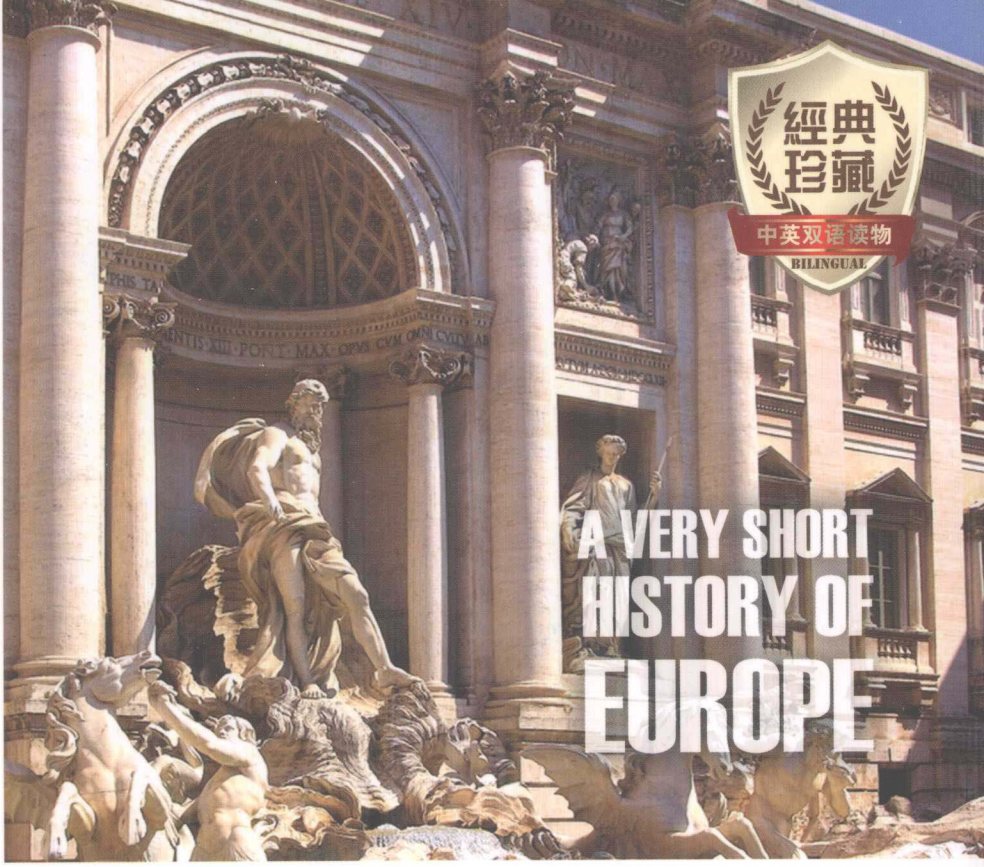

经典珍藏
中英双语读物
BILINGUAL

# A VERY SHORT HISTORY OF EUROPE

## 一口气读懂欧洲史

HUMANITIES IN ENGLISH

HISTORY EuroPe

李 玲◎编译

品历史知识，赏西方文化，
行艺术之旅，增人文涵养。

一堂丰富的人文英语课——现代人应该了解的西方历史、文化、艺术、风俗……

陕西师范大学出版总社有限公司
SHAANXI NORMAL UNIVERSITY GENERAL PUBLISHING HOUSE CO., LTD.

人文英语
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# 前言 Humanities in English

# Foreword

## 培养人文素质 成就国际通才

若想精通一门语言，没有对其文化背景的深入了解恐怕永远难登大雅之堂。在全球化日益成为国际主流的今天，英语作为西方文化头牌语言的重要性已日益凸显——今日世界，恐怕在地球上的任何角落人们都可以用英语问路、用英语聊天、用英语购物、用英语交友、用英语在跨文化间作深度交流——奔驰等国际性大公司的工作语言是英语，并购了IBM的联想公司也决定用英语作为工作语言。

正如许多西方人热切地想了解中国文化一样，中国的英语学习及爱好者对西方文化及人文的了解也处于热切的需求当中。是的，如果对西方的历史、文学、艺术、宗教、哲学没有一个最基本的了解，就连看好莱坞大片都会成为一个问题；而西方文化贡献给社会的普世价值恰恰是它深厚的人文传统及“民主、自由、博爱”等现代理念，不了解这些，则与任何稍有层次和品位的西方人的交流都将难以顺畅。

