

张艳玲◎主编

True Stories to Help Youth to Success

影响几代人的成长法则

下 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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Positive Thinking

Anonymous

Thinking is necessary if you want to succeed in life. People fear that thinking may upset their comfort and self-satisfaction. Thinking needs constant practice with enthusiasm. Enthusiasm generates interest and sustains thinking. And concentration will help us form a clear picture in our minds of the ultimate objective.

Thinking should be constant and continuous. With concentration, we can arrange thoughts in order and become a rapid thinker. It is also important to develop organized thinking and learning to think of different things one by one in order. We can stimulate thinking power by taking part in serious conversations or discussions and defending our positions so that it will drive us to think more clearly and ob-



jectively. Reading books and magazines will also help us in the process of formulating ideas.

Positive thinking has a tremendous influence over others with whom we come into contact. People who succeed in improving their thinking power enrich themselves.



积极的思考

佚名

如果你想要在生活中获得成功，进行思考是必要的。人们担心思考可能会打破自己思维的安逸和自我满足感。思考需要在狂热的激情中不断进行。热情能够激发兴趣，使思考继续。而专心致志将有助于我们在脑海中形成有关最终目标的清晰图像。

思考应该是持续不间断的。如果集中精力，我们就能理清思绪，成为反应敏捷的思想者。培养条理清晰的思考习惯，学会有序考虑不同的事情，这也是很重要的。我们可以通过参加认真严谨的对话或讨论来提高思考的能力，也可以进行辩论，这将会促使我们进行更清晰、更客观的思考。阅读书籍和杂志也能帮助我们简洁明确地表达想法。

积极的思考对我们所接触到的人具有巨大的影响力。那些成功提高思考能力的人能够改善、丰富自己的人生。



影响几代人的成长法则

The laws To Help Youth to Success

◆ ◆ ◆ 熟词空间 ◆ ◆ ◆

1. necessary 必要的，不可缺的；强迫的
2. enthusiasm 热心；热情
3. concentration 集中；专心
4. ultimate 最后；根本；最远的
5. objective 客观的；实在的；目标的
6. continuous 连续的；继续的
7. stimulate 激励；起刺激作用
8. discussion 议论；讨论
9. influence 影响；感化；势力



The Strenuous Life

Theodore Roosevelt

In speaking to you, men of the greatest city of the West men of the State which gave to the country Lincoln and Grant, men who preeminently and distinctly embody all that is most American in the American character. I wish to preach, not the doctrine of ignoble ease, but the doctrine of the strenuous life, the life of toil and effort, of labor and strife; to preach that highest form of success which comes not to the man who desires mere easy peace, but to the man who does not shrink from danger, from hardship, or from bitter toil, and who out of these wins the splendid ultimate triumph.

A life of slothful ease, a life of that peace which springs merely from lack either of desire or of power to strive after great things, is as little worthy of a



nation as of an individual. I ask only that what every self — respecting American demands from himself and from his sons shall be demanded of the American nation as a whole. Who among you would teach your boys that ease, that peace, is to be the first consideration in their eyes—to be the ultimate goal after which they strive? You men of Chicago have made this city great, you men of Illinois have done your share, and more than your share, in making America great, because you neither preach nor practise such a doctrine.

You work yourselves, and you bring up your sons to work. If you are rich and are worth your salt, you will teach your sons that though they may have leisure, it is not to be spent in idleness; for wisely used leisure merely means that those who possess it, being free from the necessity of working for their livelihood, are all the more bound to carry on some kind of non—remunerative work in science, in letters, in art, in exploration, in historical re-



search—work of the type we most need in this country, the successful carrying out of which reflects most honor upon the nation.

We do not admire the man of timid peace. We admire the man who embodies victorious effort; the man who never wrongs his neighbor, who is prompt to help a friend, but who has those means virile qualities necessary to win in the stern strife of actual life.

It is hard to fail, but it is worse never to have tried to succeed. In this life we get nothing save by effort. Freedom from effort in the present merely means that there has been stored up effort in the past. A man can be freed from the necessity of work only by the fact that he or his fathers before him have worked to good purpose. If the freedom thus purchased is used aright, and the man still does actual work, though of a different kind, whether as a writer or a general, whether in the field of politics or in the field of exploration and adventure, he



shows he deserves his good fortune. But if he treats this period of freedom from the need of actual labor as a period, not of preparation, but of mere enjoyment, even though perhaps not of vicious enjoyment, he shows that he is simply a cumber of the earth's surface, and he surely unfits himself to hold his own with his fellows if the need to do so should again arise. A mere life of ease is not in the end a very satisfactory life, and, above all, it is a life which ultimately unfits those who follow it for serious work in the world.

In the last analysis a healthy state can exist only when the men and women who make it up lead clean, vigorous, healthy lives; when the children are so trained that they shall endeavor, not to shirk difficulties, but to overcome them; not to seek ease, but to know how to wrest triumph from toil and risk. The man must be glad to do a man's work, to dare and endure and to labor; to keep himself, and to keep those dependent upon him. The woman



must be the housewife, the helpmeet of the homemaker, the wise and fearless mother of many healthy children.

In one of Daudet's powerful and melancholy books he speaks of "the fear of maternity, the haunting terror of the young wife of the present day." When such words can be truthfully written of a nation, that nation is rotten to the heart's core.

When men fear work or fear righteous war, when women fear motherhood, they tremble on the brink of doom; and well it is that they should vanish from the earth, where they are fit subjects for the scorn of all men and women who are themselves strong and brave and high-minded.

