

致青春

中英双语读物

与青春有
关的日子

青春派

主 编 青 闰

*Youth is like gold, with which you
can make what you want to make.*

青春就像黄金，你想做成什么，就能成为什么。



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前 言

一滴水珠折射出太阳的光辉，一朵小花蕴含着人生的美好，生活中的平凡小事点点滴滴往往包含最深刻的人生哲理。

“与青春有关的日子系列”包括《青春派》、《幸福派》、《砥砺派》、《逆旅派》和《幽默派》五本。

这是值得用心品味的人生宝典，是让亿万人获得幸福的心灵密码，是按摩情感的心灵圣经，也是温暖千万心灵、改变千万人生的传世佳作。所选篇章丰富、全面、隽永、经典，所选内容发人深省、耐人寻味、引人入胜、励人奋进。

“与青春有关的日子系列”涉及青春、幸福、心态、宽容、尊重、亲情、爱情、友谊、善良、感恩、做人、做事、挫折、成功、幽默、诙谐等重大人生课题，涵盖人生的上上下下方方面面，文章短小精炼、字字珠玑，包含深刻的生活内涵和无穷的人生智慧，既能点燃我们内心深处的智慧火花，又能使我们感到心灵震撼，还能让我们从容自信，端正人生态度，找到人生方向，成就美满人生。

这里选译的文章或经典优美、百读不厌，或震撼心灵、耐人寻味，或自然和谐、生动有趣，或陶冶情操、净化心灵，或美仑美奂、动人心扉，或幽默风趣、博人一粲……她们像一颗颗珍珠、一粒粒钻石、一泓泓清泉；她们像一缕缕阳光、一处处圣火、一座座灯塔；她们像一只只神奇灵动的手拨动着你的心弦，使你如沐春风、如逢甘霖；她们像鲜花一样芬芳，月色一样柔和，微风一样清新，春雨一样滋润。

在选材上，我们披沙拣金，尽可能多方位、多角度、多层面地展现其风姿和魅力。

在翻译上，我们反复斟酌推敲，力求准确到位，传神达韵，流畅优美，让你体味到汉语言的博大精深和独特韵味。

在设计上，我们追求精美韵致、别出心裁，让你一见倾心、爱不释手、

一读难忘。

朋友，每当华灯初上，白天的喧哗与骚动渐渐平息，伴着明月清风，和着舒缓旋律，携一卷美文，品一杯香茗，坐在属于自己的空间，体验文字带给你的优美、睿智、灵动与流畅，感受时间从指缝间悄然滑过，体味一种纯净、充实和有趣的生活，是何等美妙和惬意！

朋友，来吧，这里有你的青春，有你的记忆，有你的梦想，有你的希望，有你的幸福……让我们在此相会，让我们的人生得到心灵的滋润。

在翻译过程中，我们得到了北京航空航天大学出版社秦莹编辑的悉心指导和鼎力支持，在此深表谢忱。

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There were tears in Lila's eyes again, but her voice was firm as she stood up. "Let's go find Andy. We'll tell him he can go and test his wings."

丽拉的眼里又一次涌满了泪水，但当地站起来时，她的声音却非常坚定：“我们去找安迪吧。我们告诉他可以展翅试飞了。”

画龙
点睛

To Test Your Wings



"We have to let him try it, Lila," I urged my wife. "Can't you see that?"

"But how will he manage on his own?"

"He'll manage."

"But he's blind!"

"I know it."

Of course I knew it. I'm Andy's father, aren't I? But I also knew how much it hurt Lila to say that. It was years before I heard her admit it. Even though she knew it, had been told it over and over by all the doctors, we had taken Andy to, during the early years, when we were still hoping.

"Lila," I tried again, "he's nineteen years old. He's clever. He's **ambitious** ①. He's confident. He wants to try things on his own. We've given him what we can. We have to let him go."

"But why does he have to choose a college halfway across the country?"

"Because he wants to test his wings."

"That's all very well," she continued to protest, "but he's not whole. How do we know he can fly on his own?"

"I think he can," I **prodded** ② gently. "And we have to let him try. He'll come back sometimes." We were both silent for a while. Then, "Remember Gertie?"

"Yes," Lila nodded. "I remember Gertie."

"And we let her use her wings, didn't we?"

Lila nodded again.

"Even though it hurt? Even though you wanted to hold

生词有约

① **ambitious**
adj. 有雄心的

② **prod**
vt. 敦促



onto her. Even though she was disabled, too, in a way, and we were afraid she might not make it.”

“Yes.”

“And she did come back, didn't she? Not only that spring, but for several springs, and a couple of falls, too.”

“But never to sta—”

“No. Never to stay,” I agreed. “And that's the way it is with children too, once they're grown and gone.”

