

· 青少年儿童爱心公益丛书 ·

南丁格尔的故事

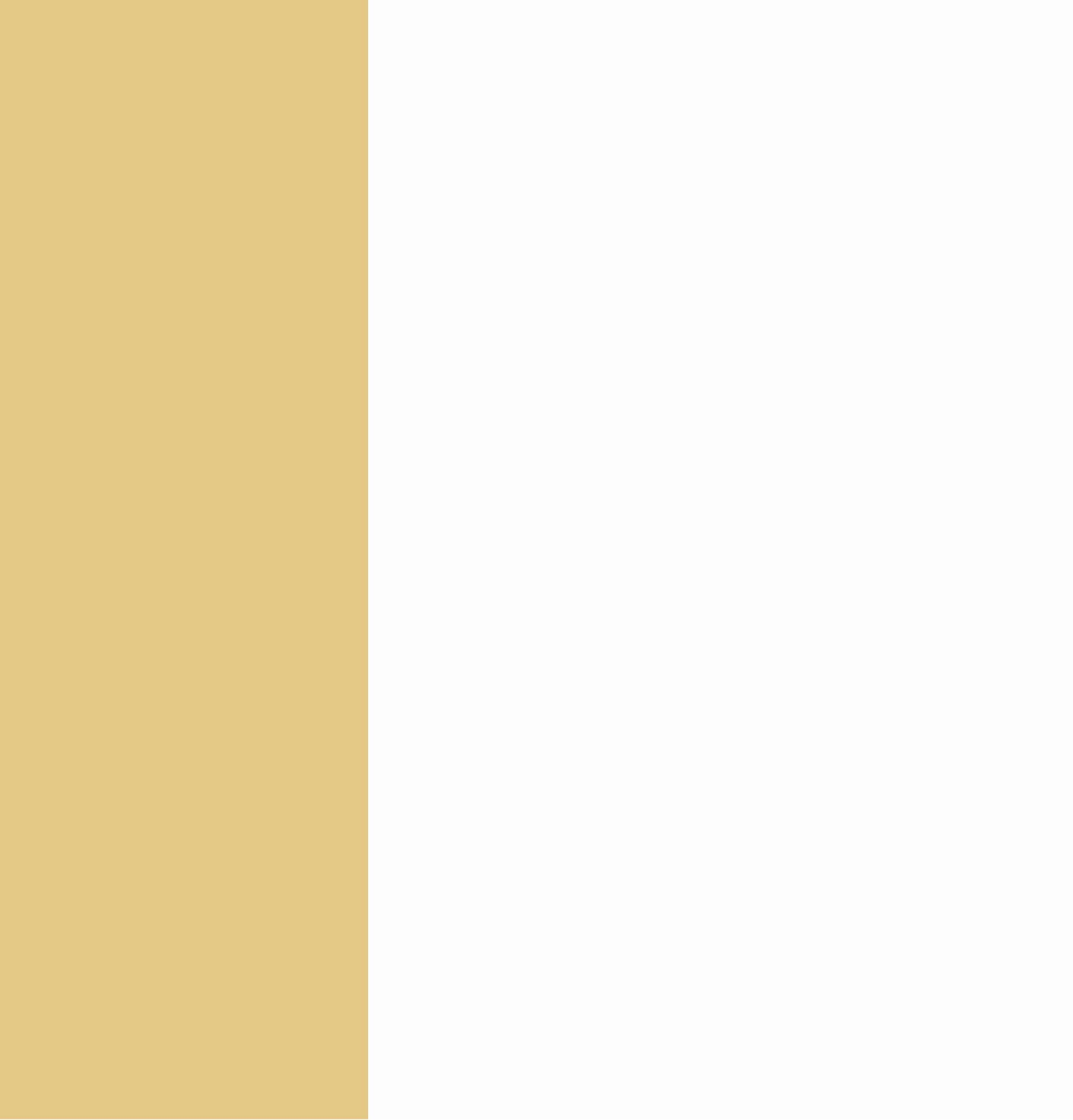
The Story of Florence Nightingale

李 平 / 著 · 绘

中英文对照读物



电子科技大学出版社



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英文翻译：陶克辛



集团订购：023-63865070

爱心启蒙

“虽然是护士，也要有远大的理想。我将沿着南丁格尔指引的道路，继续前行。”

——鲜继淑 第42届南丁格尔奖章获得者、西南医院神经外科护士长

“我将矢志不渝地践行南丁格尔精神，传承大爱，尊重生命，在技术上精益求精，真诚对待每一位患者。”