此外，国内的英语学习者如再停留在日常生活的English In General 的层次上，必将难以适应深度沟通和交流的需要，因此，对专业英语及文化背景的深入了解和

学习将是提升英语能力的必由之路。有鉴于此，本套丛书为读者奉上原汁原味的人文阅读精华，其或选自原典正文、或选自专业教材、或选自网络热贴，由精研此业者掇菁撷华，辑录成册，希望能帮助读者在学习英语的同时又能品位西方文化的独特魅力。在辑录过程中，我们力求摒弃学校教育的僵硬和枯燥，代之以更加生动、更加全面的通识阅读范本。我们写历史，致力于拨开其厚重压抑而倾向于读者感兴趣的文化、建筑、艺术、风俗等人文知识；我们写文学，力求抛开一般文学史纲目划分的束缚而代之以切合各国风情又适合读者阅读的脉络。

读万卷书行万里路，在我们无法踏上万里之路以愉耳目的时候，我们可以用阅读来滋养心灵，拓展人生版图。于某一日午后，抛开世俗的纷扰，挑一静谧之处，一杯香茗，几卷书册，品文化，长知识，学英语，在书页和文字之间触摸大千世界的真谛，在阅读中将知识内化成自己的修养，人生至乐。

文化共语言同飞，思想与阅读共舞。让我们的目光穿越时光、穿越语言，在原汁原味的英语阅读中品位人类文明共有的人文素质、人文素养、人文情怀、人文理念……并在此过程中成就自己的文化修养及完美人生。



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# 第一章
# 远古时代——文明的摇篮

欧洲历史包罗万象，种种因素随着岁月的推移不停地变化着。其中两条主干对欧洲历史发展产生了深远的影响：希腊-罗马历史和犹太教-基督教历史。

## 1. Ancient Greece 古希腊

Do you know Troy War? Do you know Olympic Games? Do you know the **Pantheon**[1]? Do you know that all these great legacies originated in ancient Greece? Ancient Greece is called "the birthplace of Western civilization". About 2500 years ago, the Greeks created a way of life that other people admired and copied and left with us with precious treasury.

你听说过特洛伊战争吗？你知道奥运会吗？你一睹过帕特农神庙的风采吗？你知道所有这些伟大的创作都源自于古希腊吗？古希腊被誉为“西方文明的摇篮”，大约2500年前，希腊人创造了令人羡慕的生活，为后代留下了宝贵的财富。

1 Pantheon n. 帕台农神殿（希腊用以祭祀雅典娜女神的神庙）

## Greece—Homeland to Olympics 雅典——奥运会的故乡

The Greeks loves sports very much. Once every four years, they had a big festival on Olympus Mount that includes contests of sports. The Greek Olympics, part of a religious festival, began in 776 BC and inspired the modern Olympic Games (began in 1896).

古希腊人酷爱体育运动。每隔四年，他们都要在奥林匹斯山举行一次大型的盛会，包括体育竞赛。古希腊的奥林匹克体育竞赛始于公元前776年，当时只是宗教庆典的部分活动。1896年，奥林匹克运动重回希腊，并发展成为世界上最具规模的业余体育竞赛活动。

### The Disc Thrower 掷饼者（雕塑）

His moment is leading to explosive action. It is designed on a frontal plane with head and legs in **profile**[2] and the upper **torso**[3] turned towards the front. It is balanced by the arced arms and the head and left leg, a formal composition that displays the harmonious proportions characteristic of the classical style.

掷饼者雕塑展示的是力量爆发瞬间的动作。由他的头部和腿的侧面以及向前倾斜的上身构成了一幅正面的效果图。作品依靠弯成弧形的手臂、头部和左腿来保持整个身体的平衡。这幅作品主要展示了古典风格中特有的和谐比例。

### Events at the Games 运动项目

At the first one-day Olympic Games, the only event was a short sprint from one end of the stadium to the other. The running track was much wider than a modern one. Twenty people could run at once. Gradually more events were added to make five days of competitions, including the opening

2 profile n. 侧面；轮廓；外形；剖面

3 torso n. 躯干；裸体躯干雕像；未完成的作品；残缺不全的东西

and closing ceremonies. They included wrestling, boxing, long jump, throwing the javelin and discus, and **chariot**[4] racing. In the **pentathlon**[5], there were five events: running, wrestling, javelin, discus and long jump.

