



最美的英文

The most Beautiful English

英汉对照

美文经典

生命，需要热量和营养；心灵，需要温暖和阳光。

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continents. We are travelling by train. Out the windows, we drink in the passing scene of cars on nearby highways, of children playing at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village hanks.

But uppermost in our minds is the final destination. On a certain day at a certain hour, we will pull into a station. Bands will be playing and flags waving. Once we get there, so many wonderful dreams will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, darning time for loitering—waiting, waiting, waiting for the station.

阳光心态

Sunshine Mentality

全集

阳光是生命的营养，它不仅给生命带来光明，还给心灵带来温暖。它让人信心百倍，让人百折不挠，让人坚守幸福，让人献出爱心。沐浴在阳光里的心灵，不再有阴霾和不快，只有积极向上的念头，只有充满希望的人生。

本书适用于高中生、大学生、英文初学者、英文爱好者、文学爱好者、翻译爱好者以及一切对知识、对生活抱有热望的人们。



梦瑶◎编译

天津科学技术出版社



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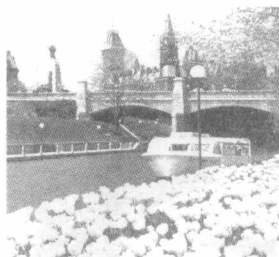
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Life

Part I: Where There Is Life, There Is Hope

第一卷：有生命，就有希望

on their own. The children's guide is given him to the rescue.

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Life

Anonymous

Have you ever, at any one time, had the feeling that life is bad, really bad, and you wish you were in another situation? You find that life makes things difficult for you, work **sucks**¹, life sucks, everything seems to go wrong...

Read the following story, it may change your views about life.

After a conversation with one of my friends, he told me despite taking two jobs, he brings back barely above \$1000 per month, he is happy as he is. I wonder how he can be as happy as he is considering he has to **skimp**² his life with the low pay to support a pair of old parents, in-laws, a wife, two daughters and the many bills of a household.

He explained that it was through an incident that he saw in one country that happened a few years ago when he was really feeling low and touring there after a major setback.

He said that right in front of his eyes, he saw a mother **chop**³ off her child's right hand with a chopper. The helplessness in the mother's eyes, the scream of pain from the innocent 4-year-old child haunted him until today.

You may ask: Why did the mother do so? Had the child been naughty? had the child's hand been infected? No, it was done for two simple words—TO BEG! The desperate mother deliberately caused the child to be handicapped so that the child could go out to the streets to beg.

Taken aback by the scene, he dropped a piece of bread he was eating half-way. And almost instantly, a flock of 5 or 6 children **swamped**⁴ towards this small piece of bread which was covered with sand, robbing bits from one another—the natural reaction of hunger.

Stricken by the happenings, he instructed his guide to drive him to the nearest



bakery. He arrived at two bakeries and bought every single loaf of bread he found in the bakeries. The owner was dumfounded but willingly sold everything. He spent less than \$100 to obtain about 400 loaves of bread and spent another \$100 to get daily necessities.

Off he went in the truck full of bread into the streets. As he distributed the bread and necessities to the children (mostly handicapped) and a few adults, he received cheers and bows from these unfortunate. For the first time in his life he wondered how people can give up their dignity for a loaf of bread which costs less than \$0.25.

He began to tell himself how fortunate he is. How fortunate he is to be able to have a complete body, have a job, have a family, have the chance to complain what food is nice and what isn't nice, have the chance to be clothed, have the many things that these people in front of him are deprived of...

Now I begin to think and feel it, too! Was my life really that bad? Perhaps... No, I should not feel bad at all... What about you? Maybe the next time you think you are, think about the child who lost one hand to beg on the streets. "Contentment is not the fulfillment of what you want, it is the realization of how much you already have."

When the door of happiness closes, another opens, but often we look so long at the closed door that we don't see the one which has been opened for us.

热词天地



1. suck ['sʌk] v. 恶心; 无聊
2. skim [skɪmp] v. 节省; 吝惜
3. chop [tʃɒp] v. 切碎; 剁碎; 降低; 取消
4. swamp [swɒmp] v. 使不堪忍受; 使疲于应付





生活

佚名

你是否曾经在某个时期,觉得生活简直糟糕透了,并迫切希望自己置身于另一环境?你觉得生活中的一切事情都很艰难,工作空虚无聊,生活艰辛,好像一切都不顺利……

读读下面这个故事吧,它也许会改变你对生活的一些看法。

在和我的一个朋友聊天时,他告诉我,尽管他做了两份工作,每月也只能挣到 1000 美元多一点的钱,但他仍然生活得很快乐。他必须节衣缩食用微薄的工资供养年老的父母、岳父母、妻子、两个女儿,以及维持各项家庭开支。我很好奇,在这样的情况下他何以还能如此快乐。

他解释说,这全是因为几年前他受到一个重大的打击到一个国家去旅游散心,在那里他亲眼目睹了一件事——

他说当着他的面,他亲眼看见一位母亲用菜刀砍下了她儿子的右手。那位母亲眼神中流露出的无助,和那个无辜的 4 岁孩童撕心裂肺的哭声,一直缠绕在他心中,直至今日。

你一定会问,那位母亲为何要这样做?是否因为那孩子太顽皮淘气?或是他的手被病菌感染了?答案是否定的,这样做只是因为两个最简单的字眼——乞讨!绝望的母亲故意使孩子变残疾,是为了让孩子能去街上乞讨。

我的朋友被这情景吓呆了,以致他把吃了一半的面包掉到了地上。就在那一刹那,五六个孩子飞奔冲向他那一小块已经沾满沙粒的面包,相互争夺——这是人饥饿时最本能的反应。

对眼前所发生的这一切震惊之余,他让导游开车送他去最近的面包房。他





买下了两家面包房里所有的面包。面包店的老板都惊讶得说不出话来，但仍然很高兴卖给他所有的东西。他用不到 100 美元买了 400 多块面包，又另外花了 100 美元，买了一些日常用品。

