

# 最美丽的英文 The most Beautiful English

人人受益的心灵智慧书，学习英文的最佳课外书。

## 一杯阳光 *A Cup of Sunshine* 全集

郭冰 编译

优美华丽的文字，温馨动人的故事，滋润心灵的哲理，聪明睿智的启示。本书融学习语言和陶冶情操于一体，就像生命中的一杯阳光，让人感受到生命中时时刻刻都存在着美。有些美也许是瞬间的绽放，却久驻于心田……



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# 一杯阳光

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郭冰 编译

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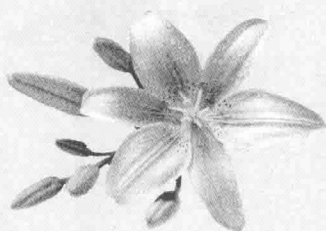
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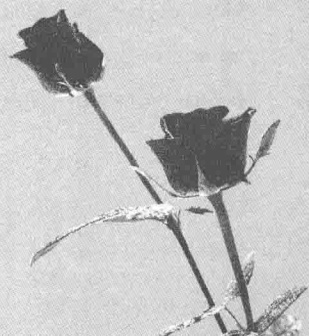
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# 第一卷 美丽是一种感觉

*Part 1 Feeling Beautiful*







## The Happy Valley

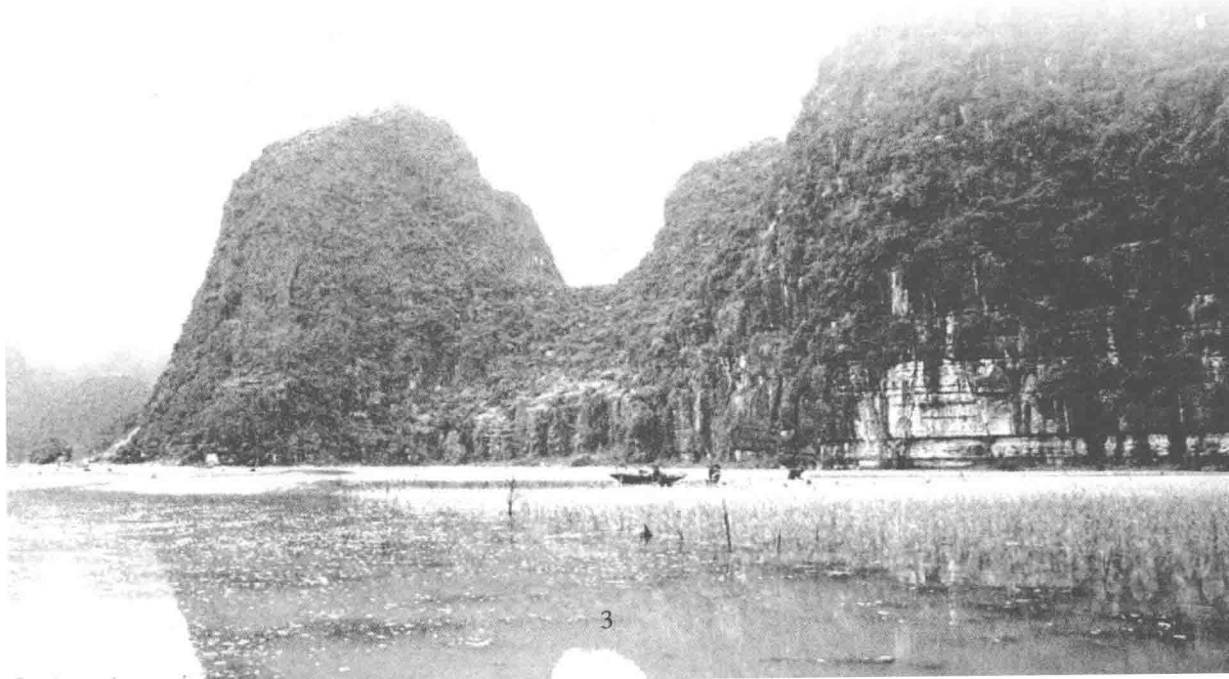
*Samuel Johnson*

“What,” said he, “makes the difference between man and all the rest of the animal creation? Every beast that strays beside me has the same corporal necessities with myself, he is hungry, and crops the grass, he is thirsty, and drinks the stream, his thirst and hunger are appeased, he is satisfied and sleeps; he rises again and he is hungry, he is again fed and is at rest. I am hungry and thirsty like him, but when thirst and hunger cease I am not at rest; I am, like him, pained with want, but am not, like him, satisfied with fullness. The intermediate hours are tedious and gloomy; I long again to be hungry that I may again quicken my attention. The birds peck the berries or the corn, and fly away to the groves where they sit in seeming happiness on the branches, and waste their lives in tuning one unvaried series of sounds. I likewise can call the lutanist and the singer, but the sounds that pleased me yesterday weary me today, and will grow yet more wearisome tomorrow. I can discover within me no power of perception which is not glutted with its proper pleasure, yet I do not feel myself delighted. Man has surely some latent sense for which this place affords no gratification, or he has some desires distinct from sense which must be satisfied before he can be happy.”

