

英语|回音壁

# 告诉你30条 成长法则

王正元 马瑞香 / 丛书主编  
闫怡恂 田堃 张熙 / 编译

30 TRUE STORIES TO HELP  
YOU TO SUCCESS

追求成长,透视自我,让梦想如愿以偿……

To me a hero is someone who stands out in your mind. Not only could they be a role model, but also excel beyond what we can do. A hero shows all the greatest characteristics one can have, and uses these in the best intentions. Not only these qualities, but being nice to fans and family, supporting others who don't have the option.  
That is what I see my hero as, someone that shines at all times.

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大连理工大学出版社

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# 主编寄语

人生有很多法则  
年轻人的生活法则比成年人的法则更重要  
法则,不仅是规范,还是指南  
法则,是经验的凝聚,智慧的边界  
当你细细品味这些法则时  
你会从中感受到榜样的力量  
吮吸到茁壮成长的养料  
学到驾驭生活的本领  
体悟到成功的真谛





Optimistic Spirit 乐观	查理·卓别林——喜剧之王 \1
Great Leadership 核心能力	纳尔逊·曼德拉——领袖中的领袖 \5
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# 乐观

*"To truly laugh, you must be able to take your pain, and play with it!"*

— Charlie Chaplin

“要想真正地开怀大笑，你就要背负起苦难，还得以它为乐。”

—— 查理·卓别林



## *Charlie Chaplin—A Comedy Genius*

### 查理·卓别林——喜剧之王

**I**n a poor home of a performer, in a poor section of London during the late 19th century, a child was born into a dim life filled with tragedy. His mother was mad, his father died of *alcoholism*<sup>1</sup>; most people in today's society would write this child off, and indeed most did. Who knew that this poor child would be Charlie Spencer Chaplin, the first ever cinematic comedy genius?

在十九世纪末伦敦的贫民区中，有个孩子诞生在一个穷苦的演艺之家。整个家中毫无一丝温馨，他的母亲患有精神病，父亲死于酗酒。在如今这个社会，大多数人或许就此认定这孩子没什么前途可言了，事实也大多确实如此。可有谁能料到这个可怜的穷孩子就是日后电影史上第一位喜剧之王——查理·斯宾塞·卓别林！

Most of Chaplin's early life was spent moving from room to room while his family struggled to pay the rent and stay fed. His mother made enough money to survive as a performer, but she consistently suffered *spells*<sup>2</sup> of madness and was admitted to mental institutions on many occasions.

Alas, her performing career withered away. In his autobiography, Chaplin describes his mother's next attempt to support her family through sewing clothes; but this eventually ended when they could no longer afford to rent the machine. In his early life, the results of poverty were broken up only by off-and-on residency in workhouses for homeless children, and these were the times when his mother was in a mental hospital.

It truly is amazing that one of film's greatest comedians came out of such a tragic background, but at that same time it seems quite typical. Charlie Chaplin teaches us that sometimes, in the face of *adversity*<sup>3</sup>, one must simply laugh.

Charlie Chaplin's silent movies could be understood anywhere in the world because they are just that. While talkies strengthened the language barrier, Chaplin's movies remained silent so that the whole world could join in on the laughter. As the America was enjoying early talkies like *The Jazz Singer*, the rest of the world were roaring and crying at City Lights.

As his movies began to criticize society more and more, the government started to get involved. They felt they were losing their power to some clowns who made fun of them. Out of fear, they labeled Chaplin a left-wing, which of course was like naming someone a witch in 17th century.

Chaplin responded with one of his greatest masterpieces, *Modern Times*, where he even criticized the fact that he had been labeled. There is a particular scene that shows in a factory workers strike and they're *parading*<sup>4</sup> down the street, and Chaplin sees that someone has dropped a flag (assumed to be red) and picks it up, and the police arrest him, claiming him the left-wing leader of the strike.

Eventually, the U.S. government couldn't bear to have him in their country, so much so that when Chaplin left the United States for England to promote his newest film, *Limelight*, they *revoked*<sup>5</sup> his return permit. Without batting an eyelash, Chaplin simply moved to Switzerland and spent the rest of his days there. In 1972, Chaplin was invited and welcomed back to the United States to receive a Oscar lifetime achievement award, but still resided in Switzerland where





he died on Christmas Day 1977.