Winners were given a wreath of leaves, and a hero's welcome back home. Winners might marry rich women, enjoy free meals, invitations to parties, and the best seats in the theatre.

第一届古代奥运会只举行一天，比赛项目只有短跑，参赛选手从体育场的一端跑到另一端就算完成了比赛。不过当时的跑道比现在的竞赛跑道要宽，20个选手可以同时参加比赛。随着项目的增加，比赛时间增至5天，加上开幕式、闭幕式及一些庆典活动。增加的项目有：摔跤、拳击、跳远、标枪、铁饼、战车赛跑等。其中五项全能包括：跑步、摔跤、标枪、铁饼和跳远。

优胜者通常被赐予橄榄枝花冠，然后隆重还乡。他们因此可以迎娶家境殷实的千金小姐、享受免费的食物，参加各种聚会，并拥有剧院最好的位置。

掷饼者

## Women at Olympia 女性与古代奥运会

Only men, boys and unmarried girls were allowed to attend the Olympic Games. Married women were not allowed into the Olympic Games. Any women caught **sneaking**[6] in were punished! Women could own horses in the chariot race though.

4 chariot n. 二轮战车 vt. 驾驭 vi. 乘战车；驾驭战车

5 pentathlon n. 五项运动；五项全能运动

6 sneak vt. 潜行(隐藏,填石缝) n. 潜行





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Unmarried women had their own festival at Olympia every four years. This was the Heraia, held in honour of Hera, wife of Zeus. Women could compete in running races, though only unmarried girls took part. Winners were awarded crowns of sacred olive branches, the same as men. As a rule Greek women did not go in for sport, unless they were Spartans.

除了成年男性，未婚女孩和男孩也可以参加奥运会，但是已婚女性排除在外。任何已婚女性，若被抓到偷看奥运会，将受到严厉的惩罚。参加战车赛跑的女性可以拥有属于自己的马驹。

在每隔四年的古代奥运会中，未婚女孩也有属于她们自己的节日，那就是为纪念宙斯的妻子赫拉所举行的Heraia。参加赛跑的女性也仅限于未婚女孩，与男性一样，优胜者也可获得橄榄枝花冠。但是，在古希腊，除了斯巴达女性，其他城邦的女性不允许参加奥运会。

## Spartan Warriors 斯巴达勇士

While Athens was trying **democracy**[7] as a form of government, its rival Sparta had two kings. One king might stay at home, while the other was away fighting battles. Fighting battles was what the Spartans did best. Greeks said that in a battle one Spartan was worth several other men.

It was tough being a Spartan. Sickly babies were killed. Boys practised fighting and did athletics. He became a soldier when he was 20. However, a boy's training began much earlier, when he left his family home at the age of 7, and went to live in an army school. **Discipline**[8] was tough. He was allowed only one tunic, and had to walk barefoot even in cold weather. He was taught how to **live rough**[9] and steal food. He was warned it was foolish to get drunk, like some other Greeks did. Men lived in army camps even after they

7 democracy n. 民主，民主主义；民主政治

8 discipline n. 纪律；学科；训练；惩罚 vt. 训练，训导；惩戒

9 live rough 1. 过苦日子，过艰苦的生活 2. 生活困难

got married.

Girls also did physical exercises. Spartan women had more freedom than other Greek women—a wife ran the family farm and gave orders to the **helots**[10] or slaves. Old people too were shown more respect in Sparta than in other Greek states.

Spartan mothers told their sons before they left for battle, "Come back with your **shield**[11], or on it." Dead Spartans were carried home on their shields. Only a coward would drop his shield and run away.

