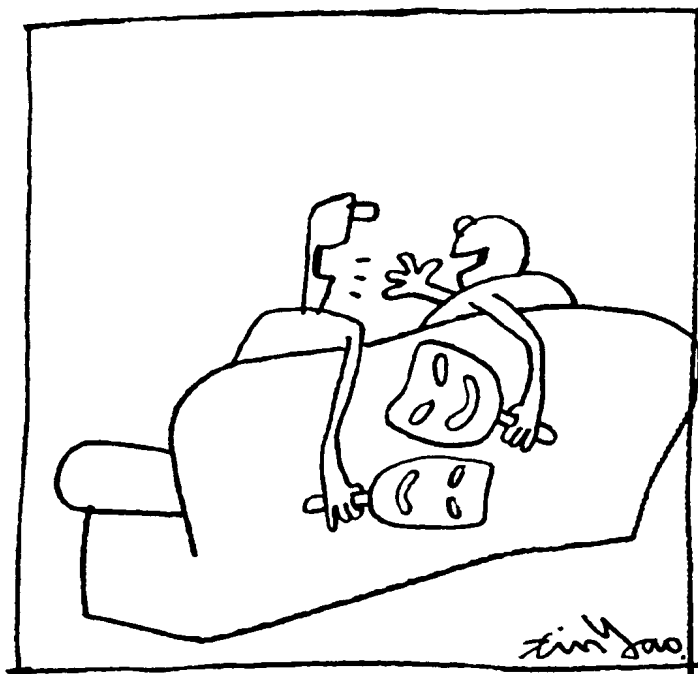


清醒的头脑远比聪明的脑袋来得重要。

A cool judgement is better than a clever mind

FOOD FOR THOUGHT

智慧快餐

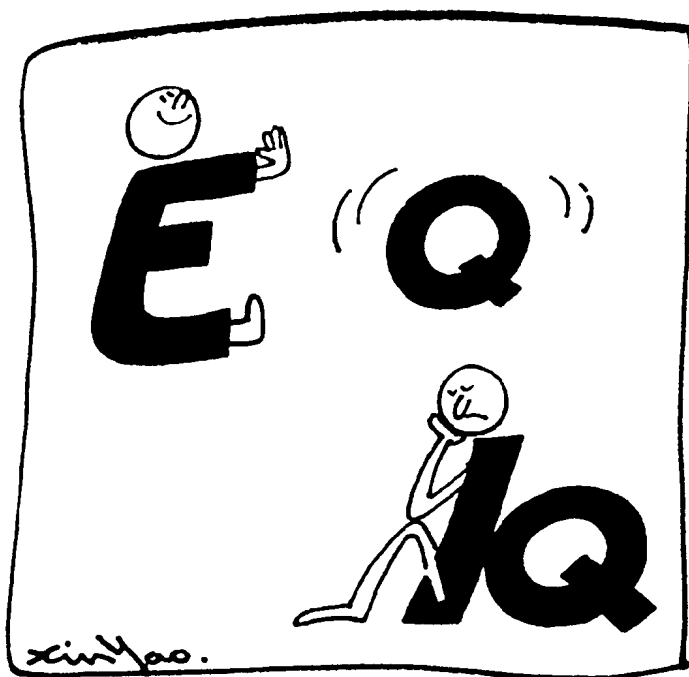


真正的朋友就是随时随地能够与其讲真话的人。

When you have to open your heart, a true friend will listen —
anytime, anywhere.

FOOD FOR THOUGHT

智慧快餐



控制你快乐的不是 IQ(智商),而是 EQ(情商)。

It's your heart that determines your happiness, not your head

FOOD FOR THOUGHT

智慧快餐