

# 友 Intimate 情 friendship 无

清华情感阅读丛书

蒋隆国 | 主编



# 间

催人泪下的情感故事  
震撼心灵的世间真情  
有朋友同行是种安全，  
有朋友声援是种力量，有朋友帮助是种温暖，  
有朋友忠告是种激励，有朋友惦念是种幸福。



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# *Intimate Friendship*

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## 前言

朋友是梦,睡也思念;朋友是缘,一世相牵;朋友是路,越走越宽;朋友是福,吉祥无边。朋友是天,朋友是地,有了朋友才能开天辟地;朋友是风,朋友是雨,有了朋友才能呼风唤雨。

有朋友同行是种安全,有朋友声援是种力量,有朋友帮助是种温暖,有朋友忠告是种激励,有朋友惦念是种幸福。在我们的人生道路上,可以一时没有爱情,没有财富,没有地位,但无论何时都不能没有朋友相伴,所以赫尔曼·黑塞说:“名誉、美酒、爱情,都不及可以让我感到幸福的友情更珍惜。”

友谊是慷慨和荣誉最贤惠的母亲,是感激和仁慈的姐妹,是憎恨和贪婪的死敌;它时时刻刻都准备舍己为人,而且完全出于自愿不用他人恳求。朋友,可以把快乐加倍,把悲伤减半,世上没有一桩悲剧比没有朋友相伴更可悲。真正的友谊,是一株成长缓慢的植物,需要时间和环境的历练。在骄阳似火的夏日,也许它不如玫瑰那么美丽,可是在寒风刺骨的隆冬,它却像松柏一样青翠而充满活力。那些能够分享内心感受的朋友,可以给我们相知的温暖和战胜困难的力量。时光如水,在以后的日子里,青春可能会褪色,事业可能会落魄,但幸好我一直有朋友在身边。

古往今来,综观中外,无论是经典名著,还是散文诗歌,友情一直是一个被称颂的主题,都对它有着无尽的诉说和赞美,或淡然,或深刻,或温暖,或热烈。而广大的读者对这些文学作品之所以钟爱,除了对美好友谊的向往,更多的还是被作家的文采所吸引,被作品中人物的伟大友谊所感动。读者在阅读这些作品时不仅体验了平实质朴的友谊,还得到了教育和启迪。友情不只是一种情感,它同样是一门精湛的艺术,一门高深的学问。它教会我们在接受爱和奉献的

同时,更应该懂得去爱和付出。

而当今的社会,广大的青年人对知识的渴求更为迫切,尤其是对英语的学习。然而,呆板而枯燥的英语教科书早已让英语学习者失去了兴趣,他们渴望有更加活泼新颖的英语学习方式。中英文对照的图书恰恰能迎合广大读者这一迫切的需求。为了满足更多英语爱好者的需要,我们编辑了这套中英文对照的《清华情感阅读》系列丛书,用英语的外在形式诠释世间美好情感的真谛。

《友情无间》是丛书中的一部,以中英文对照的形式,精选经典的友情美文,有名著名篇、散文、诗歌等。在每篇后都引用几句正文内容中精彩的情感句子和情感感悟,起到画龙点睛的作用。

在本书中,你可以体味到哲学大师弗朗西斯·培根对友谊的独到见解,也会感动于《野性的呼唤》中巴克与主人的深情。而更为重要的是,在你沉醉于故事情节的同时,你的英文水平也在无形中得到了很大的提高,可谓一举多得。

当然,在我们编译的过程中,由于编译者的水平有限,难免会出现一些不足之处,敬请读者批评指正,我们万分感谢。



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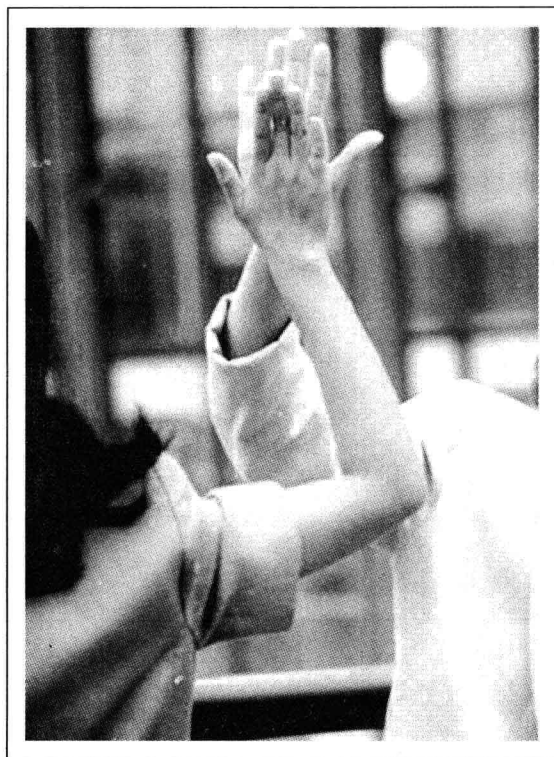
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Of Friendship