然后他把满载面包的货车开到大街上，把这些面包和日用品分发给儿童（大部分是残疾人）和一些大人，这些不幸的人们热烈地欢呼并向他鞠躬。有生以来，他第一次知道：竟然有人为了一块不足二十五美分的面包而放弃自己的尊严。

他开始感慨自己是何等幸运——他拥有完整的身躯，体面的工作，温暖的家庭，衣食无忧，以及拥有面前这些人所没有的很多东西……

听完他这一席话，我也感同身受并开始思考！我的生活真的那样糟糕吗？也许……，不，我完全不该这样认为……，你呢？如果以后你觉得生活糟糕难耐时，就想想那个为了在街上乞讨而失去一只手的孩子吧。“得到你所追求的一切并不能让你感到满意，只有对你所已经拥有的一切报以感恩才能快乐。”

当快乐这扇门关上时，另一扇门就会打开，但我们常常只看到关上了的这扇门，而看不到那扇已经为我们开启的门。

✿ 人生小悟 ✿

幸福所差无几，但不幸却各有不同。当感到上天不公时，去想一下自己拥有的那些别人梦寐以求的幸福吧！





The Art of Living

Anonymous

The art of living is to know when to hold fast and when to let go. For life is a paradox: It enjoins us to **cling**¹ to its many gifts even while it ordains their eventual relinquishment. The rabbis of old put it this way, "A man comes to this world with his fist clenched, but when he dies, his hand is open."

Surely we ought to hold fast to life, for it is wondrous, and full of beauty that breaks through every pore of God's own earth. We know that this is so, but all too often we recognize this truth only in our backward glance when we remember what was and then suddenly realize that it is no more.

We remember a beauty that faded, a love that waned. But we remember with far greater pain that we did not see that beauty when it flowered, that we failed to respond with love when it was tendered.

A recent experience retaught me this truth. I was hospitalized following a severe heart attack and had been in intensive care for several days. It was not a pleasant place.

One morning, I had to have some additional tests. The required machines were located in a building at the opposite end of the hospital, so I had to be wheeled across the courtyard on a journey.

As we emerged from our unit, the sunlight hit me. That's all there was to my experience. Just the light of the sun and yet how beautiful it was—how warming, how sparking, how brilliant! I looked to see whether anyone else **relished**² the sun's golden glow, but everyone was hurrying to and fro, most with eyes fixed





on the ground. Then I remembered how often I, too, had been indifferent to the **grandeur**³ of each day, too preoccupied with petty and sometimes even mean concerns to respond from that experience is really as commonplace as was the experience itself: life's gifts are precious—but we are too heedless of them.

Here then is the first pole of life's paradoxical demands on us: Never too busy for the wonder and the awe of life. Be reverent before each dawning day. Embrace each hour. Seize each golden minute.

Hold fast to life, but not so fast that you cannot let go. This is the second side of life's coin, the opposite pole of its paradox: we must accept our losses, and learn how to let go.

This is not an easy lesson to learn, especially when we are young and think that the world is ours to command, that whatever we desire with the full force of our passionate being can, nay, will, be ours. But then life moves along to confront us with realities, and slowly but surely this truth dawns upon us.

At every stage of life we sustain losses and grow in the process. We begin our independent lives only when we emerge from the womb and lose its protective shelter. We enter a progression of schools, then we leave our mothers and fathers and our childhood homes. We get married and have children and then have to let them go. We confront the death of our parents and our spouses. We face the gradual or not so gradual waning of our strength. And ultimately, as the parable of the open and closed hand suggests, we must confront the inevitability of our own demise, losing ourselves as it were, all that we were or dreamed to be.



热词天地

1. cling [kliŋ] v. ①抓紧②贴近；依附
2. relish ['reliʃ] v. ①享受②渴望③喜欢
3. grandeur ['grændʒə] n. 宏伟；壮丽；堂皇



生活的艺术

佚名

生活的艺术在于懂得何时取何时舍。因为生活本身就是一个矛盾混合体：它劝诫我们要抓住生活的诸多恩惠，尽管这一切最终又将化为乌有。古犹太教士曾说：“人们紧握拳头来到这个世界，而最终两手空空而去。”

当然，我们必须紧紧地把握生活，因为它美妙无限，每一寸土地，都充满了美丽。虽然我们明知如此，但是我们往往在回首往事时方解其中真意，但此时已物是人非。

我们追忆那已褪色的美丽，和那已逝去的爱情。但是回忆时倍感痛楚，因为在美丽绽放时没有欣赏那份美丽，有情意绵绵时没有回应那份爱意。

最近的一次经历再次让我领悟到了这个道理。我因严重的心脏病而住进医院，并进入特护区进行了数天的治疗。那儿可不是一个令人开心的地方。

一天早晨，我不得不去做一些额外的检查。检测仪器停放在医院尽头对面的一幢大楼里。因此我不得不身躺轮椅让人推着从院子里经过。

从病房出来后，明媚的阳光洒在我的身上，我所能感觉到的就是阳光，它是如此美丽——如此温暖，如此闪耀，如此明朗！我环顾四周看有谁在享受这金色的阳光。但是，看上去每个人都是行色匆匆，很多人的眼睛都盯着地面。我突然想起自己以前也经常如此，无视每一天的壮丽；太多鸡毛蒜皮，有时甚至是毫无意义的琐事占据了我们的生活。以致我们对生活中的一切都习以为常，而没有用心体会并做出回应。生活的馈赠如此珍贵——我们却无视它的存在。

