

天天读点好英文  
Everyday English Notes  
「信念·心态卷」

FAITH AND MENTALITY

# 静下心来， 这是我的世界

汉英对照

静下心来，源自一个梦想：静下心来，  
时光屈从于毅力的坚持。静下心来，不再考虑世间的  
纷繁芜杂，静下心来，这就是我的世界……

钟子 编译



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英汉对照

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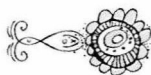
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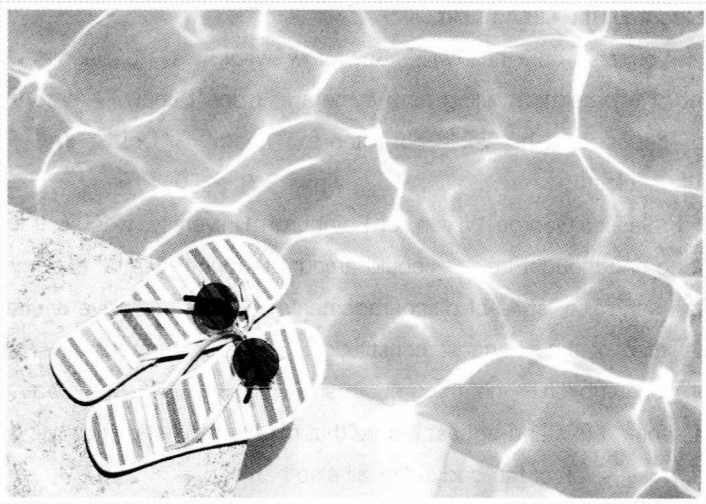
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我有我的信仰

My Own Faith







## 铁一般的意志

### An Iron Will

► 奥里森·马登 / *Orison Marden*

"I can't! It is impossible!" said a lieutenant to Alexander, after failing to take a rock-crested fortress.

"Be gone!" thundered the great Macedonian; "there is nothing impossible to him who will try." and at the head of a **phalanx**<sup>1</sup> he swept the foe from the strong hold.

"You can only half will," Suwarrow would say to people who failed. He preached willing as a system. "I don't know," "I can't," and "impossible" he would not listen to. "Learn!" "Do!" "Try!" he would exclaim.

Professor George Wilson, of Edinburgh University, was so fragile that no one thought he ever could amount to much; but he became a noted scholar in spite of discouragements which would have **daunted**<sup>2</sup> most men of the strongest constitutions. Disaster, amputation of one foot, consumption — no, thing could shake his imperious will. Death itself seemed to stand aghast before that mighty resolution, hesitating to take possession of the body after all else had fled.

At fifty-five years of age, Sir Walter Scott owed more than six hundred thousand dollars. He determined that every dollar should be

paid. This iron resolution gave confidence and inspiration to the other faculties and functions of the body and brain. Every nerve and Fibre said: "The debt must be paid!" Every drop of blood caught the inspiration and rushed to the brain to add its weight of force to the power which **wielded**<sup>3</sup> the pen. And the debt was paid. In his diary he wrote: "I have suffered terribly and often wished that I could lie down and sleep without waking. But I will fight it out if I can." His imperious will worked on and on after it seemed that every other faculty had abandoned his mind.

"Is there one whom difficulties **dishearten**<sup>4</sup>?" asked John Hunter. "He will do little. Is there one who will conquer? That kind of a man never fails."



在对敌军要塞的进攻以失败告终后，一位陆军中尉对亚历山大说：“我做不到，因为根本无法攻破敌军防守！”

面对这样的回答，亚历山大愤怒地吼道：“继续进攻！对于那些有着坚强意志的人来说，没有什么事情是做不到的！”依据亚历山大的指示，这位陆军中尉带领一支冲锋队经过激烈的搏杀终于攻克了敌军要塞。

同样地，苏沃洛夫面对那些失败的人常常会这样说：“如果你不肯拿出全部的意志力去克服困难，你就永远也无法获得成功！”对于那些只会说“我不懂”、“我不能”和“不可能做到”的人，苏沃洛夫根本不屑一顾。他主张的是——学习！实践！努力！

爱丁堡大学的乔治·威尔逊教授曾被认为是个永远成不了大器的人。许多有过相同境遇的人大多会从此一蹶不振，然而，乔治·威尔逊却没有因此而停止进取的脚步，最终成为一名杰出的学者。在他的人生之路上曾经遭遇过诸多不幸，他曾因疾病必须将一只脚切除，也曾患过严重的肺病，然而，任何艰难险阻都无法将他的意志击垮。恐怕死神在乔