# 快乐谷

塞缪尔·约翰逊

他说：“人和其他动物的区别在哪里？在我身旁游走的每个野兽，和我一样都有肉体上的需要——饿了吃草，渴了喝溪水，充饥解渴后将满足地睡去；醒来又饿了，再吃饱休息。我和他一样也会饥渴，但不渴也不饿时，我不休息；我也像他一样因需求匮乏而痛苦，但不像他因需求丰裕而满足。中间这个阶段，冗长而又乏味；我又开始渴望饥饿，好再次加速自己的注意。鸟儿啄食着浆果或谷物，好像非常快乐地飞到树丛中，停靠在树枝上并且百无聊赖地吟唱着一成不变的曲调。同样地，我也能叫来琵琶手和歌手，但昨天还能使我愉悦的乐章，今天却令我厌烦，明天变得更令人厌倦。我从自身发现，没有一种感受力不是被适度愉悦充满的，但是我不觉得自己快乐。确实，人类有某种潜在的感觉，会告知自己这个地方不能令人愉悦，或者，在快乐之前，他有一些有别于感觉的渴望，必须先得到满足。”





## Hour in the Sun

*John H. Bradley*

*"... I was rich, if not in money, in sunny hours and summer days."*

— Henry David Thoreau

When Thoreau wrote that line, he was thinking of the Walden Pond he knew as a boy.

Woodchoppers and the Iron Horse had not yet greatly damaged the beauty of its setting. A boy could go to the pond and lie on his back against the seat of a boat, lazily drifting from shore to shore while the loons dived and the swallows dipped around him. Thoreau loved to recall such sunny hours and summer days "when idleness was the most attractive and productive business."

I too was once a boy in love with a pond, rich in sunny hours and summer days. Sun and summer are still what they always were, but the boy and the pond changed. The boy, who is now a man, no longer finds much time for idle drifting. The pond has been annexed by a great city. The swamps where herons once hunted are now drained and filled with houses. The bay where water lilies quietly floated is now a harbor for motor boats. In short, everything that the boy loved no longer exists—except in the man's memory of it.

Some people insist that only today and tomorrow matter. But how much poorer we would be if we really lived by that rule! So much of what we do today is frivolous and futile and soon forgotten. So much of what we hope to do tomorrow never happens.

The past is the bank in which we store our most valuable possession—the memories that give meaning and depth to our lives.

Those who truly treasure the past will not bemoan the passing of the good old days, because days enshrined in memory are never lost. Death itself is powerless to still a remembered voice or erase a remembered smile. And for one boy who is now a man, there is a pond which neither time nor tide can change, where he can still spend a quiet hour in the sun.



# 阳光下的时光

约翰·布莱德利

“……我虽然不富甲天下，却拥有无数个艳阳天和夏日。”

——亨利·大卫·梭罗

写这句话时，梭罗想起孩提时代的瓦尔登湖。

当时伐木者和火车尚未严重破坏湖畔的美丽景致。小男孩可以走向湖中，仰卧小舟，自一岸缓缓漂向另一岸，周遭有鸟儿戏水，燕子翻飞。梭罗喜欢回忆这样的艳阳天和夏日，“这时，慵懒是最迷人也是最具生产力的事情！”

我也曾经是热爱湖塘的小男孩，拥有无数艳阳天与夏日。如今阳光、夏日依旧，男孩和湖塘却已改变。那男孩已长大成人，不再有那么长时间泛舟湖上。而湖塘也为大城市所并。曾有苍鹭觅食的沼泽，如今已枯竭殆尽，上面盖满了房舍。睡莲静静漂浮的湖湾，现在成了汽艇的避风港。总之，男孩所爱的一切都已不复存在——只留在人们的回忆中。

有些人坚持认为只有今日和明日才是重要的，可是如果真的照此生活，我们将是何其可怜！许多今日我们做的事是徒劳不足取的，很快就会被忘记。许多我们期待明天将要做的事情却从来没有发生过。

过去是一所银行。我们将最宝贵的财产——记忆珍藏其中。记忆赐予我们生命的意义和深度。

真正珍惜过去的人，不会悲叹旧日美好时光的逝去。因为藏于记忆中的时光永不流失。死亡本身无法止住一个记忆中的声音，或擦除一个记忆中的微笑。对现已长大成人的那个男孩来说，那儿将有一个湖塘不会因时间和潮汐而改变，可以让他继续在阳光下享受安静时光。