——赵庆华 第45届南丁格尔奖章获得者、重庆医科大学附属第一医院护理部副主任

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ISBN 978-7-5647-4639-1



9 787564 746391 >

定价: 26.80元

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图书在版编目 (CIP) 数据

南丁格尔的故事 : 英汉对照 / 李平著绘 . -- 成都 :
电子科技大学出版社, 2017.6
ISBN 978-7-5647-4639-1

I . ①南 ... II . ①李 ... III . ①漫画—作品集—中国—
现代 IV . ① J228.2

中国版本图书馆 CIP 数据核字 (2017) 第 137223 号

南丁格尔的故事

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出 版 : 电子科技大学出版社 (成都市一环路东一段159号电子信息产业
大厦邮编: 610051)

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发 行: 新华书店经销

印 刷: 重庆学林建达印务有限公司

成品尺寸: 215mm × 225mm 印张 6 字数 100 千字

版 次: 2017 年 6 月第一版

印 次: 2017 年 6 月第一次印刷

书 号: ISBN 978-7-5647-4639-1

定 价: 26.80 元

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◆ 本社发行部电话: 028-83202463; 本社邮购部电话: 028-83201495

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致读者

To the Readers

亲爱的读者，你知道南丁格尔吗？她可是一个享誉世界的白衣天使。

弗洛伦斯·南丁格尔是现代护理事业的“创始人”。红十字国际委员会以她的名字设立的“南丁格尔奖章”，已成为鼓励各国护士的国际最高荣誉。南丁格尔的生日被定为“国际护士节”。

1820年5月12日，弗洛伦斯·南丁格尔出生在意大利一个英国上流社会的家庭。作为名门望族中的一员，南丁格尔与众不同，她热爱平民、爱护伤兵、珍爱生命，为护理事业奉献了自己的一切，因此获得了全世界人民的尊重和爱戴。如今，100多年过去了，她的精神一直激励着人们去奋斗、去追求、去奉献。

爱是人类最光辉灿烂的人性，是最崇高最伟大的品德。亲爱的小朋友，让我们一起行动起来吧！热爱生命、筑梦爱心、陶冶情操、磨砺意志，让我们从小学会“爱”——爱父母、爱老师、爱同学……热爱我们身边的每一个人。像南丁格尔那样，勤奋学习，执着追求，在快乐、健康的成长过程中去学会爱。

作者

2017年6月重庆

Dear readers, do you know Nightingale? She is the Angel in White well-known to the world.

Florence Nightingale is the founder of modern nursing science. The International Committee of the Red Cross set "Nightingale Medal" under her name, which has already become the top international honor for nurses of all countries. Nightingale's birthday was designated as "International Nurses' Day."

Florence Nightingale was born in a British upper class family in Italy on May 12, 1820. As one of the members of the distinguished family, Nightingale was quite different from the others. She loved the ordinary people, cherished the wounded and valued lives. She devoted everything to the nursing career. Therefore, she has got the respect and love of all the people in the world. Today, over 100 years has passed and her spirit has always been inspiring people to struggle, to pursue and to dedicate for humanity love.

Love is the most brilliant human nature and the noblest and greatest character. Dear young friends, let us take action to love life, dream for humanity, mould temperament and temper ourselves. Let us learn to "love" when young -- to love parents, teachers, classmates ... to love all the people around us. We will work hard and persist in seeking, as Nightingale, for humanity love during our happy and healthy process of growth.