论友谊



**Of Friendship** Francis Bacon

It had been hard for him that spoke it to have put more truth and untruth together in few words, than in that speech, "Whatsoever is delighted in solitude, is either a wild beast or a god." For it is most true, that a natural and secret hatred, and aversion towards society, in any man, hath somewhat of the savage beast; but it is most untrue, that it should have any character at all, of the divine nature; except it proceed, not out of a pleasure in solitude, but out of a love and desire to sequester a man's self, for a higher conversation; such as is found to have been falsely and feignedly in some of the heathen; as Epimenides the Canadian, Numa the Roman, Empedocles the Sicilian, and Apollonius of Tyana; and truly and really, in divers of the ancient hermits and holy fathers of the church. But little do men perceive what solitude is, and how far it extendeth. For a crowd is not company; and faces are

**论友情** 弗朗西斯·培根

“喜欢孤独的人不是野兽便是神灵”，很难有人再用寥寥数语把真理和邪说放在一处表述得如此透彻。因为，若说一个人心里有了一种天生的、隐秘的、对社会的憎恨嫌弃，则那个人不免带点野兽的性质，这是极其真实的；然而要说这样的一个人居然有任何神灵的性质，则是极不真实的。只有一点可为例外，那就是当这种憎恨社会的心理不是出于对孤独的爱好而是出于一种想把自己退出社会以求更崇高的生活的心理的时候。这样的人异教徒中有些人曾冒充过，如克瑞蒂人埃辟曼尼底斯、罗马人努马、西西利人安辟道克利斯和蒂安那人阿波郎尼亚斯；而基督教会中许多的古隐者和长老则确有如此者。但是一般人并不大明白何为孤独以及孤独的范围。因为

but a gallery of pictures; and talk but a tinkling cymbal, where there is no love. The Latin adage meeteth with it a little: *Magna civitas, magna solitudo*; because in a great town friends are scattered; so that there is not that fellowship, for the most part, which is in less neighborhoods. But we may go further, and affirm most truly, that it is a mere and miserable solitude to want true friends; without which the world is but a wilderness; And even in this sense also of solitude, whosoever in the frame of his nature and affections, is unfit for friendship, he taketh it of the beast, and not from humanity.

A principal fruit of friendship is the ease and discharge of the fullness and swellings of the heart, which passions of all kinds do cause and induce. We know diseases of stoppings, and suffocations, are the most dangerous in the body; and it is not much otherwise in the mind; you may take sarza to open the liver, steel to open the spleen, flowers of sulphur for the lungs, castoreum for the brain; but no receipt openeth the heart, but a true friend; to whom you may impart griefs, joys, fears, hopes, suspicions, counsels, and whatsoever lieth upon the heart to oppress it, in a kind of civil shrift or confession.



### 友情物语：

1. It is a mere and miserable solitude to want true friends; without which the world is but a wilderness.

缺乏真正的朋友乃是最纯粹最可怜的孤独;没有友谊则斯世不过是一片荒野。

2. To whom you may impart griefs, joys, fears, hopes, suspicions, counsels, and whatsoever lieth upon the heart to oppress it, in a kind of civil shrift or confession.

对一个真心的朋友,你可以传达你的忧愁、欢悦、恐惧、希望、疑忌、谏诤,以及任何压在你心上的事情,有如一种教堂之外的忏悔。

在没有“仁爱”的地方，一群人众并不能算做一个团体，许多面目也仅仅是一列图画；而交谈则不过是铙钹叮铃作声而已。这种情形有句拉丁成语略能形容：“一座大城市就是一片大荒野”；因为在一座大城市里朋友们是散居各处的，所以就其大概而言，不像在小一点的城镇里，有那样的交情。但是我们不妨更进一步并且很真实地断言说，缺乏真正的朋友乃是最纯粹最可怜的孤独；没有友谊则斯世不过是一片荒野；我们还可以用这个意义来论“孤独”说，凡是天性不配交友的人，其性情可说是来自禽兽而不是来自人类的。

