

励志经典双语悦读馆

假如给我三天光明

THREE DAYS TO SEE

【美】海伦·凯勒 著



中英对照

Helen Keller



我经常这样想，如果每一个人在他的青少年时期都经历一段眼盲与失聪的生活，将是非常有意义的事。黑暗将使他更加珍惜光明；寂静将使他更加喜爱声音。

北京燕山出版社

励志经典双语悦读馆

假如给我三天光明

THREE DAYS TO SEE

【美】海伦·凯勒 著



北京燕山出版社

图书在版编目 (CIP) 数据

假如给我三天光明: 英汉对照/吕冬青主编. —北京: 北京燕山出版社, 2009. 11

(励志经典双语悦读馆)

ISBN 978 - 7 - 5402 - 2076 - 1

I. 假… II. 吕… III. ①英语—汉语—对照读物②凯勒, H (1880 ~ 1968) —自传—通俗读物 IV. H319. 4: K

中国版本图书馆 CIP 数据核字 (2009) 第 141880 号

励志经典双语悦读馆·假如给我三天光明

主 编: 吕冬青

责任编辑: 亦 耕

封面设计: 若 尘

出版发行: 北京燕山出版社

社 址: 北京市灯市口大街 100 号 100006

电 话: 86 - 10 - 65240236 (发行部)

86 - 10 - 65240430 (总编室)

经 销: 各地新华书店

印 刷: 北京朝阳新艺印刷有限公司

开 本: 1000 × 720 毫米 1/16 开本

印 张: 130

字 数: 1250 千字

版 次: 2009 年 11 月第 1 版

2009 年 11 月第 1 次印刷

书 号: ISBN 978 - 7 - 5402 - 2076 - 1

定 价: 298. 00

目录

假如给我三天光明 Three Days to See

Three Days to See	2
假如给我三天光明	

我的人生故事 The Story of My Life

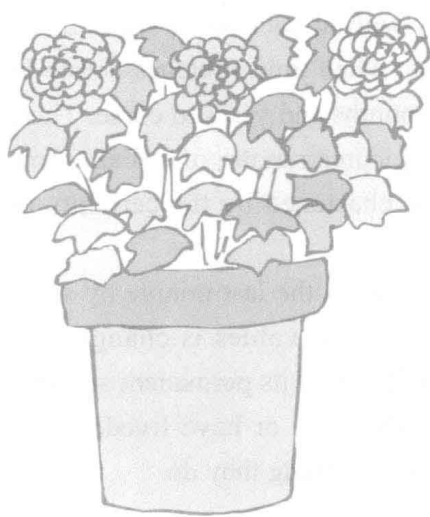
Chapter 1	28
第一章	
Chapter 2	34
第二章	
Chapter 3	44
第三章	
Chapter 4	48
第四章	
Chapter 5	54
第五章	

Chapter 6	60
第六章	
Chapter 7	64
第七章	
Chapter 8	72
第八章	
Chapter 9	76
第九章	
Chapter 10	80
第十章	
Chapter 11	84
第十一章	
Chapter 12	90
第十二章	
Chapter 13	94
第十三章	
Chapter 14	98
第十四章	
Chapter 15	110
第十五章	
Chapter 16	116
第十六章	

Chapter 17	120
第十七章	
Chapter 18	124
第十八章	
Chapter 19	132
第十九章	
Chapter 20	140
第二十章	
Chapter 21	152
第二十一章	
Chapter 22	170
第二十二章	
Chapter 23	186
第二十三章	

假如给我三天光明

Three Days to See



我相信，如果你真的面临那不幸的命运，那你的眼睛将会向过去从不留意的事物睁开，为即将来临的漫漫长夜保存下回忆。你将会比以往更好地去使用自己的眼睛，你所看到的東西都会变得更加珍贵，你的目光将捕捉和拥抱任何进入你视野之内的东西，最后你会真正看到，一个美丽的新世界在你面前敞开。

Three Days to See

All of us have read thrilling stories in which the hero had only a limited and specified time to live. Sometimes it was as long as a year; sometimes as short as twenty-four hours. But always we were interested in discovering just how the doomed man chose to spend his last days or his last hours. I speak, of course, of free men who have a choice, not condemned criminals whose sphere of activities is strictly delimited.

