

The most beautiful English



生命之永恒是因其绽放着人性灿烂之光,我们不仅在生命中感受欢愉与痛苦,更因其有着唤醒沉睡灵魂和催生万物之神韵而不懈追逐。

追逐生命的脚步

To Chase the Footsteps of Life 美文名篇•双语阅读 [美] 爱默生等 著 柏杨 编译





美文名篇·双语阅读 The most beautiful English

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[美] 爱默生等 著

图书在版编目(CIP)数据

最美丽的英文——追逐生命的脚步/(美)爱默生等著;柏杨编译.

一哈尔滨:北方文艺出版社,2006.7

(美文名篇·双语阅读)

ISBN 7-5317-1992-4

I.①最… ②追… Ⅱ.①爱… ②柏… Ⅲ.①英语—汉语—对照读物 ②散文—作品集—美国—现代 Ⅳ. H319.4: I 中国版本图书馆 CIP 数据核字(2006)第 051423 号

最美丽的英文——追逐生命的脚步

作 者 / [美]爱默生等

编译者/柏杨

责任编辑 / 王金秋

封面设计 / 苏海涛工作室 董文莹

出版发行 / 北方文艺出版社

地 址 / 哈尔滨市道外区大方里小区 105 号楼

网 址/http://www.bfwy.com

邮 编 / 150020

电子信箱 / bfwy@bfwy.com

经 销/全国新华书店

印 刷/黑龙江新华印刷厂

开 本 / 850mm×1168mm 1/16

印 张 / 13

字 数 / 260 千字

版 次 / 2006 年 7 月第 1 版 2006 年 10 月第 2 次印刷

定 价 / 79.20 元(四册)

书 号 / ISBN 7-5317-1992-4/I·1943

(如发现本书有印刷质量问题,印刷厂负责调换)

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全一如果一个人被拒之门外,惊恐万分地感到自己不为所需,不为所爱,被社会所抛弃——那样的贫穷就充满了伤害,让人无法忍受……所以,让我们以微笑待人吧,因为微笑是爱的源泉,一旦我们开始自然地彼此相爱,那么,我们也就会自然地想要为彼此奉献。

一杯牛奶

有一天,一个贫穷的小男孩儿霍华德·凯利正试着挨家挨户地推销产品,想通过这种方式为自己挣够学费。然而,他却发现周身只剩下一角钱了。他非常饥饿,所以决定向下一户人家讨口饭吃。

可是,当一个美丽的年轻女子把门打开的时候,他却没有勇气开口。他没有讨饭,只是请求女子给他一杯水。女子看到他饥饿的样子,就给他倒了一大杯牛奶。他慢慢地将牛奶喝完,问道:"我该付给你多少钱呢?"

"你什么都不用付,"女子回答说,"我的妈妈教导我,要对人施以善心,但却不要索取回报。""那么就请接受我由衷的感谢吧。"霍华德·凯利说完后就离开了那户人家。此时,他不仅感到身体上充满了力量,同时又唤起了他对上帝和人类的信心。在这之前,他本来想要放弃了。

数年后,从前的那个年轻的女子患上了一种罕见的病。当地的医生对此无计可施。最终,她只好来到大城市治病,在那里,专家们特地为她进行了会诊。此时,早已是声名远扬的霍华德·凯利医生,也参加了此次会诊。当听到他曾去过的那个城填的名字之时,他的眼中充满了一种奇异的光芒。于是,身穿白服的他立即起身直奔女子的病房。

果然不出所料,霍华德·凯利医生一眼便认出了她。于是,他又回到了会 诊室,决定要想尽一切办法挽救她的生命。从那天起,他对这个病人给予了 特别的关照。

经过他的努力,女子终于获救了。霍华德·凯利医生被请到办公室,为女子医药费单做批示。他看后便在单上写了几笔。医药费单被送到女子的病房

时,她很害怕打开它,因为她确信自己必定是要用尽余生都很难偿还这笔医药费的。但她最终还是打开了,此时,收费单一侧的字让她惊呆了:

"费用已付,一杯牛奶。"

霍华德·凯利医生

顿时,喜悦的眼泪夺眶而出,她默默地祈祷着:"谢谢您,上帝,您的爱已通过人类的心灵和双手传递给了我。"



很多人以为,有些爱是微不足道的。事实上,即使是一声亲切的问候,一次善意的安慰,甚至仅是一杯平凡无奇的牛奶,只要通过爱的心灵和双手传递下去,就能让人间重获光明和希望。



A Glass of Milk

One day, a poor boy who was trying to pay his way through school by selling goods **door to door**! found that he only had one dime left. He was hungry so he decided to beg for a meal at the next house.

