

【英汉对照】

· 真情密码系列 ·

阳光

THE TASTE OF SUNSHINE

的味道

主编 方华文

朋友卷

一个人可以傲视苦难，在天地间卓然挺立。但我们不得不承认，面对艰难险阻，一个人的意志可以很坚强，但是办法有限，力量也会有限。于是，友情像阳光，照耀乍暖还寒时风中如花瓣的你。

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前言

曾听过这么一个关于感恩的故事：

一个生活贫困的男孩为了积攒学费，挨家挨户地推销商品。他的推销进行得很不顺利，傍晚时他疲惫万分，饥饿难耐，绝望得想放弃一切。

走投无路的他敲开一扇门，希望主人能给他一杯水。开门的是一位美丽的年轻女子，她笑着递给他一杯浓浓的热牛奶。男孩受宠若惊地把它喝了下去，从此对人生重新鼓起了勇气。许多年后，他成了一位著名的外科大夫。

一天，一位病情严重的妇女被转到这位著名的外科大夫所在的医院。大夫顺利地为妇女做完手术，救了她的命。无意中，大夫发现那位妇女正是多年前在他饥寒交迫时给他那杯热牛奶的年轻女子！他决定悄悄地为她做点什么。

一直为昂贵的手术费发愁的妇女硬着头皮办理出院手续时，在手术费用单上看到的是这样七个字：

手术费：一杯牛奶。

那位昔日的美丽的年轻女子没有看懂那几个字，她早已不记得那个男孩和那杯热牛奶。然而，这又有什么关系呢？

这故事虽然简短，却耐人寻味。在现实生活中，人们习惯了索取，习惯了抱怨，习惯了攫取即时的利益，却忘记了感恩回报，忘记了珍惜我们已经拥有的一切。

本套丛书是一套教会你感恩的双语温情读物，共4个分册，分别以爱情、友情、亲情、恩师情谊为基调。丛书收录的200余篇纯正地道的英文心灵小品文，篇篇精彩；所附译文语言优美，精准传神。读者可以在赏析美文、陶冶情

操的同时,于潜移默化中提升自己的英语阅读与翻译水平。4个分册,多样情怀。幸福的、浪漫的、甜蜜的、叹惋的、朴实的、隽永的……所有你不期而遇的情愫,在这里都可以找到共鸣。

《蒙娜丽莎的微笑》(爱人卷)讲述爱情故事中的相遇相知、相守相依抑或相思别离,历经所有的甜蜜与悲凄,尽显爱情的瑰丽华美,隽永情深。《阳光的味道》(朋友卷)好像阳光下盛开的向日葵,让你想起臭味相投、肝胆相照的老友,想起你们一起走过的那些美好的青春岁月。《晶莹父母心》(亲情卷)记录了家人温馨甜蜜、感人肺腑的一幕一幕,细细描绘亲情血浓于水的温馨质朴。《智慧的黑板》(恩师卷)娓娓道出师生间朴实无华的故事,勾起你对恩师的无限感恩之情。动人的故事,美好的文字,如幽谷中纤尘不染的百合,静静地绽放,清香四溢,回味无穷。

漫漫人生路,我们领略到的,也许远远不只书中的这些故事。可是,只要你拥有一颗感恩的心,便是打开了一扇通往幸福深处的大门。但愿这本书能成为那把打开大门的钥匙,陪你一起体会生命中每一个幸福的瞬间!

编者

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Part I

Being Your Guardian Angel

做你的守护天使



Lucy

露 西

【导语】 有朋友真好,何必曾相逢,何必怕陌生。其实,很多人都是在某次友情感受的顿悟中,猛然发现自己长大的。仿佛是哪一天的中午或傍晚,一位要好同学遇到的困难使你感到了一种不可推卸的责任,你放慢脚步忧思起来,开始懂得人生的重量。就在这一刻,你突然长大。

【词汇吧】

tornado *n.* 龙卷风

devastate *vt.* 变成废墟,破坏

demolish *vt.* 毁坏,破坏

anguished *adj.* 痛苦的

twist *vt.* 使苦恼,扭曲

clutch *vt.* 抓紧,紧握

confusion *n.* 混乱

accompany *vt.* 附加,补充

plight *n.* 困境

solemnly *adv.* 严肃地,庄严地

nonperishable *adj.* 不易坏的

toiletries *n.* 化妆品

go through 搜查,仔细检查

frazzle *vt.* 磨损,磨破

glisten *v.* 闪耀,闪光

cast-off 丢弃的东西

benevolence *n.* 善行,捐赠物

albeit *conj.* 虽然

shabby *adj.* 破旧的

When a tornado touched down in a small town nearby, many families were left devastated. Afterward, all the local newspapers carried many human-interest stories featuring some of the families who suffered the hardest.

