



# 美丽英文

第3辑：美丽人生

Life Is Beautiful

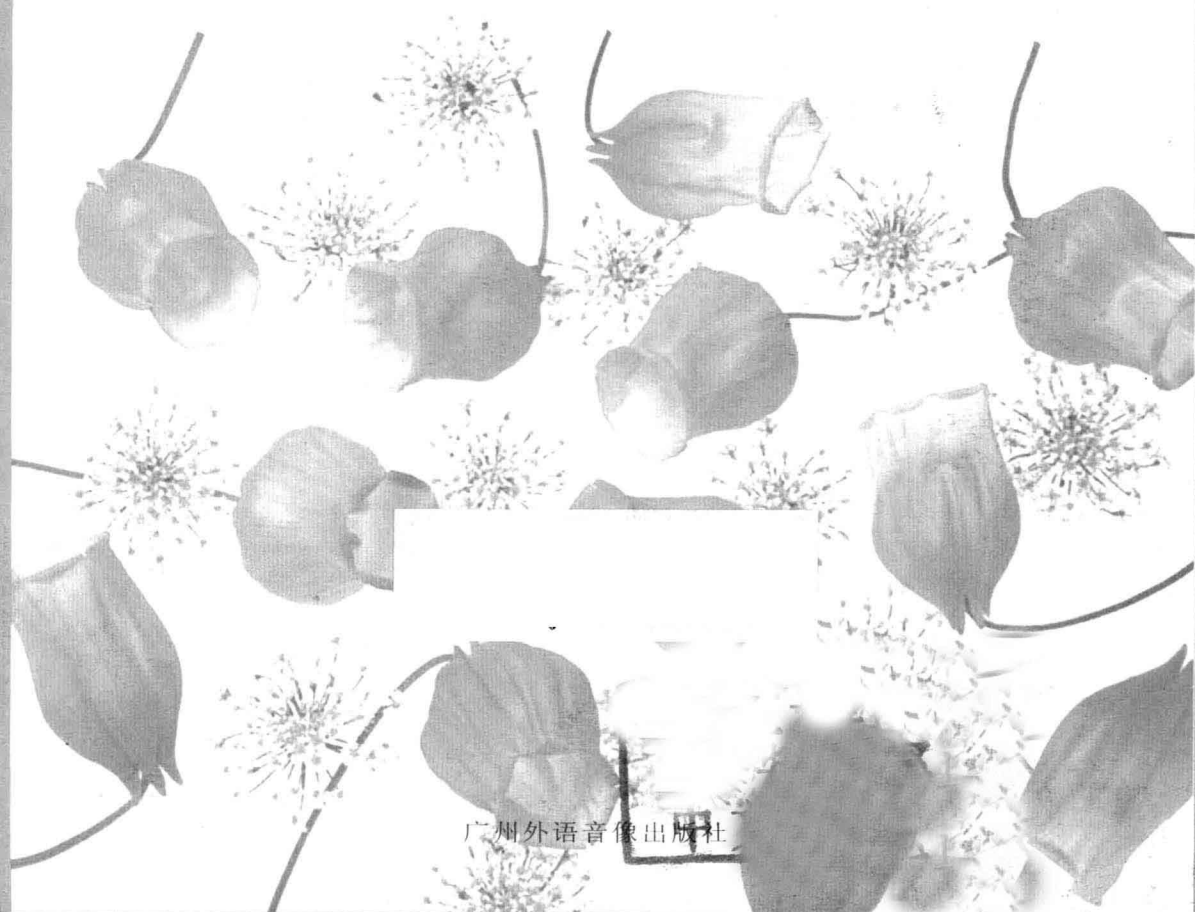


广州外语音像出版社

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## 美丽英文 第3辑——美丽人生

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# 美丽人生

她有着一一种与外表无关的灵气和美丽。她的话语轻而易举地征服了人心，她正是我们要聆听的声音。

很多人都说人生的真谛是个未知的概念。言词的费力诠释，艺术的着力表现，还有人类那似乎永无休止的纷繁思考，三者都苦苦追寻人生的真谛。希望走近以至完全把握存在的真意可以令人十分狂热。有时候，有些人以自己笃信的真理为志趣，追寻真理胜于保全生命，于是就有舍生取义之举。然而，也有另外一种人生，他们在寻求真谛的过程中灌溉生命。

