

天天读点好英文 [生活·快乐卷]
Everyday English Notes

LIFE AND HAPPINESS

穿梭于人情百态中， 构筑自己梦的世界

英汉
对照

钟子 编译

生活是什么？
是简简单单地忙碌，是安安静静地思索，
是穿梭于人情百态之时一点点儿构筑自己梦的世界，
然后，即使背向骄阳，也能露出一抹醉人的笑容……

黑龙江科学技术出版社
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假如我回到了童年

If I were a Boy Again

► 佚名 / Anonymous

If I were a boy again, I would practice **perseverance**¹ more often, and never give up a thing because it was trouble or inconvenient. If we want light, we must conquer darkness. Perseverance can sometimes equal genius in its results. "There are only two creatures," says a proverb, "Who can surmount the pyramids — the eagle and the snail."

If I were a boy again, I would school myself into a habit of attention; I would let nothing come between me and the subject in hand. I would remember that a good skater never tries to skate in two directions at once.

The habit of attention becomes part of our life, if we begin early enough. I often hear grown up people say, "I could not fix my attention on the **sermon**² or book, although I wished to do so", and the reason is, the habit was not formed in youth.

If I were to live my life over again, I would pay more attention to the cultivation of the memory. I would strengthen that faculty by every possible means, and on every possible occasion. It takes a little hard work at first to remember things accurately; but memory soon helps itself, and gives very little trouble. It only needs early cultivation to be—

come a power.

If I were a boy again, I would cultivate courage. "Nothing is so mild and gentle as courage, nothing so cruel and pitiless as cowardice," says a wise author.

We too often borrow trouble, and **anticipate**³ that may never appear. "The fear of ill **exceeds**⁴ the ill we fear." Dangers will arise in any career, but presence of mind will often conquer the worst of them. Be prepared for any fate, and there is no harm to be feared.

If I were a boy again, I would look on the cheerful side. Life is very much like a mirror: if you smile upon it, it smiles back upon you; but if you frown and look doubtful on it, you will get a similar look in return.

Inner sunshine warms not only the heart of the owner, but of all that come in contact with it. "Who shuts love out, in turn shall be shut out from love."

If I were a boy again, I would school myself to say no more often. Importance of learning very early in life to gain that point where a young boy can stand erect, and decline. I might write pages on the doing an unworthy act because it is unworthy.

If I were a boy again, I would demand of myself more courtesy towards my companions and friends, and indeed towards strangers as well. The smallest courtesies along the rough roads of life are like the little birds that sing to us all winter long, and make that season of ice and snow more endurable.

Finally, instead of trying hard to be happy, as if that were the sole purpose of life, I would, if I were a boy again, I would still try harder to make others happy.



假如我回到了童年,我一定会让自己更加有毅力,决不会因为事情很麻烦或是不方便去做就放弃了。如果我们想得到光明,那么就必须战胜黑暗。坚定不移的品质有时可以同天才相媲美。俗话说:“能够征服金字塔的,只有两种生物——鹰和蜗牛。”

假如我回到了童年,我会让自己养成专心致志的好习惯;当做一件事情时,决不让任何东西使自己分心。我会时刻记住,一个优秀的溜冰选手是决不会试图同时向两个不同的方向滑行的。

如果我能及早培养专心致志的好习惯,那么它早就成为我生命的一部分了。我常听成人说:“虽然我很希望自己能能够集中精神去听布道或读书,但却总是做不到。”究其原因,就是在年轻时没有培养这种良好的习惯。

如果能够让生命重新来过,我一定会更加注重对记忆力的培养。我会用尽各种方法,抓住一切时机来提高自己的记忆力。一开始,想要把每件事情都准确无误地记下来,确实要费点工夫,但记忆力很快就会产生作用,它会使记忆成为一种毫不费力的事情。只要你及早培养,它就会成为一种能力。

假如我回到了童年,我一定会培养自己的勇气。一位博学的作家曾说道:“没有什么东西会如同勇气一样温和而又文雅,也没有什么东西会如同怯懦一样残暴而又无情。”

我们常常自寻烦恼,担心那些根本就不会发生的事情。对坏事情的恐惧要比坏事情本身更加可怕。在人的一生中,危险随时都可能出现,但沉着冷静会让你克服任何困难。

假如我回到了童年,我一定要乐观向上。生活就如同一面镜子,如果你对它微笑,那么它也会向你微笑;如果你紧锁双眉,用怀疑的目光看着它,那么它也将以同样的目光看着你。

内心的欢悦不仅会温暖欢乐者本身,同时也会温暖与他接触的人的心。“如果谁拒绝了爱,那么他也必将被爱拒之门外。”

假如我回到了童年,我要让自己学会经常说不。如果一个男孩儿能

够早些在生活中学到这一点的话，那么他就会挺起腰板，学会拒绝。不要去做那些徒劳的事情，因为它们不值得你去付出精力，就这一点，我或许可以写上好几页。

假如我回到了童年，我会让自己对同伴和朋友更加礼貌些，其实对陌生人也应如此。在坎坷的路途中，最细微的礼貌也会如同在漫长的冬日里为我们歌唱的小鸟儿们一般，使得那冰雪交加的严冬也变得更加易于忍受。

最后，假如我回到了童年，我不再千辛万苦地去为自己寻求幸福，就仿佛那是人生的唯一目标。我会努力地使他人得到幸福。



童年无法挽回，我们唯一能做到的就是在现实生活中尽量减少遗憾。

热词盘点

1. perseverance [ˌpəːsə'viərəns] n. 坚持不懈, 不屈不挠

例 Perseverance is vital to success.