Such stories set us thinking, wondering what we should do under similar circumstances. What events, what experiences, what associations should we crowd into those last hours as mortal beings? What happiness should we find in reviewing the past, what regrets?

Sometimes I have thought it would be an excellent rule to live each day as if we should die tomorrow. Such an attitude would emphasize sharply the values of life. We should live each day with gentleness, a vigor, and a keenness of appreciation which are often lost when time stretches before us in the constant panorama of more days and months and years to come. There are those, of course, who would adopt the Epicurean motto of "Eat, drink, and be merry," but most people would be chastened by the certainty of impending death.

In stories the doomed hero is usually saved at the last minute by some stroke of fortune, but almost always his sense of values is changed. He becomes more appreciative of the meaning of life and its permanent spiritual values. It has often been noted that those who live, or have lived, in the shadow of death bring a mellow sweetness to everything they do.

假如给我三天光明

我们大家都读过令人激动的故事，故事中主人公已剩下有限的生命。这段时间有时长达一年，有时短到24小时。然而，我们总是饶有兴致地去探索那即将死亡的人选择怎样度过他最后的时日。当然，我说的是那些有选择权的自由人，而不是那些活动范围受到严格限制的判了刑的罪人。

这样的故事能引起我们的思索，使我们想到如果在同样的情况下我们该做些什么。作为一个快死的人，我们该用什么样的活动，什么样的经历，什么样的联想去充实那最后的几小时？在回顾往事时，我们将发现，对什么应该感到幸福，对什么应当感到遗憾呢？

有时，我常这样想，当我今天活着的时候就想到明天可能会死去，这或许是一个好态度。这样的态度使我们毫无顾忌地强调生活的价值。我们每天的生活应当过得舒缓，活力充沛，观察锐敏，而这些东西往往在日复一日，月复一月，年复一年的随着时间慢慢流逝。当然，也有一些人一生只知道吃、喝、玩、乐，然而，多数人在确知死神将要来临时反而有所节制。

故事中，那不久于人世的主人公通常在最后的时刻由于幸运降临而获得拯救，并且从此以后他几乎改变了自己的生活态度。他变得更加明确生活的意义和它的永久神圣的价值。经常可以看到一些人，他们生活在死亡的阴影之下，却对他们所做的每一件事都怀着柔情蜜意。

然而，我们中的许多人却把生活看成理所当然的事。我们知道自己总有一天难逃一死，但我们总认为那一天离我们很遥远。当我们年轻力壮的时

Most of us, however, take life for granted. We know that one day we must die, but usually we picture that day as far in the future. When we are in buoyant health, death is all but unimaginable. We seldom think of it. The days stretch out in an endless vista. So we go about our petty tasks, hardly aware of our listless attitude toward life.

The same lethargy, I am afraid, characterizes the use of all our faculties and senses. Only the deaf appreciate hearing, only the blind realize the manifold blessings that lie in sight. Particularly does this observation apply to those who have lost sight and hearing in adult life. But those who have never suffered impairment of sight or hearing seldom make the fullest use of these blessed faculties. Their eyes and ears take in all sights and sounds hazily, without concentration and with little appreciation. It is the same old story of not being grateful for what we have until we lose it, of not being conscious of health until we are ill.

I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life.

Darkness would make him more appreciative of sight;
silence would teach him the joys of sound.

Now and then I have tested my seeing friends to discover what they see.

Recently I was visited by a very good friend who had just returned from a long walk in the woods, and I asked her what she had observed. "Nothing in particular," she replied. I might have been incredulous had I not been accustomed to such replies, for long ago I became convinced that the seeing see little.

