

张艳玲◎主编

*True Stories to Help Youth to Success*

# 影响几代人的成长法则

上册

这些英文，都有共同的特点：经典、优美、百读不厌。既可以陶冶情操，增长知识，给人以快乐的感受，又可激励人们向上。这些美文历经时间的考验而沉淀下来，成为历代传诵不衰的美文。



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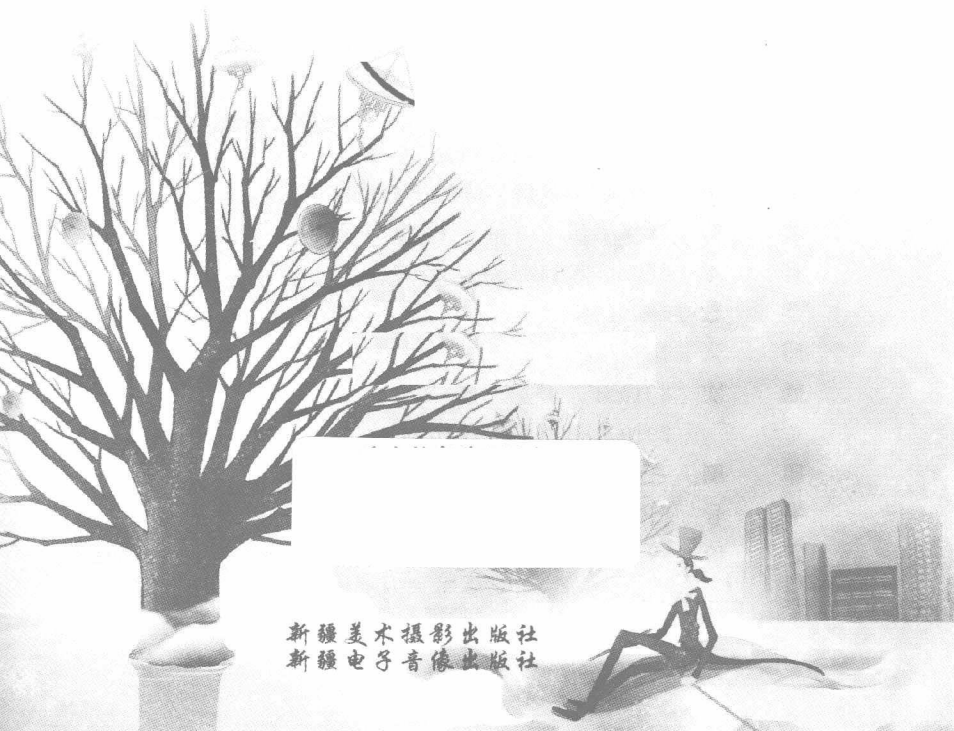
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# 第一篇 人生刚刚起步

别指望运气会改变，除非你有所行动。如果出现问题，不要仅仅将它视为暂时的挫折，而是把它当成一种反应。汲取教训，充分利用当时的情况，并采取行动来解决问题。

积极地思考是不够的，你还必须积极地行动。





## *Youth*

Samuel Ullman

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a tempera mental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spring back to dust.



Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing child-like appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at 80.



## 作者简介

塞缪尔·乌尔曼 (Samuel Ullman , 1840——1920), 犹太人, 出生在德国, 1851 年随家人移民到美国。曾参加过南北战争, 后来在亚拉巴马州的伯明翰市定居。他是一位热心公益事业的金制品商人, 并以教育家和社会活动家而闻名于世, 但在文学创作方面也很有才华, 他的作品《青春》因为麦克阿瑟将军的推崇而被广为传颂。

## 青春

塞缪尔·乌尔曼

青春不是人生中的一段经历, 而是一种心态; 青春不是玫瑰般的脸庞、红润的嘴唇、灵活敏捷的双膝, 而是深沉的意志、奇特的想象力、丰富的情感; 青春是生命中涌流的深泉。

青春如同勇锐盖过怯弱, 进取压倒安逸。这样的品质, 二十多岁的年轻人拥有, 六十多岁的男子则更多见。



年龄增加，并非变老，放弃理想，才会变老。

岁月让肌肤长满皱纹；抛却热忱，颓废必至。忧烦，惶恐，丧失自信，这些使心灵扭曲，意气如灰。

无论是六十岁，还是十六岁，心中皆有生命之欢乐，奇迹之诱惑，孩童般天真久盛不衰。人人心中皆有一台天线，只要你从天上人间接收美好、希望、欢乐、勇气和力量的信号，你就青春永驻，风华常存。

一旦天线下降，锐气便被冰雪覆盖，玩世不恭、自暴自弃便会产生，即使只有二十岁，实已变老；但是，只要竖起天线，捕捉乐观信号，你就有望在八十高龄告别尘寰时仍觉年轻。

\*\*\* 熟词空间 \*\*\*

1. supple 柔软的，易弯曲的；顺从的；巴结的；反应灵活

2. knee 膝盖，膝关节；曲线的弯曲处；（用膝的）碰击

3. quality 质量，性质；优点；才能；能力；品种；身份；地位

4. imagination 想象；空想；创造力

5. emotion 情感，情绪；感动，激动



6. predominance 优势；出众；突出
7. timidity 胆小；羞怯
8. adventure 冒险；奇遇
9. wrinkle 皱纹；褶皱
10. unfailing 无尽的，无穷的；可靠的，不会出错的；确实的
11. wireless 无线的；无线电的
12. pessimism 悲观；悲观主义
13. optimism 乐观；乐观主义



## *Of Youth And Age*

Francis Bacon

A man that is young in years, may be old in hours, if he have lost no time. But that happened rarely. Generally, youth is like the first cogitations, not so wise as the second. For there is a youth in thoughts, as well as in ages.

And yet the invention of young men, is more lively than that of old; and imaginations stream into their minds better, and, as it were, more divinely. Natures that have much heat, and great and violent desires and perturbations, are not ripe for action, till they have passed the meridian of their years; as it was with Julius Caesar and Septimius Severus...

Young men are fitter to invent, than to judge; fitter for execution, than for counsel; and fitter for new projects, than for settled business. For the ex-



perience of age, in things that fall within the compass of it, directs them; but in new things, abuses them.

The errors of young men, are the ruin of business; but the errors of aged men, amount but to this, that more might have been done, or sooner. Young men, in the conduct and manage of actions, embrace more than they can hold; stir more than they can quiet; fly to the end, without consideration of the means and degrees; pursue some few principles, which they have chanced upon absurdly care not to innovate, which draws unknown inconveniences; use extreme remedies at first; and, that which doubles all errors, will not acknowledge or retract them; like an unready horse, that will neither stop nor turn. Men of age object too much, consult too long, adventure too little, repent too soon, and seldom drive business home to the full period, but content themselves with a mediocrity of success.