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英汉对照 格言警句 精粹

An Essence of Proverbs
and Aphorisms

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前 言

格言、警句、谚语是简练而涵义深刻动人，且多含有劝戒和教育意义的语句，它们都是人类文化宝库中绚丽多彩的瑰宝——短短的一句话，常常寓意深刻，韵味隽永，耐人寻味，既闪耀着思想智慧的光辉，也放射着语言艺术的光彩。在日常生活中，格言、警句、谚语起着指导我们思想行动的作用。当我们遇到困难和问题时，可以把它当做良师益友，使问题迎刃而解，使思想豁然贯通。学习格言、警句、谚语还可以修身养性、陶冶情操。

通过英汉对照方式来学习格言、警句、谚语，可以帮助广大英语爱好者掌握一些简练的英语句型，同时还能记住大量单词，从而提高英语阅读和理解能力；若能上口，对提高英语口语能力也大有裨益。书中有些条目直译不易理解，我们以意译的方式给出了其内涵，读起来更加浅显易懂；对于有多种译法的条目，尽可能一句多译，以便于读者灵活运用。

本书将所精选的格言、警句、谚语以“十最”的形式分为十类，目录中的十句话本身就是十条很精辟的格言。书中内容健康向上，催人奋进；

编排形式，颇具匠心；袖珍开本，精美装帧，不失为朋友之间的馈赠佳品和喜事、华诞等上品贺礼。

由于编译者水平有限，在某些译文的准确性上，尤其是归类编排的条理性上，都可能存在一些问题，敬请同行和读者不吝指正。

编译者

1999 年 12 月

**NOTHING IS DIFFICULT TO
THE MAN WHO WILL TRY**



1

Experiences and Lessons — the Greatest Achievements

Every man is the master of his own soul.

Man is not the creature of circumstances,
circumstances are the creatures of men.

He most lives who thinks most, feels the
noblest and acts the best.

Life is measured by thought and action, not
by time.

Dexterity comes by experience.

Experience is the mother of wisdom.

Experience is the mother of science.

Experience is the best teacher.

Experience is the father of wisdom and
memory the mother.

1

最大的收获是 经验与教训

每个人都是自己命运的主宰。

人不是环境的奴隶，环境是人所创造的。

思想深刻、情感高尚、品行端正者活得最好。

衡量生命之价值系以思想和行动，而非以寿命之长短。

经验使人聪明。

经验乃智慧之母。

经验为科学之母。

经验是最好的老师。

经验是智慧之父，记忆是智慧之母。

Experience must be bought.

**Experience without learning is better than
learning without experience.**

Failure is the mother of success.

Too speeding arrives as tardy as too slow.

Fool's haste is no speed.

Haste brings no success.

More haste, less speed.

Haste makes waste.

Many a true word is spoken in jest.

As a man sows, so he shall reap.

You must reap what you have sown.

Misfortune is a good teacher.

Never cheapen unless you mean to buy.

Never look a gift horse in the mouth.

**Never trust another what you should do
yourself.**

Once paid never craved.

Out of debt, out of danger.

**One bad general is better than two good
ones.**

No mill, no meal

Paddle your own canoe.

要取得经验，须付出代价。

经验胜过书本。

失败乃成功之母。

欲速则不达。

许多真理是以笑话表述的。

种瓜得瓜，种豆得豆。

自作自受。

自食其果。

灾难是良师益友。

不想买，别讨价。

切勿对礼物吹毛求疵。

自己的事自己干。

无债一身轻。

一人最省事，两人难一致。

不磨面，没有饭。

自食其力。

Prospect is often better than possession.

Put not your hand between the bark and the tree.

Reading is to the mind what exercise to the body.

Reading makes a full man, conference a ready man, and writing an exact man.

Sins are not known till they be acted.

The day has eyes and the night has ears.

Pride goes before a fall.

Thought is the seed of action.

Things are not always what they seem.

Living without an aim is like sailing without a compass.

One man is no man.

Many straws may bind an elephant.

Life is not a bed of roses.

Facts speak louder than words.

Many a flower is born to blush unseen.