One Sunday, a particular picture especially touched me. A young woman stood in front of a totally demolished mobile home, an anguished expression twisting her features. A young boy, seven or eight years old, stood at her side, eyes downcast. Clutching at her skirt was a tiny girl who stared into the camera, eyes wide with confusion and fear.

The article that accompanied the picture gave the clothing sizes of each family member. With growing interest, I noticed that their sizes closely matched ours. This would be a good opportunity to teach my children to help those less fortunate than themselves. I taped the picture of the young family to our refrigerator, explaining their plight to my seven-year-old twins, Brad and Brett, and to three-year-old Meghan.

附近的一个小城镇遭遇了龙卷风的袭击,很多家庭都遭到了毁坏。后来,当地所有的当地报纸都刊发了许多令人同情的故事,描述一些严重受灾的家庭。

某个星期天,一张特别的照片打动了。一位年轻的妇女站在一个完全被粉碎了的活动房屋前,她的脸上扭曲着痛苦的表情。一个小男孩,大概七八岁的样子,站在她旁边,眼睛低垂着。一个很小的女孩攥着她母亲的裙子,看着镜头,眼里充满了疑惑和恐惧。

配发这张照片的文章描述了那个家庭的每一个成员。我饶有兴趣地注意到,他们的家庭结构和我们的一样。这将会是一个很好的机会,来教育我的孩子们要学会帮助比他们不幸的人们。我把这个家庭的照片贴在了我们的冰箱上,对七岁大的双胞胎兄弟,布拉特和布雷特,还有三岁的女儿梅甘诉说了他们的状况。



“We have so much, and these poor people now have nothing,” I said.
“We’ll share what we have with them.”

I brought three large boxes down from the attic and placed them on the living room floor. Meghan watched solemnly, as the boys and I filled one of the boxes with canned goods and other nonperishable foods, soap and other assorted toiletries.

While I sorted through our clothes, I encouraged the boys to go through their toys and donate some of their less favorite things. Meghan watched quietly as the boys piled up discarded toys and games.

“I’ll help you find something for the little girl when I’m done with this,” I said.

The boys placed the toys they had chosen to donate into one of the boxes while I filled the third box with clothes. Meghan walked up with Lucy, her worn, faded, frazzled, much-loved rag doll hugged tightly to her chest. She paused in front of the box that held the toys, pressed her round little face into Lucy’s flat, painted-on-face, gave her a final kiss, then laid her gently on top of the other toys.

我说道：“我们很富有，但这些穷人现在什么也没有。我们应该和他们分享我们拥有的东西。”

我从阁楼拿下来三个大箱子，把它们放在了客厅的地板上。梅甘认真地看着我们，我和两个男孩把其中一个箱子装满了罐头食品、一些不易坏的食品、肥皂和其他各种洗漱用品。

然后我挑选些衣服，同时鼓励两个男孩去看看他们的玩具，捐出些他们不怎么喜欢的东西。梅甘静静地看着，两个男孩堆起了一些不要的玩具和游戏。

我对他们说：“我做完这些来帮你们找一些小女孩的东西。”

两个男孩把他们挑选出来要捐赠的玩具放进了一个箱子，而我把衣服放进了第三个箱子。梅甘拿着一个已经很破旧并且褪了色的洋娃娃露西，她特别喜欢的露西，紧紧地抱在胸前走了过来。她在装着玩具的那个箱子旁停了下来，把她的小圆脸贴在露西那红扑扑的扁平小脸上，给了她最后一个吻，然后把她轻轻地放在了其他玩具的上面。

“Oh, Honey,” I said. “You don’t have to give Lucy. You love her so much.”

Meghan nodded solemnly, eyes glistening with held-back tears. “Lucy makes me happy, Mommy. Maybe she’ll make that other little girl happy, too.”

Swallowing hard, I stared at Meghan for a long moment, wondering how I could teach the boys the lesson she had just taught me. For I suddenly realized that anyone can give their cast-offs away. True generosity is giving that which you cherish most.

Honest benevolence is a three-year-old offering a treasured, albeit shabby doll to a little girl she doesn’t know with the hope that it will bring this child as much pleasure as it brought her. I, who had wanted to teach, had been taught.