卓别林的童年生活颠沛流离,大部分时间都花在搬家上,因为赚的钱仅够付房租、交伙食费。卓别林的母亲靠演戏赚钱糊口,但是经常受到精神病的困扰,曾多次被送到精神病院治疗。

母亲的演艺生涯就此终止。在卓别林的自传中他提到他的母亲又开始缝补衣服来勉强维持家人生活。可到后来,他们租不起缝纫机就连缝衣服的活儿都干不了了。在卓别林的童年里,只有在孤儿院的那段日子,贫困的窘境才偶尔会稍微有所缓解。而每次去孤儿院,都是母亲因犯精神病住院的时候。

难以置信,一个最富造诣的喜剧明星竟然会有如此辛酸坎坷的成长经历;然而于此同时,这又似乎很具有代表性。查理·卓别林教会我们:有时候面对厄运,我们只能笑脸相迎。

全世界的人们都能看懂查理·卓别林的无声电影,因为它是那样简洁明了。有声电影会加剧语言障碍,而卓别林的电影保持着无声的风格,整个世界就跟着他捧腹大笑。当美国人在欣赏早期有声影片《爵士歌手》时,世界其他人民都在为《城市之光》疯狂呐喊。

卓别林的电影逐渐转向批判现实社会,因此当局政府就开始插手介入。政府发现有些演喜剧的小丑在拿他们嘲讽取乐,感到有损威严。出于对这种喜剧嘲讽形式的恐惧,当局把卓别林标榜为左翼人士,这在当时看来就如同17世纪时认定某人是个巫婆一样。

卓别林以《摩登时代》作为回应,这是卓别林最成功的力作之一。影片中卓别林极力讽刺自己曾受诽谤的事实。电影中有这样一幕场景:一家工厂的工人进行大罢工,在街上列队游行。卓别林看到队伍中有人掉落了一面旗(应该是面红色的旗),就顺手捡了起来。没想到警察当场就把他逮捕,声称他就是罢工中的左翼分子头目。

终于,美国政府再也无法容忍卓别林在此继续生活下去了。在卓别林去英国宣传他的新片《舞台生涯》时,美国政府取消了卓别林再度入境的资格。卓别林闻讯后,连眼睛都没眨一下就移居瑞士度过他的后半生。1972年,卓别林受邀重返美国领取奥斯卡终身成就奖,但他依然选择在瑞士永久定居。1977年圣诞节,卓别林在瑞士与世长辞。



By keeping his movies silent long after other studios had moved on, he kept the world connected for that much longer, but he also ignored the mainstream and kept doing what he thought was the best for the industry, considering that three of his silent films, *City Lights*, *Modern Times*, and *The Gold Rush* are listed on the American Film Institute's list of the 100 greatest films of all time. Also, he stayed his course when he faced political scrutiny for some of the ideas portrayed and criticized in his films. And last but not least, he rose from his almost doomed childhood and became one of the most recognized comedy genius in the world.

很多电影公司都在创新发展,卓别林依然保持无声电影的风格。因此在很长一段时间里,全世界都很认可他的电影。卓别林不随波逐流而坚持己见,为电影事业奉献力量。他的三部力作——《城市之光》、《摩登时代》、《淘金热》列入美国电影制作公司最成功的 100 部影片之中。卓别林通过讽刺手段把现实影射到影片中。即使遭受政治审查,他也决不放弃。这就是有着辛酸童年、举世公认的喜剧之王——查理·卓别林。

### 注释



1. alcoholism [ˈælkəhɒlɪzəm] *n.* 酒精中毒,酗酒
2. spell [spel] *n.* 一段时间,符咒,魅力
3. adversity [ədˈvə:siti] *n.* 不幸,灾难
4. parade [pəˈreɪd] *n.* 游行 *v.* 检阅,游行
5. revoke [riˈvəuk] *v.* 撤回(回想)

### 译者感言

蓄着小胡须,拿着细手杖,穿着肥裤子,硕大的皮鞋,还有那歪歪扭扭的破旧晚礼服,这正是一代戏剧之王查理·卓别林的典型形象。每次看到卓别林那些夸张的人物海报人们都会忍不住捧腹,臆测他从小到大都生活在一帆风顺之中。而细细品味后才知,那是苦中作乐的嘲讽和对时代和社会的无奈。德国威尔克斯科曾说过:“当生活像一首歌一样轻快流畅时,笑颜常开乃易事;而在一切事都不妙时仍能微笑,才是真正的乐观。”原来乐观本身就是一种成功。卓别林基于他真正艺术家的天性,越来越清楚地意识到自己要从滑稽电影中摆脱出来,逐渐地把严肃的题材和喜剧片的传统手法结合起来,继而赋予影片幽默的源头、严肃的主题,完成戏剧电影“笑过之后带给社会深刻的思考”。正如这位喜剧之王自己所言——要想真正地开怀大笑,你就要背负起苦难,还得以它为乐!