过去，我常常在教堂的心意篮里发现一些优美的小短文，有些是关于我的布道，有些是作者日常读《圣经》的感想。写这些短文的人不仅对我的一些观点加以反思，同时还会引用一些他/她曾经读过的，令他/她难忘又喜爱的诗人或者神秘主义者的话。我被这些短文迷住了。我看到了一个执着于追寻真与美的人。其珍而重之的字句，优美动人。我还感觉到好像那些字句也乐于让我们发现，它们是那么毫无保留地，慷慨地为这无名氏作者所借用，而现在轮到这位无名氏来学习与人分享这些美文的奥秘。分享令美愈加闪耀生辉，在这个意义上说，其实世上唯一的真理是丝毫不费的。

过了很久我才见到这些短文的作者。

一个星期天早上，我被告知有人正在办公室等我。帮我应门的年轻人说是个女人，说留言是她放的。看见她的时候我大吃一惊，因为我马上就认出她是我的教区信徒，只是我一直不知道那些短文是她写的。她坐在办公室的一张椅子上，两手相扣搁在大腿上，低垂着头。在抬头看我的时候，她微笑起来却十分费劲。那是一张破了相的脸，外科手术使她的脸皮绷得紧紧的，笑对她来说也是很困难的。为了去除脸上碍眼的肉瘤她接受了手术治疗，这令她吃尽苦头。

那个星期天早上我们聊了一会儿，并决定那个星期再找个时间一起吃顿午饭。

后来我们不止吃了一顿午饭，而是好几顿。每次一起吃饭的时候她都戴着帽子。我想可能是她接受的某种治疗使她掉了不少头发。我们分享了各自生活中的点点滴滴。我跟她讲我读书和成长的故事。她告诉我她在一家保险公司里已经工作多年了。她从来没有提过自己的家庭，我也没有问。

我们还谈到大家都读过的作品的作者，不难发现她非常喜欢看书。

这些年我经常想起她，在这个以外表、地位和财富等虚名浮利挂帅的社会中她是怎样一路挺过来的呢？毁掉的容颜使她怎么也无法变得耀眼迷人。我知道这深深地刺痛着她。

如果她长得漂亮，她的生命轨迹会不会有所不同呢？有可能。不过她有独特的灵气和美，与外表完全无关。她话轻而易举地征服了人心，她正是我们要聆听的声音。她的隽语出于一颗受过伤却充满爱的心，就像所有人的心一样，只不过她比别人更注重对自己心灵的关注、用心去体会生活并从中学习。她拥有一种细腻的美感。她生命里唯一的恐惧就是失去朋友。

我们究竟要花多长时间才能达到如此高度的成熟？能否最终达到还是个未知数呢。我们老觉得身心疲惫，怀才不遇，只顾为眼前的不足忧心忡忡，却忘了珍视一些历久常新的东西。友谊珍贵而美好，只需我们用心呵护，有时候简简单单表示就已经足够了，譬如偶尔写几句话给朋友，或者在篮子里投入一些优美动人的字条，以期大家都能分享，记住美妙的时刻、美好的感觉。

她生命的真谛就是要透过事物的表面一睹其真正的本质。她发现了美和上帝的慈爱，而美和慈爱也待她如友，把生命的真谛呈现给她。

# Beauty

There were a sensitivity and a beauty to her that have nothing to do with looks. She was one to be listened to, whose words were so easy to take to heart.

It is said that the true nature of being is veiled. The labor of words, the expression of art, the seemingly ceaseless buzz that is human thought all have in common the need to get at what really is so. The hope to draw close to and possess the truth of being can be a feverish one. In some cases it can even be fatal, if pleasure is one's truth and its attainment more important than life itself. In other lives, though, the search for what is truthful gives life.