However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught me never to accept pay for a kindness." He said, "Then I thank you from the bottom of my heart²." As Howard Kelly left that house, he not only felt stronger physically, but it also increased his faith in God and the human race. He was about to give up and quit before this point.

Years later the young woman became **critically**³ ill. The local doctors were baffled. They finally sent her to the big city, where specialists can be called in to study her rare disease. Dr. Howard Kelly, now famous was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately, he rose and went down through the hospital hall into her room.

Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the **consultation room**⁴ and determined to do his best to save her life. From that day on, he gave special attention to her case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it and then wrote something on the side. The bill was sent to her room. She was afraid to open it because she was positive that it would take the rest of her life to pay it off. Finally she looked, and the note on the side of the bill caught her attention. She read these words ...

"Paid in full with a glass of milk."

(Signed) Dr. Howard Kelly

Tears of joy flooded her eyes as she prayed silently: "Thank You, God. Your love has spread through human hearts and hands."

热词空间

- 1. door to door 挨家挨户
- 2. from the bottom of my heart 发自肺腑的
- 3. critically ['kritikəli] adv. 危急地,此处指非常严重地
- 4. consultation room 会诊室



微笑

穷人是非常了不起的。一天夜里,我们外出的时候,从街上带回了四个人,其中一个已经奄奄一息了。于是我告诉其他的姐妹:"你们去照顾另外三个人吧,这个垂危的人由我来照顾。"我为她做了我所能做到的一切。当我把她抱到床上躺下后,我看见她的脸上呈现出了美丽的微笑。她拉起我的手,只对我说了声"谢谢"就离开了人世。

在她面前,我禁不住审视着自己的良知,我问自己,若是处在她的位置上,我又会说些什么呢?答案很简单:我会试着引起别人对我的一些关注。我会说我很饿,我快要死了,我很冷,我很痛苦,或是其他的诸如此类的话。但她虽然只说了两个字,却给了我更多的东西——她把那份充满着感激之情的爱送给了我。她是带着微笑离开人世的。我们从排水沟里带回来的那个男子也是如此,他的身体有一半都爬满了蛆虫,我们还是把他带回了家。"在街上,我像动物一样活着,但在我即将离开人世之时,却能够像天使一样,被人爱护和关心着。"这真是让人感到欣慰,他能够那样说,那样心满意足地死去而不责备任何人,不诅咒任何人,不斤斤计较,他真是个了不起的人。他就如同一个天使一般——这是我们人民身上的伟大之处。这就是为什么我们相信耶稣所说过的话:"我很饥饿,我衣不遮体,我无家可归,我无人需要,我不被人爱,我不被人关怀,而你却为我做了这一切。"

我想,我们还算不上是真正的社会工作者。也许在众人眼中,我们正在做着社会工作,但实际上,我们只是在世界的心中做祈祷。因为,全天二十四小时我们都在基督教会……我想,在我们的大家庭中,不需要用枪和炮,去

破坏或是争取和平,我们只要团结起来,彼此相爱,把和平,欢乐,还有家庭成员彼此间的力量都重新带回这个世界。这样,我们就能够战胜这世上所有的邪恶。我打算用自己所得的世界和平奖的奖金来为那些无家可归的人们创建自己的家园。因为我坚信,爱来自于家庭。如果我能为穷人建立起自己的家园,那么我相信,爱就会延伸开来,我们就可以通过这种充满宽容理解的爱去为那些穷人带去和平的喜讯。首先是为我们身边的穷人,然后就是我们的国家,乃至全世界的穷人。为了能够做到这一点,我的姐妹们啊,我们的生活必须与祈祷紧密相连,必须同耶稣紧密相连才能够彼此理解,一同分享。因为在当今的世界上,还充满着许多的苦难……每当我从街上带回一个饥饿难耐的人,送给他一碗饭,或是一片面包时,我就会得到莫大的满足。因为我已驱走了他身上的饥饿。但是,如果一个人被拒之门外,惊恐万分地感到自己不为所需,不为所爱,被社会所抛弃——那样的贫穷就充满了伤害,让人无法忍受……所以,让我们以微笑待人吧,因为微笑是爱的源泉,一旦我们开始自然地彼此相爱,那么,我们也就会自然地想要为彼此奉献。



给予,对一个有责任感的人来说是一生莫大的幸福。当我们走在大街上,看到一些需要帮助的人时,他们无论是贫穷,还是幼小;是残疾还是耄耋之年,当我们伸出手给予他们帮助时,我们所得到的不仅他们无尽的感激,更重要的是我们与他们一同分享了快乐和慰藉。





Beautiful Smile and Love

The poor are very wonderful people. One evening we went out and we picked up four people from the street. And one of them was in a most terrible condition and I told the sisters: "You take care of the other three. I take care of this one who looked worse." So I did for her all that my love can do. I put her in bed, and there was such a beautiful smile on her face. She took hold of my hand as she said just the words "thank you" and she died.