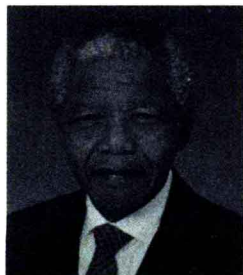
# 核心能力

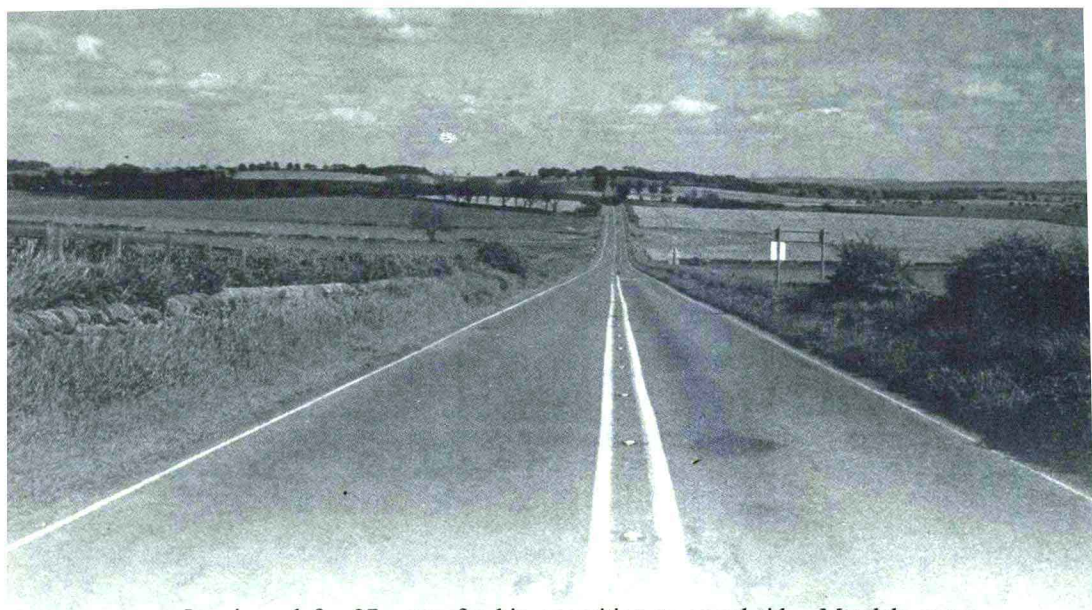
## *Nelson Mandela—Leader among Leaders*

### 纳尔逊·曼德拉——领袖中的领袖

**C**hief among African leaders, Nelson Mandela is one of few statesmen to have achieved almost universal prestige around the world. His role in fighting apartheid, his imprisonment on Robben Island—where he came to *symbolize*<sup>1</sup> the struggle of oppressed people around the world—and his ability to steer South Africa through the crisis of its rebirth have earned him the international reputation of benevolent negotiator and quintessential peacemaker.

纳尔逊·曼德拉是仅有的几位享有国际声誉的非洲领导人之一。对抗种族隔离，幽禁罗宾岛，成为全世界被压迫民众反抗斗争的代表，经历复兴危机的南非导航，所有这些使得曼德拉成为一位享有国际声望、具有亲和力和典范作用的斡旋者。





Imprisoned for 27 years for his opposition to apartheid, Mandela came out of prison in 1990 expressing no bitterness towards his **tormentors**<sup>2</sup>. Instead, he championed reconciliation among South Africa's polarized races, espousing the principles of nation-building and cooperative governance.

Mandela was one of the few leaders capable of inspiring confidence both inside and outside the country. Few others would have managed to unite the disparate warring parties and steer South Africa from what seemed to be the brink of civil war. To some, Mandela has a near-omnipotent power at the negotiating table, carrying with him an **indubitable**<sup>3</sup> moral authority and gentle but firm sense of fairness.



As South Africa's first democratically elected President in 1994, Mandela tackled the great challenge of uniting both the country's racial groupings and a **fragmented**<sup>4</sup> public service system. And a significant milestone of his presidency was the constitution-making process.

Mandela is well known for taking a strong stand against the giant world powers—especially in defense of Africa. As President, he was **unrestrained**<sup>5</sup> in embracing the ANC's former allies, in spite of criticism from the United States. His position has also made for relationships with both Russia and China, former allies of the ANC.