古代奥运会竞技场遗址

古希腊200多个城邦中，雅典和斯巴达是最具有实力的。在当时，雅典是一个追求民主、进步、文学繁荣的城邦，斯巴达却保守、专制。当时的斯巴达有两个国王，一个坐阵本土，另一个征战他方。战争是斯巴达人最擅长的。据希腊人描述，在战场上，一个斯巴达人抵过好几个对手。

斯巴达人的成长历程是艰难的。刚出生的婴儿，如果不够健壮，就会直接被摔死。男孩从小就练习打仗、参加体育运动。当他20岁的时候，就可以入伍成为一名士兵。但是，他早在7岁的时候就离开了家庭，住在军队学校，开始接受训练。军队纪律严酷，即使在严冬，也只允许穿一件长袍，必须赤脚走路。在这段时间里，他必须学会如何在艰苦的条件下生存，获得食物。在斯巴达人眼里，像希腊人那样喝醉酒是很愚蠢的。即使结婚后，斯巴达男人依然在军队生活。

10 helot n. 受人轻视之人；（古希腊斯巴达的）奴隶

11 shield n. 盾；防护物；保护者 vt. 保卫；包庇；遮蔽；避开 vi. 起保护作用；防御

斯巴达女孩也参加体育锻炼。与希腊其他城邦的女性相比，斯巴达女性享有更多的自由——通常主妇们管理整个家庭，可以对下人与奴隶发号施令。在斯巴达，老人也备受尊敬。

在儿子出征前，斯巴达母亲会对他说：要么带着你的盾回来，要么躺在上面回来。”在战场上牺牲的斯巴达士兵，他们的遗体会置于自己的盾牌上，由战友们带回家乡。只有懦夫才会弃盾牌逃跑。

### The 300 Spartans 斯巴达300勇士

Sparta's most famous battle was Thermopylae. The year was 480 B.C. A huge Persian army was trying to invade Greece. Barring the way at the mountain pass of Thermopylae were 300 Spartan soldiers led by King Leonidas, along with a few hundred other Greeks.

The Spartans' brave fight lasted three days. One story says that after they broke their swords, the Spartans fought the Persians with their bare hands and teeth! In the end, Leonidas and his Spartans lay dead. The Persians marched on to capture Athens. But soon afterwards the Greeks defeated the Persian fleet at the sea battle of Salamis.

斯巴达最著名的战役是德摩比利之战。公元前四百八十年，波斯国国王薛西斯一世统率五十万大军、战舰千余艘，大举进攻希腊，并一路南下逼近德摩比利隘口。在此进行殊死搏斗的是斯巴达国王列奥尼达斯亲率的斯巴达300勇士，以及由各处集结而来的希腊联军几百人。

这场壮烈的战役持续了3天。有人说，在他们的刀剑用完了以后，他们用自己的双手和牙齿与波斯军队继续拼搏。最后，列奥尼达斯和他的勇士们都壮烈牺牲，波斯军队继续进攻雅典。但是，很快希腊人就在萨拉米斯海战中将波斯舰队击溃。

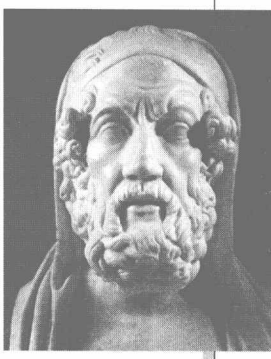
## Homer 欧洲文学鼻祖——荷马

Ancient Greeks considered Homer to be the author of their epics. He probably lived around 700 B.C. Two such epics, the *Iliad* and the *Odyssey*, have survived. They are not about events of Homer's own time, but about great men and wars of remoter age, probably in the period of 1200—1100

B.C.

The *Iliad* deals with the alliance of the states of the southern mainland of Greece, led by Agamemnon in their war against the city of Troy. The heroes are Hector on the Trojan side and Achilles and Odysseus on the Greek. In the final battle, Hector was killed by Achilles and Troy was **sacked**[12] and burned by the Greeks.

The *Odyssey* deals with the return of Odyssey after the Trojan War to his home island of Ithaca. It describes many adventures he ran into on his long sea **voyage**[13] and how finally he was reunited with his **faithful**[14] wife Penelope.