治·威尔逊面前也会感到胆怯，不敢将他带走。

沃尔特·斯科特在五十五岁的时候已经背负着超过十万美元的债务了。五十五岁的他下定决心要将所有的债务都还清。他坚定的意志产生了不可思议的力量，他的头脑开始变得异常清晰，再难的事也无法将他压倒。他的每一根神经似乎都在发出呐喊：“必须还清债务。”他感到热血在沸腾，有一股力量在不断地冲击着他——他最终成为了一名作家，并成功地还清了所有债务。他在日记中写道：“过去，我背负着常人难以想象的压力，我真想躺下去之后就再也不要醒过来了。不过，我最终还是重新鼓起了勇气，克服了一切困难。”


正如约翰·亨特所说的那样：“知难而退的人永远也不会获得成功，反之，迎难而上的人永远不会经历失败。”



面对困难，彷徨与退缩对我们没有任何益处，却只能说明我们缺乏坚定的意志——对于那些有着坚强意志的人而言，没有翻不过的山，也没有蹚不过的河。困难只能成为激励他们前行的动力，而非沉重的负担。当我们的每一根神经都在发出呐喊，当我们鼓起勇气准备知难而进时，成功已经在向我们招手了。


### 热词盘点

1. phalanx ['fælæŋks] n. 方阵, 密集队

 The police formed a phalanx to protect the embassy.

警察排成密集队形以保护大使馆。

2. daunt [daʊnt] v. 使胆怯, 使气馁

 Danger didn't daunt the hero.

危险并没有吓住那个英雄。

3. wield [wi:ld] v. 行使, 运用

 It is still the rich nations which wield the power.

现在操纵着大权的仍然是那些富国。

4. dishearten [dis'hɑ:tən] vt. 使……气馁

 It disheartens any writer to get rejection slips.

任何作者收到退稿单都会泄气。

### 佳句欣赏

1. There is nothing impossible to him who will try.

对于那些有着坚强意志的人来说, 没有什么事情是做不到的!

2. Is there one whom difficulties dishearten? He will do little. Is there one who will conquer? That kind of a man never fails.

知难而退的人永远也不会获得成功, 反之, 迎难而上的人永远不会经历失败。

### 短语攻略

1. take possession of 占领, 夺取

警察夺过了小偷的包。



2. rush to (使某人)急速去

救护车把受伤的人火速送到医院。





## 你因何而读大学

### Why Do You Go to University

► 佚名 / Anonymous

Young women are losing faith in the university system with nearly half believing it is not worth getting a degree.

**Tuition**<sup>1</sup> fees and little chance of landing a good job make higher education an unattractive prospect for them, a study suggests.

It found that nearly half of female graduates would not go to university if they had the chance again.

The research will cause concern because it was carried out before the Government announced that fees will almost **treble**<sup>2</sup> to £9,000 in 2012.

The findings have prompted warnings that a generation of ambitious young women will miss out on a high-flying career and the opportunity to continue their education.

Louise Court, editor of Cosmopolitan magazine, which conducted the survey, said young women seem to think university “a waste of time”.

“It’s never been harder to be a young woman with ambition,” she said. “Understandably, women are angry and frustrated about their future and this is having a damaging affect on their self-esteem.”

The survey of 1353 women also looked at the career prospects and financial outlook for women in 2011.

Two thirds of those questioned said they thought it would be “almost impossible” to get their dream job and a quarter were unable to follow their preferred career.

Only 14 per cent said they felt safe from the **sack**<sup>3</sup>.

And the financial situation for graduates was especially bad, with half saying they had so much student debt they could not save.

The same proportion believed they faced worse financial hardship than their parent.

One in seven women said they had been forced to postpone getting married because a wedding would be too expensive. And more than one in six admitted that financial constraints had made them postpone trying to start a family.

Vicky Tuck, a campaigner for women's education and former head of Cheltenham Ladies College, said: “The rise in fees is going to make a lot of people reflect on why they are going to university.

“Before the introduction of fees it was not an **automatic**<sup>4</sup> assumption that a degree would lead to a good job. It is only recently that we have seen that relationship.

“I believe that women should only go to university if they have a genuine interest in learning, a precious opportunity. If they go purely to get a job, many will be disappointed.”