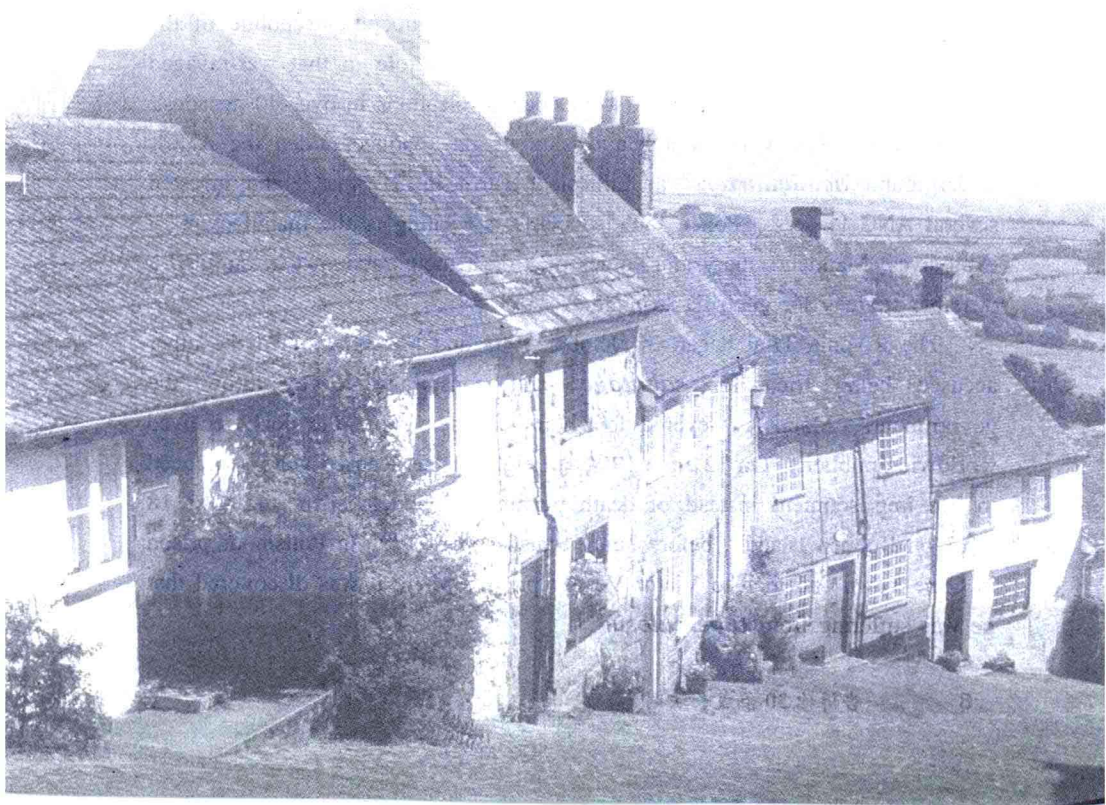


由于反对种族隔离,曼德拉历经了二十七年的铁窗生涯。1990年出狱的他并没有向世人表露他的狱中之苦,而是去支持南非各极化分裂种族间的团结运动,主张建立国家、协作管理。

无论在国内国外,曼德拉都能为他人点燃信心之火,这样的领导人并不多见。其他的领导者都没能将敌对各党团结起来,也没能将南非从内战的边缘引开。对一些人来讲,谈判桌上的曼德拉有着几近无所不能的力量、不容置疑的道德威信和温和而坚定的公正感。

1994年,这位南非第一位由民主选举产生的总统,勇挑重担,团结国内各种族团体,整修破碎的公共服务体系。宪法的出台便是他任期内的一项具有里程碑意义的重要成果。

曼德拉以其面对世界强国的坚决态度而闻名,尤其在为坚决保护非洲利益辩护时。作为总统,曼德拉不顾美国的批评之声,仍自由地与非洲国民大会的前任各同盟国友好往来。他与俄罗斯和中国这些非洲国民大会的前任盟国建立了联系。





Since handing over the reins of the presidency to Thabo Mbeki in 1999, Mandela has played a key role as middleman in crisis-hit areas. In particular, he sealed a peace agreement with the warring *factions*<sup>6</sup> in Burundi, after replacing Tanzania's Julius Nyerere as chief negotiator. He was also called upon to hammer out a peace agreement in the Democratic République of the Congo (DRC). Later on, Mbeki took over his role in that war-ravaged country, which in 2006 held its first presidential elections in over 40 decades.

In those years when Mandela was in prison, police raided the ANC's underground *headquarters*<sup>7</sup> at Lilliesleaf Farm in Rivonia, and arrested several ANC leaders. Police found documents relating to the manufacture of explosives, Mandela's diary and copies of a draft memorandum that outlined a possible strategy for guerrilla struggle.