I used to find notes left in the collection basket, beautiful notes about my homilies and about the writer's thoughts on the daily scriptural readings. The person who penned the notes would add reflections to my thoughts and would always include some quotes from poets and mystics he or she had read and remembered and loved. The notes fascinated me. Here was someone immersed in a search for truth and beauty. Words had been treasured, words that were beautiful. And I felt as if the words somehow delighted in being discovered, for they were obviously very generous to the as yet anonymous writer of the notes. And now this person was in turn learning the secret of sharing them. Beauty so shines when given away. The only truth that exists is, in that sense, free.

It was a long time before I met the author of the notes.

One Sunday morning, I was told that someone was waiting for me in the office. The young person who answered the rectory door said that it was "the woman who said she left all the notes." When I saw her I was shocked, since I immediately recognized her from church but had no idea that it was she who wrote the notes. She was sitting in a chair in the office with her hands folded in her lap. Her head was bowed and when she raised it to look at me, she could barely smile without pain. Her face was disfigured, and the skin so tight from surgical procedures that smiling or laughing was very difficult for her. She had suffered terribly from treatment to remove the growths that had so marred her face.

We chatted for a while that Sunday morning and agreed to meet for lunch later that week.

As it turned out we went to lunch several times, and she always wore a hat during the meal. I think that treatments of some sort had caused a lot of her hair to fall out. We shared things about our lives. I told her about my schooling and growing up. She told me that she had worked for years for an insurance company. She never mentioned family, and I did not ask.

We spoke of authors we both had read, and it was easy to tell that books are a great love of hers.

I have thought about her often over the years and how she struggled in a society that places an incredible premium on looks, class, wealth and all the other fineries of life. She suffered from a disfigurement that cannot be made to look attractive. I know that her condition hurt her deeply.

Would her life have been different had she been pretty? Chances are it would have. And yet there were a sensitivity and a beauty to her that had nothing to do with looks. She was one to be listened to, whose words were so easy to take to heart. Her words came from a wounded but loving heart, very much like all hearts, but she had more of a need to be aware of it, to live with it and learn from it. She possessed a fine-tuned sense of beauty. Her only fear in life was the loss of a friend.

How long does it take most of us to reach that level of human growth, if we ever get there? We get so consumed and diminished, worrying about all the things that need improving, we can easily forget to cherish those things that last. Friendship, so rare and so good, just needs our care—maybe even the simple gesture of writing a little note now and then, or the dropping of some beautiful words in a basket, in the hope that such beauty will be shared and taken to heart.

The truth of her life was a desire to see beyond the surface for a glimpse of what it is that matters. She found beauty and grace and they befriended her, and showed her what is real.



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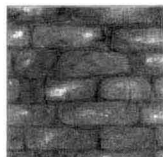
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### Man Is Here for the Sake of Other Men

1

人是为他人而活着

生活是五彩缤纷的，而人活着的意义是什么？为自己？还是为别人？很显然是为他人而活着，因为我们的喜怒哀乐都与他人息息相关。



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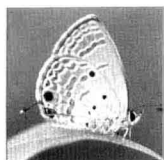
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### Can You Only Do One Thing in Your Life

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你的一生中可以只做一件事吗？

在人生短暂的时光里，我们做好了一件事；但是透过这短暂的时光，我们还是有时间有能力做好其它事情。



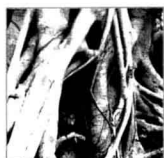
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## Choice of Companions 选择伙伴

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伙伴或是良师益友，或是狐朋狗友；好的伙伴帮助我们种植美德，坏的伙伴煽动我们种植恶行。



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请不要为了满足个人私欲而发掘真理，这样是从上帝的祝福中谋求暴利。



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我们不能得到提拔，生意场上失意，不能建立一个幸福美满的家庭，其真正原因是我们没有做准备。你做好准备迎接成功了吗？





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## When You Are Old 当你老了

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你会有衰老的那一天。当这一天到来的时候，请坐下来体味这丝丝温情吧。