年轻女性正在对大学体制失去信心，近半数的女性认为攻读学位不划算。

一项调查反映出，由于大学学费高昂，而找到一份好工作的可能性又很小，高等教育的吸引力对女性来说越来越小。

该项调查发现，如果再给已经大学毕业的女性一次重新选择的机会，近半数人将不会去读大学。

调查结果让人大为忧心，因为此次调查还是在英国政府出台学费上调计划前进行的。到2012年，大学学费几乎要涨至现在的三倍——9000英镑。

该项调查就此提出警告，将会有一代抱负远大的年轻女性因此失去一份前途光明的职业和继续接受教育的机会。

路易丝·康特是开展此项调查的《时尚》杂志主编，据她讲年轻女性似乎认为读大学是“浪费时间”。

“做个有抱负的年轻女性从来没像现在这么难。”她说，“可以理解，女性对自己的未来感到愤怒和绝望，这是对她们自尊心的一种伤害。”

参与调查的1353位女性都对她们在2011年的职业前景和经济状况做出了答复。

三分之二的被调查者回答时称，她们认为找到理想工作“几乎是不可能的”，四分之一的人无法从事自己最中意的职业。

仅有14%的被调查者觉得自己不会被解雇。

而毕业生的经济状况尤其糟糕，半数的毕业生说她们的学生贷款太多，根本攒不下钱。

还有一半人相信她们所面临的经济困境要比父辈们的更加严重。

七分之一的女性说因为考虑到婚礼的巨额支出，她们不得不延迟结婚计划。而超过六分之一的人承认因为经济窘迫而推迟了生育计划。

妇女教育运动参与者、切尔滕纳姆女子学院的前校长维姬·塔克说：“学费上涨会让很多人开始反思自己为什么要上大学。

“虽然在学费上涨计划之前，人们也不会盲目认为高学历一定能带来理想工作。但直到最近我们才认真看待这两者之间的联系。

“我认为女性应该仅仅是出于对学习的真正兴趣和想得到一个宝贵的学习机会而去上大学。如果她们只是为了找工作而求学，那很多人都将会失望。”

### 热词盘点

1. tuition [tju: 'tʃən] n. 学费, 课程讲授

**例** Her yearly tuition is \$2000.

他一年的学费是两千美元。

2. treble ['trebl] vt. & vi. (使)成三倍

**例** Their profits have trebled in the last two years.

最近两年他们的利润增加了三倍。

3. sack [sæk] n. 开除, 解雇; 麻袋, 包

**例** He got the sack for petty thieving.

他因小偷小摸而被开除了。

4. automatic [,ɔ:tə'mætɪk] adj. 自动的, 无意识的, 机械的

**例** A boy who has good manners stands up in an automatic movement when a lady enters the room.

一个有礼貌的孩子, 在一位女士进入房间时, 便会不假思索地站起来。

### 佳句欣赏

I believe that women should only go to university if they have a genuine interest in learning, a precious opportunity. If they go purely to get a job, many will be disappointed.

我认为女性应该仅仅是出于对学习的真正兴趣和想得到一个宝贵的学习机会而去上大学。如果她们只是为了找工作而求学, 那很多人都将会失望。

### 短语攻略

1. carry out 进行; 执行, 贯彻

他们还在进行实验。

**译** \_\_\_\_\_

2. miss out 错过机会; 遗漏, 略去

如果我不去参加聚会, 我将会感到错失良机。

**译** \_\_\_\_\_





## 你所期待的是什么

### What Do You Expect

► 佛罗伦萨·斯高伏尔·西恩 / Florence Scovel Shinn

Faith is **expectancy**<sup>1</sup>, "According to your faith, be it unto you."

We might say, according to your expectancies be it done unto you; so, what are you expecting?

We hear people say, "We expect the worst to happen," or "The worst is yet to come." They are **deliberately**<sup>2</sup> inviting the worst to come.

We hear others say, "I expect a change for the better." They are inviting better conditions into their lives.

Change your expectancies and you change your conditions.

How can you change your expectancies, when you have formed the habit of expecting loss, lack or failure?

Begin to act as if you expected success, happiness and abundance; prepare for your good.

Do something to show you expect it to come. Active faith alone, will impress the subconscious.

If you have spoken the word for a home, prepare for it immediately, as if you hadn't a moment to lose. Collect little **ornaments**<sup>3</sup>, table-cloths, etc.!

Get in their vibration: I sometimes hear people say, "I don't go in-