How was it possible, I asked myself, to walk for an hour through the woods and see nothing worthy of note? I who cannot see find hundreds of things to interest me through mere touch. I feel the delicate symmetry of a leaf. I pass my hands lovingly about the smooth skin of a silver birch, or the rough, shaggy bark of a pine. In the spring I touch the branches of trees

候，死亡好像是非常遥远的，我们也很少想到它。日子好像永远过不完似的。因此，我们一味忙于微不足道的琐事，几乎意识不到这样对待生活的态度是消极的。

恐怕我们对自己所有官能和意识的使用也是同样的冷漠。只有失聪的人懂得听力的价值，只有盲人才能体会得到看见事物的喜悦。这种想法尤其适用于那些在成年期丧失了视力与听力的人。然而，那些从未体会过失去视力和听力痛苦的人，却很少充分使用这些幸福的官能。他们的眼睛和耳朵模糊地看着和听着周围的一切，心不在焉，也漠不关心。人们对于自己拥有的东西往往不太珍惜，而当失去时，才懂得它的重要；正如我们要到生病时才认识身体健康的好处。

我经常这样想，如果每一个人在他的青少年时期都经历一段眼盲与失聪的生活，将是非常有意义的事。

黑暗将使他更加珍惜光明；寂静将使他更加喜爱声音。

我经常考察我那些有视力的朋友，观察他们看到了什么。

最近，我的一位非常要好的朋友来看我，她刚从森林里散步回来，我问她都看到了些什么。她回答说：“没有什么特别的东西。”如果我不是习惯听这样的回答，那我一定会对它表示怀疑，因为我早就相信，眼睛能看到的很少。

我问我自已，在森林里穿行一个多小时，却没有发现什么值得注意的东西，这怎么可能呢？我是个看不见任何东西的人，仅仅靠触觉都能发现许许多多有趣的东西。我能感到一片娇嫩的叶子的匀称，我爱抚地用手摸着银色白桦树光滑的外皮，或是粗糙的松树表皮。春天，我满怀希望地在树的枝条上寻找着苞蕾，寻找着大自然冬眠后的第一个标志。我感到鲜花那可爱的、天鹅绒般柔软光滑的花瓣并发现了它那奇特的卷曲。大自然就

hopefully in search of a bud the first sign of awakening Nature after her winter's sleep. I feel the delightful, velvety texture of a flower, and discover its remarkable convolutions; and something of the miracle of Nature is revealed to me. Occasionally, if I am very fortunate, I place my hand gently on a small tree and feel the happy quiver of a bird in full song. I am delighted to have the cool waters of a brook rush thought my open finger. To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug. To me the pageantry of seasons is a thrilling and unending drama, the action of which streams through my finger tips.

At times my heart cries out with longing to see all these things. If I can get so much pleasure from mere touch, how much more beauty must be revealed by sight. Yet, those who have eyes apparently see little. The panorama of color and action which fills the world is taken for granted. It is human, perhaps, to appreciate little that which we have and to long for that which we have not, but it is a great pity that in the world of light the gift of sight is used only as a mere convenience rather than a means of adding fullness to life.

If I were the president of a university I should establish a compulsory course in "How to Use Your Eyes". The professor would try to show his pupils how they could add joy to their lives by really seeing what passes unnoticed before them. He would try to awake their dormant and sluggish faculties.

Perhaps I can best illustrate by imagining what I should most like to see if I were given the use of my eyes, say, for just three days. And while I am imagining, suppose you, too, set your mind to work on the problem of how you would use your own eyes if you had only three more days to see. If with the on-coming darkness of the third night you knew that the sun would never rise for you again, how would you spend those three precious intervening days? What would you most want to let your gaze rest upon?

I, naturally, should want most to see the things which have become dear to me through my years of darkness. You, too, would want to let your eyes rest on the things that have become dear to you so that you could take the memory of them with you into the night that loomed before you.

这样向我展示千姿百态的事物。偶尔，如果幸运的话，我把手轻轻地放在一棵小树上，就能感到小鸟放声歌唱时的欢蹦乱跳。我喜欢让清泉从张开的指间流过。对于我来说，芬芳的松叶地毯或轻软的草地要比最豪华的波斯地毯更让人喜爱；四季的交替，就像一幕幕极其动人的、永不落幕的戏剧，它的情节通过我的指间流过。

有时，我在心在哭泣，让我看看所有这一切吧。如果我可以摸一摸，也会给我带来巨大的欢乐，如果能让我看到的话，那该是多么美妙啊！然而，那些有视觉的人显然什么也看不见，那充满世界的绚丽多彩的景色和千姿百态的表演，都被认为是理所当然的事。人类就是有点奇怪，我们往往看不起已有的东西，却对那些我们所没有的东西充满渴望。然而，这是非常可惜的，在光明的世界里，将天赋的视力只看做一种方便，而不看作是充实生活的手段。