As it is with the individual, so it is with the nation



作者简介

西奥多·罗斯福（Theodore Roosevelt，1858—1919），美国第二十六任总统。美国军事家、政治家。以其独特个性和改革主义政策得到广大国民的喜爱，是美国历史上最伟大的总统之一。主要著作有：《给孩子们的信》、《1812年海战》、《征服西部》、《美国历史中的英雄故事》、《非洲游踪》、《新国家主义》、《文学及其论文》、《西奥多·罗斯福自传》、《穿过巴西荒原》、《美国和世界大战》、《尽你所能敬畏上帝》等。

奋斗不息的人生

西奥多·罗斯福

你们是西部最大城市芝加哥的市民，是为这个国家奉献了林肯和格兰特的伊利诺斯州的州民，你们突出地体现了美国国民性中最具特点的所有一切。在面对你们讲话时，我想提倡的不是贪图享乐的人生哲学，而是奋斗不息的人生哲学。辛勤奋斗，努力进取，终其一生；



我想宣扬的是，成功的最高境界是贪图安逸、碌碌无为的人无法得到的，而只属于那些不畏险境、不惧困苦、不避辛劳并终获辉煌胜利的人们。

安逸的一生，仅仅因为缺乏欲望或缺少能力去成就大事而归于平淡安稳的一生，无论是对个人还是对民族，都是毫无价值的。我只是希望，每个有自尊的美国人对自己、对子女所做的要求，一个国家也应该如此。你们当中有谁会教育自己的孩子，闲逸安稳是他们首要的考虑对象，是他立志追求的最终目标？你们这些芝加哥的市民将这个城市建设成了一座伟大的城市，你们这些伊利诺斯州的州民在把美国建设成为一个伟大国度的进程中做出了应有并且是伟大的贡献，因为你们既不炫耀、也不实行这样的人生哲学。

你们自己勤奋地工作，教育子女也辛勤劳作。假如你们家境殷实，名副其实，你们会教导子女，尽管他们可能会有空闲，但是不可无所事事地虚度光阴；因为明智使用闲暇意味着那些有幸拥有闲暇、无需为谋生计而不得不工作的人，更加应该献身于科学、文学、艺术、探险、历史研究领域内无分文报酬的工作——那种国家需要的工作，这些工作的成功开展将为国家赢得巨大声誉。

对贪图享乐、不敢作为的人，我们毫无敬佩之意。



对奋斗不息、终至辉煌的人，我们则满怀崇敬；他们对邻人从来不做不义之举，对友人能够及时伸出援手，但是同时又具备阳刚之气，能够在现实生活的严峻斗争中赢得胜利。

失败虽然令人难以承受，但是从来不努力追求成功更加可怕。在人生旅程中，如果你不付出努力，就会一无所获。现在无需努力仅仅意味着积累了过去的努力成果。一个人只有在自己或祖辈努力有成的情况之下，才可以摆脱必须受工作的支配。如果这样获得自由并且使用得当，并且这个人仍然在从事实际工作，只是工作性质有所不同，无论是成为作家还是将军，无论是投身政界还是在探索发现，他都向我们证明了他理所应当获得命运的垂青。但是，假若他将这段免于工作的自由时间不是当做准备的一个阶段，而是利用这段时光纯粹地享乐，即便可能不是那种堕落的享乐，这只能表明他不过是这世上的累赘，并且有朝一日必须自食其力时，他肯定技不如人。安安逸逸的人生，并不是令人满意的人生，特别是对那些渴望在世上有所作为的人来说尤其显得不完美。

综上所述，要称得上是一个健康的国家，应该是构成这个国家的男男女女都过着纯洁清白、朝气蓬勃、身心健康的生活，孩子们接受教育，学会竭尽全力，不逃



避困难，而是克服困难；不贪恋安逸，而是不畏艰辛、不惧风险，知道如何获取胜利。男子必须勇敢、忍耐、勤劳，乐于承担男人的工作，能够自立于世，不依赖于他人的恩赐。女子应该成为家庭主妇、持家的好手、众多健康孩子的机智无畏的母亲。

在都德的一部感人肺腑、激动人心的著作中，他写道：“这个世界上，年轻妻子对生儿育女的恐惧挥之不去。”当这些言词成为一个国家的真实写照之时，那么这个国家就算腐烂透顶了。

当男人对工作或正义的战争望而生怯，当女人将为人母之道视为畏途，他们将会因为已处危亡的边缘而战栗不已；他们如从这世上全部消失，这也不是一件令人惊奇的事；他们是一切性格坚强、行为果敢、品格高尚的男人和女人理所当然的嘲笑对象。

一个人如是，一个民族亦然。

◆ ◆ ◆ 热 词 空 间 ◆ ◆ ◆

1. embody 使具体化，体现；使形象化；包含，收录；组编
2. preach 宣传；宣扬
3. ignoble 卑鄙的；可耻的



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The laws To Help Youth to Success

4. desire 想要；渴望
5. ultimate 最后的；根本的；
6. slothful 偷懒的；懒惰的
7. individual 单一的；个体的
8. consideration 考虑，考察；讨论；照顾，关心；

报酬；尊敬

9. leisure 空闲；安逸；闲暇
10. exploration 勘探；探险
11. analysis 分析；分解；梗概



The Man And The Opportunity

Orison Swett Marden

The lack of opportunity is ever the excuse of a weak, vacillating mind. Opportunities! Every life is full of them.

Every lesson in school or college is an opportunity. Every examination is a chance in life. Every business transaction is an opportunity—an opportunity to be polite, an opportunity to be friends. Every proof of confidence in you is a great opportunity. Every responsibility trust upon your strength and you honor is priceless. Existence is the privilege of effort, and when that privilege is met like a man, opportunities to succeed along the line of your aptitude will come faster than you can use them.

Young men and women, why do you stand here all the day idle? Was the land all occupied before you