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## I Dread the End of the Year 我害怕年尾

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年尾将至，让人想到了自己在变老，伟人们却从未感觉自己在衰老。



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某天，当你老了，你或许会感慨自己的人生，或许会高呼逝去的青春。



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## Take the Son 拥有儿子

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父亲的爱源于儿子，父亲的生活因儿子而美好，儿子是他的全部。



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当一个人失去了灵魂，即便他赢了全世界又如何呢？

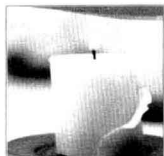


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### She's Only a Mother 她只是位母亲

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她只是一个平凡的人，却有着你不可想象的坚强和毅力。

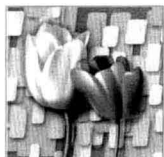


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### Wish You Enough 祝你拥有足够

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世间有多少悲伤离合，让我们在相拥的那一刻互道一声“祝你拥有足够”。



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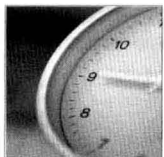


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我们常常欣喜于“柳暗花明又一村”，而这就是生活本身。



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### Two Views of Time 两种时间观

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时间可以很漫长也可以很短暂，取决于你怎样看待它。



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### The Wholeness of Life 人生在于完整

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### If I Rest, I Rust 吾休则锈

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勤奋能让开启成功宝藏的“钥匙”闪闪发光。

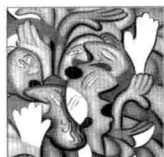


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### Dance Like No One's Watching 纵情欢舞

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幸福是一个旅程，不是终点站。珍惜途中的分分秒秒，不要做无谓的等待。



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能超越时空不变的唯一品质就是服务。



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承担责任——最大的自由

自己的人生公交车还是由自己来驾驶，这样你就能尽情享受行驶的乐趣。



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真正的愚人在十字路口游戏人生，而智者却在赶紧把握自己的命运。



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对爱的渴望，对知识的探求，对人类痛苦本能的同情是我所追求的。

## Vocabulary

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## Vocabulary 词汇表

注：目录中有“🔊”标志的都有录音。

No. 1

# Man Is Here for

Albert Einstein / 爱因斯坦

## 人是为他人而活着

生活是五彩缤纷的，而人活着的意义是什么？为自己？还是为别人？很显然，是为人而活着，因为我们的喜怒哀乐都与他人息息相关。

divine 神的, 神圣的

非凡的

奇特  
Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to divine a purpose.

From the standpoint of daily life, however, there is one thing we do know that man is here for the sake of other men—above all for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day I realize how much my own outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received. My peace of mind is often troubled by the depressing sense that I have borrowed too heavily from the work

△立场, 观点, 见地

尤其

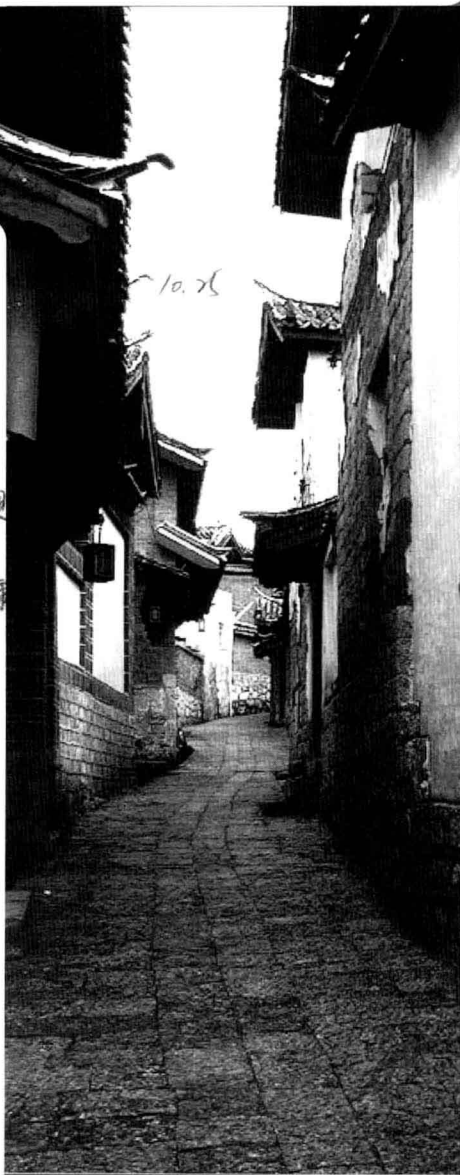
健康

无数

10: nist / 人, 自己, 其他的人

重要的

△使用, 施行, 努力



of other men.