The boys had watched, open-mouthed, as their baby sister placed her favorite doll in the box. Without a word, Brad rose and went to his room. He came back carrying one of his favorite action figures. He hesitated briefly, clutching the toy, then looked over at Meghan and placed it in the

我说道：“噢，亲爱的，你不用把露西送出去。你那么喜欢她。”

梅甘认真地点点头，眼里闪着泪水又收回去：“露西给了我快乐，妈妈。也许她也会给那个小女孩快乐的。”

我有些哽咽，注视了梅甘很久，想着怎么用她刚刚教给我的东西，去教育我那两个男孩。因为我突然间意识到，任何人都能送出他们打算丢弃的东西。真正的慷慨是能送出自己珍爱的东西。

真正的仁爱来自于一个三岁的孩子，她把自己珍爱的、虽然有些破旧的玩具送给了一个她并不认识的小女孩，希望它也会带给这个孩子快乐。我，本来想教给孩子一些东西，自己却受到了来自孩子的教育。

当他们的小妹妹把最喜欢的娃娃放进箱子时，两个男孩张大了嘴看着。布拉特一句话也没说，起身走进了他的房间。出来时拿着他最喜欢的一个战斗勇士。他犹豫了一下，紧紧地攥着玩具，然后看了看梅甘，把它放进了箱子里露西的旁边。

box next to Lucy.

A slow smile spread across Brett's face, then he jumped up, eyes twinkling as he ran to retrieve some of his prized Matchbox cars.

Amazed, I realized that the boys had also recognized what little Meghan's gesture meant. Swallowing back tears, I pulled all three of them into my arms.

Taking the cue from my little one, I removed my old tan jacket with the frayed cuffs from the box of clothes. I replaced it with the new hunter green jacket that I had found on sale last week. I hoped the young woman in the picture would love it as much as I did.

It's easy to give that which we don't want anymore, but harder to let go of things we cherish; isn't it? However, the true spirit of giving is to give with your heart.

布雷特的脸上也慢慢露出了微笑,然后他就跳起来,眼里闪着光芒,跑去找来了一些他特宝贝的火柴盒小汽车。

我惊讶地意识到,小梅甘所做的事,让两个男孩也明白了其中的意义。我强忍住眼泪,把他们三个都拉着抱在怀里。

受到小女儿的启发,我从装衣服的箱子里拿出了我刚放进去的袖口褪了色的茶色旧夹克,换了一件上周刚买的绿色新猎人装。我希望照片上的那个年轻女人会像我一样喜欢它。

要付出我们不再想要的东西很容易,但是要放弃我们珍爱的东西就比较困难,不是吗?但是,真正的奉献精神是要发自内心去给予他人。

After the verb to love, to help is the most beautiful verb in the world.

除了“爱”之外,“帮助”是世界上最美的动词。

What It Really Means to Love

究竟什么是爱

【导语】 只有宽广而聪慧的心灵始终能发现友爱之情。友谊,那心灵神秘的结合者!生活的美化者,社会的巩固者!友谊是两颗心真诚相待,而不是一颗心对另一颗心的敲打。友情应该扩大人生的空间,而不是缩小这个空间。要扩大人生的空间,最终的动力应该是博大的爱心,这才是友情的真正本义。

【词汇吧】

baby-sit *v.* 照顾婴儿

swing *v.* 摇摆

slide *n.* 滑动

bunch *n.* 串、束

bench *n.* 长椅子

smelly *adj.* 发臭的

ignore *vt.* 不理睬,忽视

grab *v.* 抢夺,攫取

split *n.* 分离,裂开

hug *n.* 拥抱

hum *v.* 嗡嗡叫,哼

skip *v.* 跳,蹦

laugh at 嘲笑,讥笑

scared *adj.* 恐惧的

cross *n.* 十字路

supposed *adj.* 假定的

spit *v.* 吐(唾沫)

I was babysitting for this 4 1/2 year old little girl for the summer. I was out of college for the summer and it was the perfect summer job! Maddie and I would walk to the park everyday after lunch. Maddie loved



to swing on the swings and go down the slide. She was a very good- hearted little child and she always amazed me at the love she felt for other people. She had such goodness in her little heart. Both of her parents were the same way— they always had such a peace about them—I always wondered—why are they so different?

That day at the park as I was pushing Maddie in the swing, we heard a bunch of kids laughing. We looked over and all the kids were crowded around one of the park benches. Maddie wanted to stop swinging and go over there and see what they were laughing at. We walked over and a little boy ran up to Maddie and said, “Come over here and look at this funny lady! She is dirty and smelly and she is crying!”

夏天大学放暑假时，我去照看一个四岁半的小女孩。这是最好的暑期工作了！每天午餐后，我和马迪去公园散步。她喜欢荡秋千和坐滑梯。马迪是个善良的小姑娘，她对别人的爱心让我感到惊讶。在她小小的心灵里，有着如此善良的一面。她的父母也是一样——他们一直特别和睦，我总是在想——他们为什么如此特别呢？

有一天在公园里，我正在推着马迪荡秋千，传来一群孩子的笑声。我们看过去，孩子们正围着公园的一个长椅。马迪想停下来过去看看他们在笑什么。我们走过去，一个小男孩跑过来对马迪说：“快来这儿，看看这个可笑的女人！她脏兮兮臭烘烘的，还在哭呢！”