如果我是一所大学的校长，我将开设一门叫做“怎样使用你的眼睛”的必修课。教授应当启发他的学生，如果他们能真正看清那些在他们面前不被注意而滑过的事物的话，那么，他们的生活将丰富多彩，充满乐趣。他应当努力唤醒他身上那些沉睡的、懒散的官能。

也许，我最好用想象来说明一下，如果有三天我的眼睛能看见东西的话，我最喜欢看到什么。而且，当我在想象时，我希望你也想一想这个问题，假如你只有三天能看到东西的话，你将怎样使用你的眼睛呢？假如你知道，当第三天黑夜来临以后，太阳就永远不会再从你眼前升起，你将怎样度过这短暂的、宝贵的三天时光呢？你最高兴看到的是什么东西呢？

自然，我将尽可能地看看那些在我的黑暗年代对我来说最亲切的东西。你也一定希望长时间地看着那些让你感到最亲切的东西。这样，你就可以把对它们的记忆带到黑夜里去。

假如，由于某种神奇的力量能让我拥有三天的视力，然后又回到黑暗里去，我将把这三天分为三个阶段。

If, by some miracle, I were granted three seeing days, to be followed by a relapse into darkness, I should divide the period into three parts.

The First Day

On the first day, I should want to see the people whose kindness and gentleness and companionship have made my life worth living. First I should like to gaze long upon the face of my dear teacher, Mrs. Anne Sullivan Macy, who came to me when I was a child and opened the outer world to me. I should want not merely to see the outline of her face, so that I could cherish it in my memory, but to study that face and find in it the living evidence of the sympathetic tenderness and patience with which she accomplished the difficult task of my education. I should like to see in her eyes that strength of character which has enabled her to stand firm in the face of difficulties, and that compassion for all humanity which she has revealed to me so often.

I do not know what it is to see into the heart of a friend through that “window of the soul”, the eye. I can only “see” through my finger tips the outline of a face. I can detect laughter, sorrow, and many other obvious emotions. I know my friends from the feel of their faces. But I cannot really picture their personalities by touch. I know their personalities, of course, through other means, through the thoughts they express to me, through whatever of their actions are revealed to me. But I am denied that deeper understanding of them which I am sure would come through sight of them, through watching their reactions to various expressed thoughts and circumstances, through noting the immediate and fleeting reactions of their eyes and countenance.

Friends who are near to me I know well, because through the months and years they reveal themselves to me in all their phases; but of casual friends I have only an incomplete impression, an impression gained from a handclasp, from spoken words which I take from their lips with my finger tips, or which they tap into the palm of my hand.

How much easier, how much more satisfying it is for you who can see to grasp quickly the essential qualities of another person by watching the subtleties of expression, the quiver of a muscle, the flutter of a hand. But

第一天

第一天,我要看到那些善良的、温和的、友好的、使我的生活变得有价值的人们。首先,我想长时间地凝视着我亲爱的老师——安妮·沙莉文·麦西夫人的脸,当我还在孩提时,她就来到我家,是她给我打开了通往外部世界的大门。我不仅想要看她的脸部的轮廓,为了将她牢牢地放进我的记忆,还要仔细研究那张脸,并从中找出同情的温柔和耐心的生动的形迹,她就是靠这些来完成教育我的艰难任务的。我要看到她的眼睛里包藏着的那种性格力量,看出那使她面对困难的坚强毅力和她那如此频繁地向我流露出的对于所有人类的同情心。

我不知道怎样透过“心灵之窗”——眼睛去探索一个朋友的内心世界。我只能通过我的指尖,“看到”一张脸的轮廓。我能觉察到高兴、悲伤和许多其他明显的表情。我了解我的朋友们都是通过摸他们的脸。但是,只凭触觉,我不能准确说出他们的个人特征。我知道他们的个性,当然还要通过其他方面,通过他们向我表达的思想,通过他们对我显示的一切行为。但是,我不认为对于我所深知的人,要想更深刻地了解他们,只能通过亲眼见到他们,亲眼看见他们对各种思想和境况的反应,亲眼看到他们的神和脸色的即时的瞬间的反应才能获得。