荷马

荷马被古希腊人认为是史诗的作者。他大概生活在公元前700年左右。他的两部巨作——《伊利亚特》和《奥德赛》流传至今。这两部作品的内容都不是关于荷马自己所处时代的事情，而是关于远古时代——大约公元前1200年到公元前1100年之间的战争以及英雄人物的事迹。

《伊利亚特》描写了在阿伽门农的率领下，古希腊南部各城邦联合征战特洛伊城的故事。书中的英雄人物，有特洛伊的赫克托耳，还有古希腊的阿喀琉斯及奥德修斯。在最后的战斗中，阿喀琉斯杀死了赫克托耳。古希腊人将特洛伊城洗劫一空，有一把火把它烧为灰烬。

《奥德赛》主要讲述了特洛伊战争结束后奥德修斯返回家乡伊大加岛的故事。书中描写了在长期航海旅途中的种种冒险经历，以及最终他如何与忠诚的妻子佩涅

12 sack n. 麻布袋；洗劫 vt. 解雇；把……装入袋；劫掠

13 voyage n. 航行；航程；旅行记 vi. 航海；航行 vt. 飞过；渡过

14 faithful adj. 忠实的，忠诚的；如实的；准确可靠的

洛佩团聚的故事。

## Socrates, Plato, Aristotle 希腊三贤——苏格拉底、柏拉图、亚里士多德

"Let Plato be your friend, and Aristotle, but more let your friend be Truth."

——哈佛大学校训：与柏拉图为友，与亚里士多德为友，更要与真理为友。

Socrates, Plato, Aristotle are greatest names in European **philosophy**[15] who were active in Athens in the 5th and 4th century B.C. They were closely linked. Socrates taught Plato, who taught Aristotle. But Plato and Aristotle had different views on many things, each with his own school of **disciples**[16].

苏格拉底、柏拉图和亚里士多德是欧洲哲学史上最伟大的人物，他们生活在公元前5世纪和4世纪的希腊雅典。他们彼此紧密相连，苏格拉底教过柏拉图，柏拉图又是亚里士多德的老师。但是柏拉图与亚里士多德对许多事物有不同的观点，并形成了各自的学派。

### Socrates 苏格拉底

When Socrates (about 470-399B.C.) is mentioned, one generally thinks of two ideas.

The first is the "Socratic method," a way of imparting students knowledge by asking them a series of "leading questions." According to Socrates, as recorded by Plato in his *Dialogues*, we have all lived before, and that by asking the right questions, a good teacher can cause us to "remember" what we used to know in a previous lifetime. More likely, it was

15 philosophy n. 哲学；哲理；人生观

16 disciple n.信徒，门徒学生；追随者 vt.教育；训练;使成为信徒

a way of leading people to logical conclusions.

The other common idea associated with Socrates is "Socratic wisdom." Socrates hold that one should not claim to know things beyond his expertise. For example, a **shopkeeper**[17] shouldn't claim to be an expert on politics, nor a doctor on **carpentry**[18]. So, "to know what you do not know," and to accept the limits of your knowledge, is the essence of Socratic wisdom.

说到苏格拉底（大约公元前470~399），人们一般会想到两个概念。

第一个概念就是“苏格拉底问答法”，即通过问学生一系列问题，从而引导学生发现知识的一种教学方法。柏拉图在《谈话录》中记载，苏格拉底认为我们都有过前世，而一个好的老师可以通过问对问题，从而引导我们“记起”前世所了解的知识。其实，这更像是一种引导人们进行逻辑思考、做出结论的方法。

第二个关于苏格拉底的概念就是“苏格拉底智慧”。他认为，我们不应该夸夸其谈，说自己精通本行业以外的事情。比如说，一个店家不应该说他也是政治领域专家；一个医生不应该说他也是木工专家。因此“了解你的不足”，知道我们所掌握的知识是有限的，才是苏格拉底智慧的精髓。

苏格拉底在沉思

The roots of education are bitter, but the fruit is sweet. 教育的根是苦的，但其果实是甜的。

### Plato 柏拉图

Plato (about 428-348 B.C.), wrote down Socrates' ideas, probably mixing in many of his own. He loved his teacher Socrates. Also, he showed himself a **brilliant**[19]

17 shopkeeper n.小店经营人，店主

18 carpentry n. 木工手艺，木匠活；木匠业；木器

19 brilliant adj. 灿烂的，闪耀的；杰出的；有才气的





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