There were tears in Lila's eyes again, but her voice was firm as she stood up. “Let's go find Andy. We'll tell him he can go and test his wings.”

展翅试飞

“我得让他去试试，丽拉，”我劝妻子说，“难道你不明白吗？”

“可他一个人怎么能行呢？”

“他会行的。”

“可他是瞎子呀！”

“我知道。”

我当然知道。我是安迪的父亲，难道不是吗？但是，我知道那样说会伤害丽拉有多么深。过了好几年，我才听到她承认这件事。早些年在我们仍抱有希望时，我们曾带安迪去看过医生，我们曾被医生们告诉过很多遍这个事实，即使她知道。

“丽拉，”我又努力道，“他已经19岁了。他聪明，有抱负，也很自信。他想自己去亲自试一下。我们已经尽我们所能给了他。我们得让他走。”

“可他为什么要选择横穿半个国家的一所大学呢？”

“因为他想展翅试飞。”

“这很好，”她继续抗议道，“可他不健全呀。我们怎么知道他一个人能飞呢？”

“我想他能，”我轻声劝说道，“再说我们得让他试一下。他有时是会回来的。”我们俩都沉默了一会儿。随后问道：“还记得格蒂吗？”

“是的，”丽拉说，“我记得格蒂。”

“而且我们让它使用了自己的翅膀，难道不是吗？”

丽拉又点点头。

“即使很伤心？即使你想抓住它不放。即使它的身体，在某种程度上，也有毛病，而且我们害怕它不可能成功。”

“是的。”

“而且，它的确回来过，难道不是吗？不仅那年春天，而且还有好几个春天，以及几个秋天。”

“但从未留——”

“是的，从未留下来，”我随声附和说，“这和孩子们的情况是一样的，一旦他们长大成人、远走高飞。”

丽拉的眼里又一次涌满了泪水，但当她站起来时，她的声音却非常坚定：“我们去找安迪吧。我们告诉他可以展翅试飞了。”



诵读经典 >>>>

Read classic

But I also knew how much it hurt Lila to say that. It was years before I heard her admit it.

但是，我知道那样说会伤害丽拉有多么深。过了好几年，我才听到她承认这件事。



妙语连珠 >>>>

Sparkling discourse

★ The target of life is to grow.

人生的目标在于成长。

★ If life is a grindstone, use it to sharpen your wits.

如果生活是一块磨石，用它去磨砺你的智慧吧。

★ Your body is the baggage you must carry through life. The more excess baggage the shorter the trip.

身体是你终生携带的行囊。行囊越重，人生旅程就越短。

★ Life is a process of accumulation. And you may fall sometimes, but even if you fall, you should understand how to grasp some sand in your hand.

人生是一个积累过程。你总会摔倒，即使摔倒，也要懂得抓一把沙子在手里。

★ Life's ups and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping-stones to build the life you want.

生命中的沉浮可以提供决定价值和目标的机遇之窗。不妨把一切障碍当作打造你想要的生活的垫脚石。

Hues of purplish, rose and amber begin to pulsate in the sky. High above, in the soft blue, a lone star still sparkles. Silver mist rises gently from the lake. All is still.

画龙
点睛

淡紫色的、玫瑰色的和琥珀色的光波开始在天空中微微颤动起来。苍穹之上，柔蓝之中，一颗孤星仍在闪烁。银雾从湖面上冉冉升起。四周万籁俱寂。

Where the Sun Always Rises



“Get up! Get up!” my mother whispers. My eyes flash open in the predawn gray. Sleepily, I look around the screened-in porch of our family’s log cabin, where we spend our summer weeks. I take in the dock-green porch swing, the birch-leg table, the twin bed where my sister sleeps, the smoky **gloss**^① of the kerosene lantern. My face feels the coolness of the early-morning air.

I relax and curl deeper beneath the blankets’ warmth. “Get up!” my mother whispers again. “The sunrise is glorious!” Careful not to let the screen door slam, she sets off down to the lake.

Get up to see the sunrise? The last thing this 14-year-old wants to do is leave a warm bed to see the sun rise. It’s freezing out there.

My 17-year-old sister pushes back her covers and sits up. I make a supreme effort and struggle out too. We grab my father’s World War II army blankets and wrap them tightly around our cotton nighties. Our pace is quick. One of us misses catching the screen door. It slams.

Carefully, we pick our way over slippery rocks and prickly pine needles, down 49 dew-covered log steps to the shore. We catch our breath and look up. Across the lake, a sliver of brilliant red crests the top of the shadowed forest. It outlines our mother on the lakeshore, the first light catching

生词有约

① gloss

n. 光泽的表面



the soft red of her hair.