I could not help but examine my **conscience**¹ before her and I asked what would I say if I was in her place. And my answer was very simple. I would have tried to draw a little attention to myself. I would have said I am hungry, that I am dying, I am cold, I am in pain, or something, but she gave me much more — she gave me her grateful love. And she died with a smile on her face. As did that man whom we picked up from the drain, half eaten with worms, and we brought him to the home. "I have lived like an animal in the street, but I am going to die like an angel, loved and cared for." And it was so wonderful to see the greatness of that man who could speak like that, who could die like that without blaming anybody, without **cursing**² anybody, without comparing anything. Like an angel — this is the greatness of our people. And that is why we believe what Jesus had said: "I was hungry, I was naked, I was homeless, I was unwanted, unloved, uncared for, and you did it to me."

I believe that we are not real social workers. We may be doing social work in

the eyes of the people, but we are really contemplatives³ in the heart of the world. For we are touching the **body**⁴ of Christ twenty-four hours ··· And I think that in our family we don't need bombs and guns, to destroy, to bring peace, just get together, love one another, bring that peace, that joy, that strength of presence of each other in the home. And we will be able to overcome all the evil that is in the world. And with this prize that I have received as a Prize of Peace, I am going to try to make the home for many people who have no home. Because I believe that love begins at home, and if we can create a home for the poor I think that more and more love will spread. And we will be able through this understanding love to bring peace be the good news to the poor. The poor in our own family first, in our country and in the world. To be able to do this, our sisters, our lives have to be wove with prayer. They have to be woven with Christ to be able to understand, to be able to share. Because to be woven with Christ is to be able to understand, to be able to share. Because today there is so much suffering ... When I pick up a person from the street, hungry, I give him a plate of rice, a piece of bread, I have satisfied. I have removed that hunger. But a person who is shut out, who feels unwanted, unloved, terrified, the person who has been thrown out from society — that poverty is so full of hurt and so unbearable⁵ ··· And so let us always meet each other with a smile, for the smile is the beginning of love, and once we begin to love each other naturally we want to do something.



- 1. conscience ['kɔn∫əns] n. 良心,道德心
- 2. curse [kəːs] n. 诅咒,咒语 vt. 诅咒
- 3. contemplative ['kontempleitiv] adj. 沉思的, 冥想的, [宗]祈祷的
- 4. body 原指身体,肉体,这里指一个团体,即基都教会
- unbearable [Λn'bεərəbl] adj. 无法忍受的, 承受不住的

微笑的魔力

一想到自己就要没命了,不禁陷入极端的恐慌。我翻遍了口袋,终于找到一支没被他们搜走的香烟,但我的手仍在不停地发抖,这使我几乎无法把烟送到嘴边。而我的火柴也在搜身时被拿走了。我透过铁栏杆看着外面的警卫,他并没有注意我,我叫了他一声:"能借个火吗?"他看了看我,耸了耸肩,然后走了过来,帮我点燃了香烟。在他为我点烟时,眼睛下意识地看了看我。那一刻,我冲他笑了笑。我也不知自己为何会有这样的反应,或许是由于过度紧张吧,又或许当两个人离得很近时,你很难不对他微笑。不论是何缘由,我冲他笑了。刹那间,这微笑如同迸发的火花,冲破了我们心灵间的隔阂。他本没有笑的意思,但当他看到我的微笑时,嘴角也不经意地上扬,冲我笑了笑。点完烟后,他并没有马上离开,而是两眼盯着我看,脸上仍带着微笑。

我也冲他笑着,只把他当做一个普通人,而不是一个警卫。而他看我的眼神也与以往不同了。"你有孩子吗?"他问道。"是的,有,你看。"我拿出皮夹,慌忙地翻出我全家的合影。他也一样,掏出了照片,并开始谈论起他对家人的希望与计划。那一刻,我的双眼蓄满了泪水。我说自己怕再也见不到家人了,再也无法看着孩子们长大成人了。听了我的话,他也流下了眼泪。突然间,他什么也没说就打开了牢门,悄悄地带我从后门逃离了监狱,出了小镇。就在小镇边上,他放了我,仍旧没说什么,转身便往回走。

"一个微笑救了我的命。"是的,微笑——人与人之间最真挚、最自然的情感表达……如果能用心灵与人沟通,那么我们便不会成为敌人,仇恨、嫉妒、恐惧也就不复存在了。