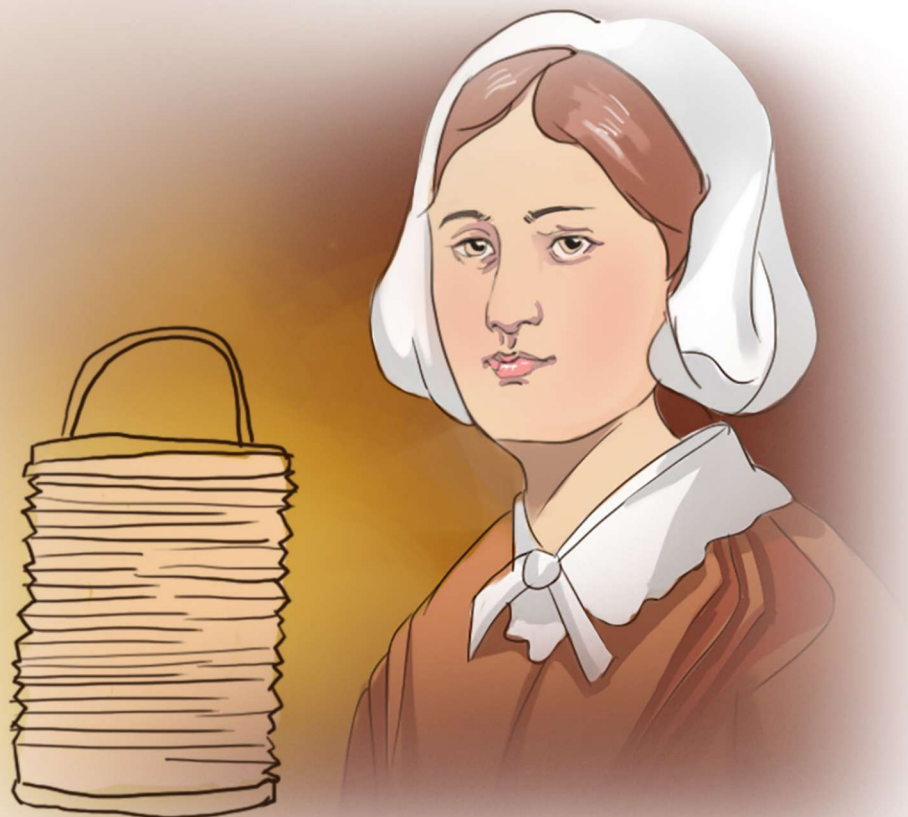
The Author

in Chongqing in June, 2017

在伦敦街头，矗立着一座为克里米亚战争修建的纪念碑。碑体上一位身材瘦小的年轻护士，提着一盏油灯，沿着崎岖小路，穿行在斯卡特地战地医院，她一个病房接一个病房探视，细心地照料每一个受伤的士兵……

A monument is erected for Crimean War in the street of London. Sculptured in the monument is a thin and young nurse, who hurries in the Skate field hospital along the rugged path, with an oil lamp in the hand. She is busy caring all wounded soldiers from one ward to another ...





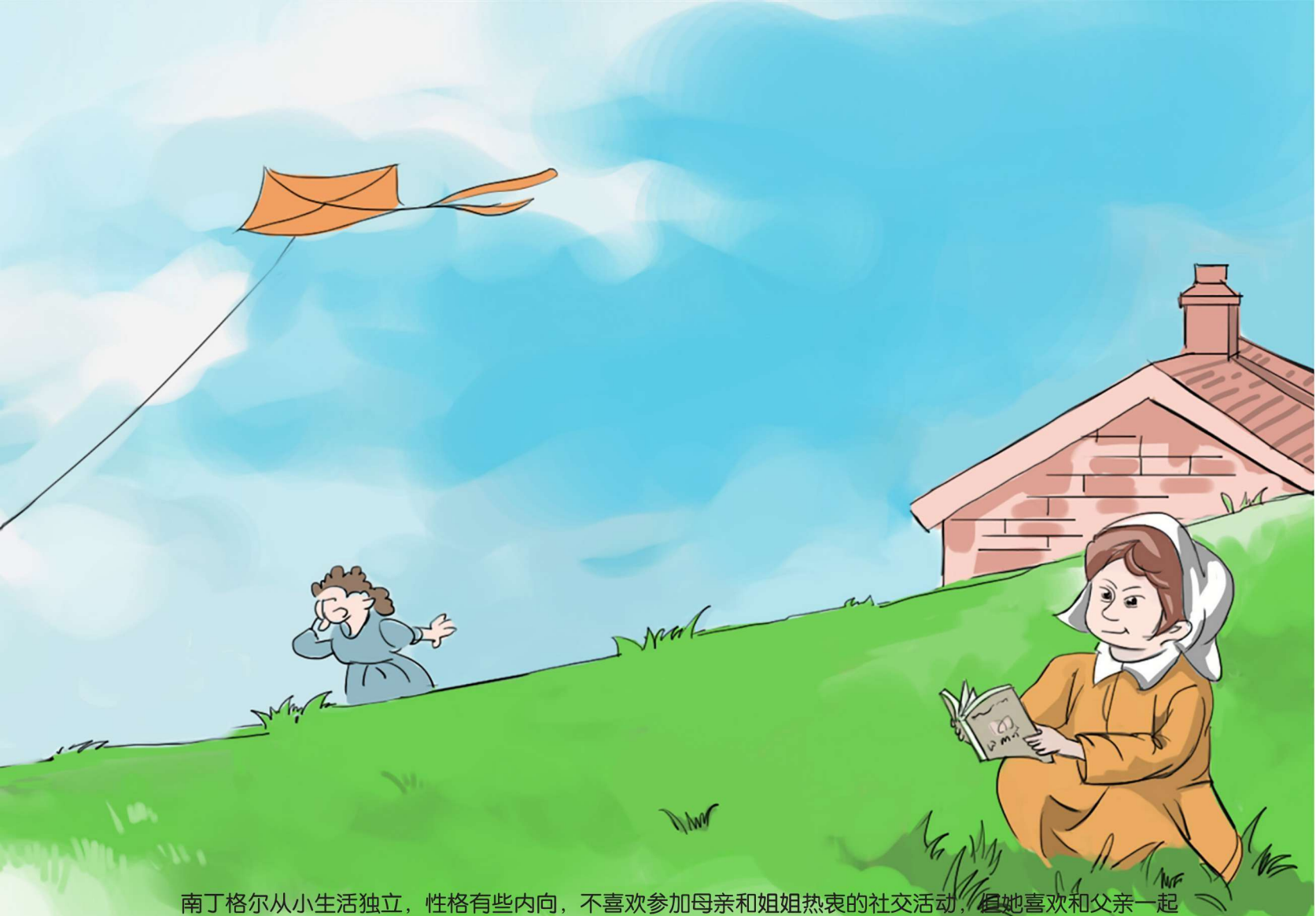
她就是护理事业的“创始人”——弗洛伦斯·南丁格尔。弗洛伦斯的善行和光辉灿烂的一生，赢得了无数人的交口称赞，受到全世界人民的尊敬和爱戴。