对于我已熟知的身边的朋友,我了解得很清楚,因为经过长年累月的接触,他们已将自己的各个方面向我展示。但是,对于那些偶然相逢的朋友,我只有一个不完全的印象,这个印象是从一次握手,从我用手指触摸他们的嘴唇或他们轻轻击拍我的手掌中得到的。

而对于那些视力好的人来说,要了解一个人是多么容易,又是多么令人满意的事情。你们只要看到他那微妙的表情,颤动的肌肉,摇摆的手,就能很快抓住这个人的基本性格特点。然而,你是否想过要用你的眼睛看出一个朋友或是熟人的内在品质呢?难道你们那些视力好的人们中的大多数不都只是随便看看一张脸的轮廓,而且也就仅此而已吗?

例如,我想问问你们,能准确地描述五个好朋友的面容吗?有些人可

does it ever occur to you to use your sight to see into the inner nature of a friend or acquaintance? Do not most of you seeing people grasp casually the outward features of a face and let it go at that?

For instance can you describe accurately the faces of five good friends? some of you can, but many cannot. As an experiment, I have questioned husbands of long standing about the color of their wives' eyes, and often they express embarrassed confusion and admit that they do not know. And, incidentally, it is a chronic complaint of wives that their husbands do not notice new dresses, new hats, and changes in household arrangements.

The eyes of seeing persons soon become accustomed to the routine of their surroundings, and they actually see only the startling and spectacular.

But even in viewing the most spectacular sights the eyes are lazy. Court records reveal every day how inaccurately "eyewitnesses" see. A given event will be "seen" in several different ways by as many witnesses.

Some see more than others, but few see everything that is within the range of their vision.

Oh, the things that I should see if I had the power of sight for just three days!

The first day would be a busy one. I should call to me all my dear friends and look long into their faces, imprinting upon my mind the outward evidences of the beauty that is within them. I should let my eyes rest, too, on the face of a baby, so that I could catch a vision of the eager, innocent beauty which precedes the individual's consciousness of the conflicts which life develops.

And I should like to look into the loyal, trusting eyes of my dogs—the grave, canny little Scottie, Darkie, and the stalwart, understanding Great Dane Helga, whose warm, tender, and playful friendships are so comforting to me.

On that busy first day I should also view the small simple things of my home. I want to see the warm colors in the rugs under my feet, the pictures on the walls, the intimate trifles that transform a house into home.

能说得出，但很多人却说不出。根据我的经验，我问过许多结婚很久的丈夫，他们的妻子的眼睛是什么颜色，他们常常显得困窘，老实承认他们不知道。而且，顺便说一句，妻子们总是抱怨他们的丈夫不注意新衣服、新帽子和房间摆设的变化。

视力正常的人很快就能习惯于周围的环境，而事实上，他们只注意那些惊人的和壮观的景象。

然而，即使在看最壮观的景色时，他们的眼睛也是懒洋洋的。法庭的记录每天都表明“眼睛的见证”是多么不准确。一个特定的事件，将被许多人从许多不同的角度看到。

有些人比别人看得更多些，但很少有人能将自己视力范围内的一切都看在眼里。

啊，假如仅仅给我三天光明，我得看到多少事啊？

第一天将是一个忙碌的日子。我要将我的所有亲爱的朋友们都叫来，长久地端详他们的脸庞，将他们透出内在美的外貌深深地印在我的心上。我还要看一个婴儿的面孔，这样我就能看到一种有朝气的、天真无邪的美，那是一种没有经历过生活斗争磨砺的美。

我还要看看我那群忠诚的、令人信赖的狗的眼睛——那沉着而机警的小斯科第、达基和那高大健壮而懂事的大戴恩·海尔加，它们的温柔、热情而淘气的友谊给了我多少安慰。

在那忙碌的第一天里，我还要仔细观察我家里那些简朴小巧的东西。我要看看脚下地毯的艳丽色彩，墙壁上的图画和那些把一座房屋改变成家的熟悉的小饰物。

我要用虔诚的目光凝视我所读过的那些盲文书籍，不过这眼光将更加急于看到那些供有视力的人读的印刷字体的书。因为在我生活的漫长黑夜