Hues of purplish, rose and amber begin to **pulsate**^② in the sky. High above, in the soft blue, a lone star still sparkles. Silver mist rises gently from the lake. All is still.

Suddenly, the curve of a brilliant sun bursts through the dark forest. The world begins to awaken. A blue heron rises from a distant shore and gently fans its way over the water. Two ducks make a rippled landing near our dock, while a loon skims along the edge of a nearby island, hunting its morning food.

Breathing the chill air, the three of us draw our blankets closer. At last, the soft hues of dawn turn bright with the new day. The star fades. My sister and I took one more look and race back to bed.

My mother is reluctant to leave the sunrise **amphitheater**^③. It is a while before I hear her reach the top step and gently close the porch door.

“Get up! Get up!” I whisper to my **adolescent**^④ sons sleeping in the old metal beds on the cabin porch. “Come see the sunrise! It’s awesome!”

I watch as they snatch the World War II army blankets from their beds and stumble out the porch door. It slams. Gingerly, they **maneuver**^⑤ over slippery rocks and prickly pine needles down 49 dew-covered log steps to the lakeshore.

Their grandmother, her red hair now streaked with white, is already there. She greets us silently with a bright smile, gathers her blanket closer and turns toward the east.

My sons watch intently as the rich colors of the sunrise soar into the sky. It isn’t long before the lake awakens at the flap of a blue heron’s wings and the melodic call of a **loon**^⑥.

“Isn’t it beautiful?” I whisper. The boys nod silently. Before long, they grab the tails of their **frayed**^⑦ blankets and race back up the steps to the warmth of their beds.

My mother and I stay. Standing close, we watch the swirls of pearl mist rise and the graceful glide of an eagle high

② **pulsate**

vi. 有规律地跳动

③ **amphitheater**

n. 壮丽景象

④ **adolescent**

adj. 青春期的；青春的

⑤ **maneuver**

vi. 操纵；移动

⑥ **loon**

n. 潜鸟

⑦ **frayed**

adj. 磨损的



overhead. Our faces warm in the early sun.

We turn and begin the slow climb up the old log stairs. Halfway up, I look back to see how my mother is doing. But she's not on the stairs. She has changed her mind. Through the trees I can see her, still on the shore, lingering in the light.

太阳总在那里升起

“起床喽！起床喽！”母亲低声喊道。我一下子睁开眼睛，闪现在眼前的是黎明前的灰暗。我睡眼惺忪地环顾着我们家小木屋的那个安着屏风的门廊。这里就是我们度过数周夏日时光的地方。我欣赏着草绿色的门廊秋千、白桦木腿桌、姐姐睡的成对单人床，还有那烟熏的煤油灯罩。我感到脸上掠过凉爽的晨风。

我伸了伸腰，又往温暖的毛毯里拱了拱身子。“起来吧！”母亲又小声喊道。“日出多么壮观！”母亲小心翼翼，不让屏门发出任何响声，然后向湖边走去。

起床就为了看日出？对一个14岁的孩子来说，最不想做的就是离开暖被窝去看日出。外面冻死人了。

17岁的姐姐掀被坐起，我也一鼓劲钻了出来。我们俩一把拽起父亲“二战”时用过的军用毛毯，紧紧地裹在棉睡衣外面，匆匆跑了出去。我们俩都忘了带上门。门砰地关了上去。

我们小心翼翼地走过滑溜溜的岩石，绕过那些山地松针，沿着露水打湿的49级木台阶向湖岸走去。我们喘了口气，抬头望去。只见在湖对岸，一抹耀眼的红色爬上了树影婆娑的林梢，映衬出了母亲在湖岸的身影；第一缕阳光照在了她柔红色的头发上。

淡紫色的、玫瑰色的和琥珀色的光波开始在天空中微微颤动起来。苍穹之上，柔蓝之中，一颗孤星仍在闪烁。银雾从湖面上冉冉升起。四周万籁俱寂。

突然，一道灿烂的阳光射过黑黝黝的森林。整个世界开始苏醒。一只蓝苍鹭从远处的湖岸振翅飞起，在湖面上轻轻抖动着向前飞去。在我们的码头附近，两只鸭子荡起涟漪上了岸。一只潜鸟掠过附近一个小岛的边缘，在猎取早餐。

我们仨呼吸着习习凉气，将毛毯裹得更紧了。终于，黎明时那种朦胧的色调随着新的一天的到来变得明亮。那颗孤星退隐而去。我和姐姐又看了一眼，便又飞快地钻进了被窝。

母亲舍不得离开那蔚为壮观的日出美景。过了一会儿，我才听到她迈上门前最高一级台阶，轻轻合上了门廊的门。

“起床喽！起床喽！”我对睡在小屋门廊旧金属床的年少的儿子低声喊道。“快来看日出！真壮观啊！”