To ponder <sup>估量, 沉思, 无休止的, 冗长的</sup> interminably <sup>ten'tə-minəbly</sup> over the reason for one's own existence or the meaning of life in general seems to me, from an objective point of view, to be sheer folly. And yet everyone holds certain ideals by which he guides his aspiration and his judgment. The ideals which have always shone before me and filled me with the joy of living are goodness, beauty, and truth. To make a goal of comfort and happiness has never appealed to me; a system of ethics <sup>1'ediks/ 伦理学 道德标准</sup> built on this basis would be sufficient only for a herd of cattle. <sup>兽群</sup>

我们这些终有一死的人的命运是多么奇特！我们每个人在这个世界上都只作一个短暂的逗留；目的何在，却无从知道，尽管有时自以为对此若有所感。

但是，不必深思，只要从日常生活就可以明白：人是为别人而活着——首先是为那样一些人，我们的幸福全部取决于他们的喜悦和健康；其次是为许多我们所不认识的人，他们的命运通过同情的纽带同我们密切结合在一起。我每天无数次的提醒自己：我的精神生活和物质生活都是以别人（包括生者和死者）的劳动为基础的，我必须尽力以同样的份量来回报我所领受了的和至今还在领受着的东西。我的内心时常被一种悲伤困扰，那就是我发觉自己占用了同胞们过多的劳动成果。

要追究一个人自己或一切生物生存的意义或目的，从客观的观点看来，我总觉得是愚蠢可笑的。可是每个人都有一些理想，这些理想决定着他们为之努力和判断的方向。闪现在我眼前，并让我感受到生存快乐的是生活的美好、人生的美丽和事实的真实感。我从来不把安逸和享乐看作生活的真正目的，只有牲畜才会满足于安逸和享乐。

# No. 2 Life 人生哲理 Philosophy



人生如戏，只有深入其中，你才能体会当中的奥妙。

1. **Many people will walk in and out of your life...but only true friends will leave footprints in your heart.**

很多人会在你的生命中来来往往，但只有真正的朋友才能在你的心里留下足印。

2. **To handle yourself, use your head; to handle others, use your heart.**

用你的头脑来驾驭自己，用你的心来对待他人。

*danger*

3. **Anger is only one letter short of danger.**

生气与危险只是一字之差。

4. **If someone betrays once, it is his fault; if he betrays you twice, it is your fault.**

如果某人背叛你一次，是他的错；如果某人背叛你两次，那就是你的错了。

5. **Great minds discuss ideas; average minds discuss events; small minds discuss people.**

伟人论道，凡人论事，小人则议是非。

6. **He who loses money, loses much; he who loses a friend, loses much more; he who loses faith, loses all.**

失去钱财不是小事，失去朋友更甚，失去勇气则失去了一切。

8. **Beautiful young people are accidents of nature, but beautiful old people are works of art.**

如果说漂亮的年轻人是自然的杰作，那么，漂亮的老年人则是艺术之作。



**K**nowledge is one thing, virtue is another; good sense is not conscience, refinement is not humility, nor is largeness and justness of view faith. Philosophy, however enlightened, however profound, gives no command over the passions, no influential motives, no vivifying principles. Liberal Education makes not the Christian, not the Catholic, but the gentleman. It is well to be a gentleman, it is well to have a cultivated intellect, a delicate taste, a candid, equitable, dispassionate mind, a noble and courteous bearing in the conduct of life—these are the connatural qualities of a large knowledge; they are the objects of a University; I am advocating, I shall illustrate and insist upon them; but still, I repeat, they are no guarantee for sanctity or even for conscientiousness, they may attach to the man of the world, to the profligate, to the