She is Florence Nightingale, the founder of nursing profession. Florence won praise from numerous people for her kindness and brilliant life. She is respected and loved by the people all over the world.

1820 年 5 月 12 日，在意大利著名的艺术之都——佛罗伦萨，一个女婴出生在这里，她就是弗洛伦斯·南丁格尔。南丁格尔的父母是一对酷爱旅行的英国夫妇，他们经常出入欧洲各国，南丁格尔就是其父母在意大利旅行途中出生的。

An infant girl was born in Florence, the famous art city of Italy, on May 12, 1820. She was Florence Nightingale. Nightingale's parents were an English couple who ardently loved to travel. They often went in and out of countries of Europe. Nightingale was born during her parents' travel in Italy.





南丁格尔从小生活独立，性格有些内向，不喜欢参加母亲和姐姐热衷的社交活动，但她喜欢和父亲一起读书，与父亲讨论问题，有时一个人安静地思考。在父亲的熏陶下，小南丁格尔成为一个聪明、善良、勇敢的小姑娘。她特别喜欢亲近自然，与各种小动物做朋友。

Nightingale was very independent and introvert in her childhood. She did not like the social intercourses which her mother and elder sister were fond of. Instead, she liked reading books and discussing questions with her father. Sometimes she was quietly lost in thought. Under the influence of her father, young Nightingale became a clever, kind and brave girl. She specially loved nature and made friends with various small animals.

小山雀的事情让南丁格尔难过了好久，此后凡是遇到受伤的小动物，南丁格尔都会仔细地照顾，许多小动物在她的护理下恢复了健康。

The death of the little tit made Nightingale feel bad for a long time. Since then, Nightingale was always taking good care of little wounded animals whenever she came across any of them. Therefore, many little animals recovered under her care.









那是个春暖花开的季节，17岁的南丁格尔和父母来到意大利的热那亚旅游。这儿聚集了成千上万的难民。看到这些可怜的难民，南丁格尔心痛难忍，心里十分疑惑：上帝说过“人生而平等”，可为什么有人过着锦衣玉食的生活，有人却衣不遮体，食不果腹？这到底是为什么呢？“因为战争！”南丁格尔父母的好朋友，著名历史学家西蒙第伤感地对南丁格尔说。西蒙第的话，点燃了南丁格尔关心社会问题的热情。

It was the warm-and-flower spring season when 17-year-old Nightingale and her parents were traveling in Genoa in Italy, where thousands of refugees gathered. At the sight of the poor refugees Nightingale felt bad in heart. She was wondering why some people lived a good life but some not although God said, “all men are created equal.” What was the reason and why? “Because of the war,” said the famous historian Simond, the good friend of her parents’. His words aroused Nightingale’s interest in social problems.



1842 年，英国经济进入了大萧条时期，史称“饥饿的 40 年代”。饥饿带来了巨大的灾难。饥饿不停地制造死亡。对善良的南丁格尔来说，这简直就像一场噩梦。她再也坐不住了，来到伦敦向本森爵士请教。“亲爱的南丁格尔，我想对你说，”本森爵士认真地看着南丁格尔，“目前，在英国有很多病人，他们迫切需要得到良好的护理……”

“护理?!”这个词就像一颗小小的石子，在南丁格尔的心海里溅起片片浪花。“是的，护理。”本森爵士的话，令南丁格尔深受启发与鼓舞，她的心里有了更好的想法。

In 1842, the British entered the Great Depression which is called “the hungry 40s” in history. Death was caused by hunger from time to time. It was really a nightmare to the kind-hearted Nightingale. She could not sit back and wait any longer. She came to Sir Benson in London for advice. Sir Benson seriously looked at her and said, “Dear Nightingale, there are so many patients in England at this moment. They are badly in need of good nursing ...”

The word “nursing” was like a small pebble, splashing in the sea of Nightingale’s heart. “Yes, it is nursing.” Enlightened and encouraged by Sir Benson, Nightingale got her own better idea.