前途胜过财富。

别人家中事，最好别插手。

读书有益于精神，运动有益于身体。

读书使人充实，辩论使人机智，写作使人严谨。

犯了罪才知罪。

要想人不知，除非己莫为。

骄兵必败。

思想是行动的种子。

事物往往表里不一。

没有目标的生活，如同没有罗盘的航行。

个人是渺小的。

孤树不成林。

草多可缚象。

人多力量大。

生活并不是玫瑰花床。

人生并不都鸟语花香。

事实胜于雄辩。

许多花儿开在人看不到的地方。

默默无闻。

There is no smoke without fire.

Speech is silver, silence is gold.

Silence gives consent.

No great loss without some gain.

Danger is next neighbor to security.

A thing you don't want is dear at any price.

Better say nothing than nothing to the purpose.

Least said, soonest mended.

Curiosity is ill manners in another's house.

First think and then speak.

Look before you leap.

Great designs require great consideration.

He that is not handsome at twenty, nor strong at thirty, nor rich at forty, nor wise at fifty, will never be handsome, strong, rich or wise.

He who sees through life and death will meet with most success.

无火不起烟。

无风不起浪。

雄辩是银，沉默是金。

沉默即同意。

塞翁失马，焉知非福。

祸兮福所倚，福兮祸所伏。

不用的东西最贵。

与其说不准，不如莫吭声。

多说反坏事。

客人好奇，就是失礼。

三思而后言。

三思而后行。

重大决策须谨慎。

二十不美，三十不壮，四十不富裕，五十
不理智，只好默默无闻过一生。

看破人生，大功必成。

If you lie upon roses when young, you'll lie upon thorn when old.

If you wish good advice, consult an old man.

Two of a trade never agree.

If you would make an enemy, lend a man money and ask it of him again.

It is an equal failing to trust everybody and to trust nobody.

It is better to be safe than sorry.

It is better to die when life is a disgrace.

It is easier to build two chimneys than to maintain one.

Fortune is easily found but hard to be kept.

It is good to be good in your time, for you know not how long it will last.

It is more pain to do nothing than something.

Keep a thing seven years and you will find a use for it.

Kind hearts are the gardens; kind thoughts are the roots; kind words are the flowers; kind deeds are the fruits.

玫瑰丛中度青春，荆棘截途了残生。

若要听忠言，求教老人前。

同行是冤家。

钱借出去再讨回，马上就会结仇敌。

相信一切必上当，怀疑一切要吃亏。

事前想周到比事后道歉好。

宁可玉碎，不为瓦全。

创业容易守业难。

找到财富易，保持财富难。

创业容易守业难。

人生在世命无常，得志之时要善良。

闲人心不安，忙人无负担。

存物七年，必有一用。

仁慈的心田是花园，崇高的思想是根茎，
漂亮的言语是花朵，良好的行为是果实。

Life is half spent before we know what it is.

Life is made up of little things.

Golden words offend the ears.

Unpleasant advice is a good medicine.

The farthest way about is the nearest way home.

Never try to prove what nobody doubts.

Learn wisdom by the follies of others.

It is not the beard that makes the philosopher.

Sound health is the greatest of gifts, contentedness, the greatest of riches, trust the greatest of qualities.

**Conscience and reputation are two things.
Conscience is due to yourself, reputation to your neighbour.**

**There is only one good, that is knowledge;
there is only one evil, that is ignorance.**

Conquer the desire, or it will conquer you.

Respect yourself, or no one else will respect you.

**If you don't treasure the things you own,
it'll be useless to cry when they are stolen.**

懂得人生，已过半生。

日常琐事，构成丰富的生活。

忠言逆耳。

忠言逆耳利于行。

遥程路反近，捷径常误人。

无人怀疑的事无需证实。

从别人的愚行中获得智慧。

有志不在年高，无志空长百岁。

健康为最好的天赋，知足为最大的财富，
信任为最佳的品质。

良知和名誉是两回事——良知要凭自己，
名誉则靠旁人。

善只有一个，那就是知识；恶只有一个，
那就是愚昧。

要制服欲望，否则欲望就会制服你。

尊重你自己，否则难得别人尊重。
人必自重而后人重之。

有了东西不珍惜，丢失以后空悲泣。