知识是一回事，美德是另一回事。好意并非良心，优雅并非谦让，广博与公正的观点也并非信仰。哲学，无论多么富有启迪和深奥莫测，都无法驾驭情感，无法提供有影响力的动机，无法给予导致生动活泼的原理。文化教育并不造就基督教徒或天主教徒，而是造就了绅士。成为一个绅士是件美事。有教养的才智，优雅的情趣，正直、公正而冷静的头脑，高贵而彬彬有礼的举止——这些是渊博的学识生来固有的品质，它也是大学教育的目的。我对此倡议，并将加以阐释和坚持。然而我要说的是，它们仍然不能确保圣洁，或甚至不能保证诚实。它们可以附庸于世故的俗人，附庸于玩世不恭的浪子，唉，当他用它们伪装自我时，就更增加了他外表上的冷静、快活和魅力。就

No. 3

## Knowledge and Virtue

### 知识与美德

文化教育并不造就  
基督教徒或天主教徒  
而是造就了绅士

heartless, pleasant, alas, and attractive as he shows when decked out in them. Taken by themselves, they do but seem to be what they are not; they look like virtue at a distance, but they are detected by close observers, and in the long run, and hence it is that they are popularly accused of pretense and hypocrisy, not, I repeat, from their own fault, but because their professors and their admirers persist in taking them for what they are not, and are officious in arrogating for them a praise to which they have no claim. Quarry the granite rock with razors, or moor the vessel with a thread of silk, then may you hope with such keen and delicate instruments as human knowledge and human reason to contend against those giants, the passion and the pride of man.

其本身而言，它们似乎已远离其本来面目，它们似乎一远看的美德，经久久细察方可探知。因此它们受到广泛的责难，指责其虚饰与伪善。我要强调，这绝非是因为其自身有什么过错，而是因为教授们和赞美者们一味地把它们弄得面目全非，并且还要殷勤地献上其本身并不希冀的赞颂。若用剃刀就可以开采出花岗岩，用丝线就能系泊位船只，那么，这样你才能希望用人的知识和理性这样美妙而优雅的东西去与人类的情感与高傲那样的庞然大物进行抗争。



# The Road of Life

## 生活的道路

William S. Maugham / 威廉·S·毛姆

The lives of most men are determined by their environment. They accept the circumstances amid which fate has thrown them not only with resignation but even with good will. They are like streetcars running contentedly on their rails and they despise the sprightly flitter that dashes in and out of the traffic and speeds so jauntily across the open country. I respect them; they are good citizens, good husbands, and good fathers, and of course somebody has to pay the taxes; but I do not find them exciting. I am fascinated by the men, few enough in all conscience, who take life in their own hands and seem to mould it to their own liking. It maybe that we have no such thing as free will, but at all events, we have the illusion of it. At a cross-road it does seem to us that we might go either to the right or the left, and the choice once made, it is difficult to see that the whole course of the world's history obliged us to take the turning we did.

大多数人的生活由他们身处的环境所决定。他们不仅接受既定的命运，而且顺从命运的安排。他们就像街上的电车一样，在他们既定的轨道上行驶，而对那些不时出没于车水马龙间和欢快地奔驰在旷野上的廉价小汽车不屑一顾。我尊重他们，他们是好公民、好丈夫和好父亲。当然，他们当中总得有人来支付税收，但是，他们并没有令人激动的地方。另外有一些人，他们把生活掌握在自己的手里，按照自己的喜好去创造生活，尽管这样的人少之又少，但我却被他们深深地吸引着。可能世界上并没有诸如自由意志这样的事物，但是无论怎样，我们总有关于自由意志的幻想。当我们处在一个十字路口时，我们似乎可以决定向左走还是向右走，可是一旦做出选择，我们却很难意识到，实际上是世界历史的全部进程强迫我们做出了那样的选择。