我看着他们从床上一把抓起那条二战时期的军用毛毯，踉踉跄跄走出走廊门。门砰地关上。他们小心翼翼地跨过那些光滑的石头和扎人的松针，走下满是露水的49级木台阶，来到湖岸边。

他们的祖母已经到了，只见她的红发上染上了银丝。她默默地向我们报以灿烂的微笑，裹紧毛毯，转向东方。

儿子们目不转睛地望着日出时的缤纷色彩跃入空中。没过多久，在一只蓝鹭的拍翅声和一只潜鸟的优美歌声中，湖泊醒来了。

“太美了！”我低声地说。孩子们默默地点了点头。不一会儿，他们抓住磨损的毛毯边，快步跑上台阶，回到了温暖的被窝里。

我和母亲留下来。我们紧挨着站在一起，望着珍珠色的薄雾升起，一只鹰优雅地在我们上空高高盘旋。我们的脸庞在晨阳中暖和起来。

我们转过身，慢慢地登上了古老的木台阶。爬到一半时，我回头去看母亲。但是，她不在台阶上。她改变了主意。透过树林，我可以看到她仍在湖岸上，逗留在阳光下。



诵读经典 >>>>

Read classic

✦ We catch our breath and look up. Across the lake, a sliver of brilliant red crests the top of the shadowed forest. It outlines our mother on the lakeshore, the first light catching the soft red of her hair.

我们喘了口气，抬头望去。只见在湖对岸，一抹耀眼的红色爬上了树影婆娑的林梢，映衬出了母亲在湖岸的身影；第一缕阳光照在了她柔红色的头发上。

✦ My sons watch intently as the rich colors of the sunrise soar into the sky. It isn't long before the lake awakens at the flap of a blue heron's wings and the melodic call of a loon.

儿子们目不转睛地望着日出时的缤纷色彩跃入空中。没过多久，在一只蓝鹭的拍翅声和一只潜鸟的优美歌声中，湖泊醒来了。

✦ Standing close, we watch the swirls of pearl mist rise and the graceful glide of an eagle high overhead.

我们紧挨着站在一起，望着珍珠色的薄雾升起，一只鹰优雅地在我们上空高高盘旋。



妙语连珠 >>>>

Sparkling discourse

✦ Time is the soil of all achievements in the world.

时间是世界上一切成就的土壤。

✦ Please listen to the words of time with attention, for time is the wisest counselor.

请聚精会神倾听时间说话，因为时间是最英明的顾问。

✦ Time is the healer of all conflicts.

时间是一切冲突的治愈者。



★ Time is the soul of the world.

时间是世界的灵魂。

★ Time is the biggest tyrant. In the course of our aging, he imposes taxes on our health, limbs, endowments, strength and facial features.

时间是最大的暴君。在我们衰老的过程中，他要对我们的健康、四肢、才能、力气和相貌全部征税。

Old age is knocking at the door, lurking behind every corner of life. It's there, waiting to get me. A recent incident prompted the realization that I might be over the hill of 21.

岁月敲击着门扉，它潜伏在生命的每一个角落，时刻都在严阵以待。最近发生的一件事使我意识到也许就要越过21岁这座山了。

画龙点睛

Over the Hill at the Age of 21



Old age is knocking at the door, lurking behind every corner of life. It's there, waiting to get me. A recent incident prompted the realization that I might be over the hill of 21.

I had accepted a job as a substitute teacher in my old grammar school. It was then that I noticed I had **sprouted**^① two gray hairs. I quickly yanked them out, **unfazed**^②.

I made it to the school at exactly 8:30 a.m., signed in and took my place on the other side of the desk. Out of the corner of my eye, I noticed two little kids peeking through the window. The two were pointing at me, laughing. I checked my shirt to see if maybe my bra strap was hanging out and checked my backside for a “kick me” sign. It appeared that all was normal. The bell finally rang and a pack of kids filled the room, staring, laughing and plotting their next move.

I think my lack of experience was evident, even to those little fifth graders.

“How old are you?” one of the little **deviants**^③ asked before I could pick up the chalk to write my name.

“Can we go outside?” another one inquired, raising his eyebrows devilishly.

“Are you married?” “Do you have a boyfriend?” “What kind of car do you drive?” “Do you like *New Kids on the Block*?” A **barrage**^④ of questions hit me in the face, leaving me stunned and dizzy. Sensing my security, the little demons proceeded to climb on their desks, run around the room, and yes, throw paper airplanes at one another.

生词有约

① **sprout**

vt. 使萌芽

② **unfazed**

adj. 毫不迟疑的

③ **deviant**

n. 不正常的人

④ **barrage**

n. 一连串