The Rivonia Trial began in October 1963 and Mandela joined the other accused being tried for *sabotage*<sup>8</sup> and conspiracy to overthrow the government. Mandela's fevered four-hour statement from the dock received worldwide publicity. On 12 June 1964, all eight of the accused were sentenced to life imprisonment instead of death penalty. Mandela spent the next 18 years on Robben Island, before being transferred in 1982 to Pollsmoor prison in Cape Town and then to Victor Verster prison, where it was discovered that he was suffering from *tuberculosis*<sup>9</sup>.





自从1999年曼德拉将总统权利移交给塔博·姆贝基之后，他便在危机高发地区充当起中间人这个关键角色。特别是当他取代了作为主要斡旋者的坦桑尼亚的朱利叶斯·尼雷尔之后，曼德拉曾在布隆迪各敌对派系之间达成过一项和平协议。同时，曼德拉还被委以为刚果民主共和国的和平协定出谋划策的使命。后来，姆贝基接替了曼德拉的这一任务，2006年，在那个经历了战争蹂躏的国家里，举行了过去四十多年来从未有过的首次总统选举。

当年曼德拉被捕入狱时，警方曾搜捕过非洲国民大会位于利沃尼亚的利利斯利弗农场的地下总部，并且抓捕过几名非洲国民大会的领导人。警方发现了一些制造爆炸物的相关资料、曼德拉的日记、以及几份关于游击斗争可行性策略的备忘录草稿。

1963年10月的利沃尼亚审判中，曼德拉与其他人一同被指控试图从事破坏活动以及共谋推翻政府。曼德拉在被告席上长达四个小时的激昂陈述得到了全世界的关注。1964年6月12日，八名被告人被判处终身监禁，并没有被处以死刑。随后的十八年里，曼德拉都是在罗宾岛的监狱里度过的。1982年他被转往位于开普敦的帕士摩监狱，随后又转到了维克沃斯特监狱，在那里曼德拉患上了肺结核并饱受病痛的折磨。





On Robben Island, Mandela, who was still kept along with other senior leaders, continued to play an important role as a political leader behind bars, maintaining contact with the ANC leadership in exile. From July 1986, Mandela initiated contact with government representatives, which led eventually to his July 1989 meeting with President P.W. Botha.

Mandela was released from jail, 11 February 1990. The first images of the President-to-be walking out of prison were relayed live via satellite to audiences across the globe. After released from the prison, Mandela led the ANC in negotiations with the South African government, which culminated in the adoption of the interim constitution in November 1993. In 1994 the ANC won the country's first multiracial elections with an overwhelming majority. Mandela's *inauguration*<sup>10</sup> as President brought together the largest number of heads of state since the funeral of former US President John Kennedy in 1963.

During his whole life, Nelson Mandela has never wavered in his devotion to democracy, equality and learning. Despite terrible provocation, he has never answered racism with racism. His life has been an inspiration, in South Africa and throughout the world, to all who are oppressed and deprived, to all who are opposed to oppression and deprivation. In a life that symbolizes the triumph of the human spirit over man's inhumanity to man, Nelson Mandela accepted the 1993 Nobel Peace Prize on behalf of all South Africans who suffered and sacrificed so much to bring peace to Africa.





在罗宾岛的监狱里，曼德拉仍旧与其他高级领导者们团结在一起，与被流放的非洲国民大会的领导人们保持联系，在监狱中继续发挥着政治领袖的重要作用。从1986年7月起，曼德拉开始与政府代表联系，最终促成了1989年7月与总统博塔的会面。

1990年2月11日，曼德拉出狱。这位未来的总统步出监狱的第一批图像通过卫星传送给了全球的观众。出狱后，曼德拉领导非洲国民大会与南非政府进行谈判协商，使政府在1993年11月同意采用过渡宪法。1994年，非洲国民大会在南非举行的第一届多种族选举中获得了压倒性的胜利。曼德拉总统就职典礼聚集了世界各国首脑。这也是自1963年参加美国前总统约翰·肯尼迪的葬礼以来，各国首脑出席人数最多的一次。

纳尔逊·曼德拉一生都从未动摇过为民主、平等、学习而献身的信仰。尽管饱经沧桑，曼德拉却从未以牙还牙，从未用种族歧视报复种族歧视。对于那些在南非乃至全世界受压迫和剥削但不甘于受压迫和剥削的人来说，曼德拉的一生能够赋予他们灵感与启示。他的一生成为了人类精神战胜非人道残害的象征。1993年，纳尔逊·曼德拉代表受苦受难、为非洲带来和平的全体南非人民，接受了诺贝尔和平奖。