友谊的主要效用之一就在使人心中的愤懑抑郁之气得以宣泄弛放，这些不平之气是各种情感都可以引起的。闭塞之症于人的身体最为凶险，这是我们知道；在人的精神方面亦复如此：你可以服撒尔沙以通肝，服钢以通脾，服硫华以通肺，服海狸胶以通脑，然而除了一个真心的朋友之外没有一样药剂是可以通心的。对一个真心的朋友，你可以传达你的忧愁、欢悦、恐惧、希望、疑忌、谏诤，以及任何压在你心上的事情，有如一种教堂之外的忏悔。

## 友情小贴士

友情给了我们宣泄愤懑的出口，给了我们表达愉悦的对象。当我们在这个世界上奋力搏斗时，最幸福的是可以对自己说：“我不是一个人在这世界打拼，因为我有你，在我心里。幸好我还有友谊。”

## Commandments of Friendship

### 1 Speak to People.

There is nothing as nice as a cheerful word of greeting.

### 2 Smile at People.

It takes 72 muscles to frown, but only 14 to smile!

### 3 Call People by Name.

The sweetest music to anyone's ear is the sound of his or her own name.

### 4 Be Friendly and Helpful.

If you would have friends, be friendly.

### 5 Be Cordial.

Speak and act as if everything you do were a real pleasure.

### 6 Be Genuinely Interested in People.

You can like everyone if you try.

### 7 Be Generous with Praise, Cautious with Criticism.

Praise will win out when it comes to gaining friends.

### 8 Be Considerate of the Feelings of Others.

It will be appreciated.

### 9 Be Thoughtful of the Opinions of Others.

People love their opinions as they do their own children; calling them stupid won't get you anything but anger.

### 10 Be Alert to Give Service.

What counts most in life is what we do for others!



### 友情物语:

#### 1. Smile at People. It takes 72 muscles to frown, but only 14 to smile!

要向人们微笑。皱眉需要 72 块肌肉,而微笑只需要 14 块!

#### 2. Be Alert to Give Service. What counts most in life is what we do for others!

要留心给予服务。人生中最重要的是我们为他人做了什么。

## 友谊10诫

1. 要主动交流。没有什么比得上一句诚心的问候了。
2. 要向人们微笑。皱眉需要 72 块肌肉,而微笑只需要 14 块!
3. 要称呼人们的名字。对于任何一个人来说,世上最悦耳的音乐莫过于他/她自己的名字了。
4. 要友好、乐于助人。如果你想要有朋友,你就要对人友好。
5. 要热诚。说话和做事时都让人感觉到你正在做的事让你非常愉快。
6. 要对他人有真诚的兴趣。只要你尝试,你可以喜欢上任何一个人。
7. 要不吝于表扬,但要慎于批评。说到赢得朋友,赞美是最有用的了。
8. 要体谅他人的感情。别人会心存感激的。
9. 要考虑他人的意见。人们喜欢自己的意见就像喜欢自己的孩子一样,如果你说他们愚蠢只会让他们生你的气。
10. 要留心给予服务。人生中最重要的是我们为他人做了什么。



### 友情小贴士

朋友是一颗心两个身体,在友情中最重要的戒律  
是真心,真正的友情是心与心的交流和相通。



## A Friend Is A Present Which You Give Yourself

I remember growing up, my mom always said, “Half the fun of doing anything is sharing it with others.” It’s so true. Friends and mates allow us to savor our success and our joys, comfort us in our challenging moments, and provide a mirror for us to learn more about ourselves. I’ve always looked at friends as the family we choose. They enrich our lives. As Robert Louis Steven once said, “A friend is a present which you give yourself.”

To be a good friend or partner, it’s important to be a good listener. Hear what your friend or mate has to say first rather than jumping to conclusions or getting defensive. Sometimes it is useful to be their mirror, for when they hear their words repeated back to them, it can help them to realize that what they said was not exactly what they meant to say.

Patience, compassion and empathy are also important traits in being a good friend or partner. You know the old golden rule: “Care for others the way you would like them to care for you.” The support of a friend during a tough time could make the difference between success and failure.

Encouragement and confidence are priceless gifts that can help change a person’s life. Take care, though, with whom you choose to have close relationships for they can have a tremendous impact on your self-esteem and life path. As someone once told me, “The attitudes of your friends are like the buttons on an elevator. They will either take you up or down.”