坚忍不拔是获得成功的惟一道路。

2. sermon ['sə:mən] n. 布道, 讲道, 说教

例 Father gave me a sermon on table manners.

父亲就餐桌礼仪问题对我作了一番说教。

3. anticipate [æn'tisipeit] vt. 预感, 期望

例 We anticipate hearing from you again.

我们期望再接到你的来信。

4. exceed [ik'si:d] vt. 超过, 超越

例 Your price far exceed our budget.

你们的价格远远超过了我们的预算。

佳句欣赏

1. If we want light, we must conquer darkness.

如果我们想得到光明, 那么就必须战胜黑暗。

2. Life is very much like a mirror: if you smile upon it, it smiles back upon you; but if you frown and look doubtful on it, you will get a similar look in return.

生活就如同一面镜子, 如果你对它微笑, 那么它也会向你微笑; 如果你紧锁双眉, 用怀疑的目光看着它, 那么它也将以同样的目光看着你。

短语攻略

prepare for 为...作准备

眼下他们正在为参加奥运会作准备。

译



快乐的秘诀

The Secret of Happiness

► 史蒂夫·布兰克福斯特 / *Steve Brunkhorst*

The old man shuffled slowly into the restaurant. With head tilted, and shoulders bent forward, he leaned on his trusty cane with each unhurried step.

His tattered cloth jacket, patched trousers, worn out shoes, and warm personality made him stand out from the usual Saturday morning breakfast crowd. Unforgettable were his pale blue eyes that sparkled like **diamonds**¹, large rosy cheeks, and thin lips held in a tight, steady smile.

He stopped, turned with his whole body, and winked at a little girl seated by the door. She flashed a big grin right back at him. A young waitress named Mary watched him **shuffle**² toward a table by the window.

Mary ran over to him, and said, "Here, Sir. Let me give you a hand with that chair."

Without saying a word, he smiled and nodded a thank you. She pulled the chair away from the table. **Steadying**³ him with one arm, she helped him move in front of the chair, and get comfortably seated. Then she scooted the table up close to him, and leaned his cane a—

gainst the table where he could reach it.

In a soft, clear voice he said, "Thank you, Miss. And bless you for your kind **gestures**⁴."

"You're welcome, Sir." She replied. "And my name is Mary. I'll be back in a moment, and if you need anything at all in the mean time, just wave at me! "

After he had finished a hearty meal of pancakes, bacon, and hot lemon tea, Mary brought him the change from his ticket. He left it lay. She helped him up from his chair, and out from behind the table. She handed him his cane, and walked with him to the front door.

Holding the door open for him, she said, "Come back and see us, Sir! "

He turned with his whole body, winked a smile, and nodded a thank you. "You are very kind." he said softly.

When Mary went to clean his table, she almost fainted. Under his plate she found a business card and a note scribbled on a napkin. Under the napkin was a one hundred dollar bill.

The note on the napkin read...

Dear Mary, I respect you very much, and you respect yourself too. It shows by the way you treat others. You have found the secret of happiness. Your kind gestures will shine through those who meet you.

The man she had waited on was the owner of the restaurant where she worked. This was the first time that she, or any of his employees had ever seen him in person.



一位老人步履维艰地走进餐馆,他的头向一侧倾斜着,还有些驼背,

他每走一步都要靠在拐杖上停一下。

老人穿着一件破外套，裤子缝满了补丁，鞋子也早已磨破。他十分谦让地从买早餐的拥挤的人群中走了出来。最引人注目的是他那双苍老的蓝眼睛，却闪烁着钻石一样的光芒，他的脸颊红润，薄薄的嘴唇紧闭着，脸上总带着微笑。

老人停下来，转过身，向坐在门口的一个小女孩儿使了一下眼色，她心领神会地笑了笑。而后他朝着窗户旁的那个座位蹒跚地走去，这时一个名叫玛丽的年轻女服务员看见了他。

玛丽跑过去，对老人说：“先生，让我来扶您就坐。”

老人没有说话，只向玛丽笑了笑，并连连点头对她表示感谢。玛丽一手拉出桌旁的椅子，一手把老人扶到椅子跟前。等老人坐好后，她又把桌子向老人身前推了推，然后把拐杖放到桌子旁老人能够到的地方。

老人温和而清晰地说：“谢谢你，小姐。你很善良，愿上帝赐福于你。”

“不客气，先生。”她回答说，“叫我玛丽好了，我失陪一下，如果有需要的话，就朝我挥挥手！”

老人点了薄烤饼、咸肉和一杯热柠檬茶，当他吃完这顿丰盛的早餐时，玛丽帮他把找回的钱放好。之后，玛丽扶着老人从椅子上站起，又替他拿起拐杖，然后扶着他一直走到餐馆的门口。当玛丽为老人开门时，她说：“先生慢走，欢迎您下次再来！”

老人转过身，微笑着点点头对她表示感谢，然后温和地说：“你真善良。”

当玛丽去收拾老人的餐桌时，她惊讶得几乎要晕倒。在盘子底下，她发现一张名片和用餐纸写的一张便条，而在餐纸下面是一张一百美元的钞票。

便条上这样写着：

亲爱的玛丽，我很尊敬你，正如你尊敬自己一样，这说明你对待他人也同样友好，你发现了快乐的秘诀，你善良的光芒会照亮所有遇见过你

的人。

原来玛丽服侍的这位老人是这家餐馆的老板，那是玛丽以及其他店员与老板的第一次见面。



好人必有好报，这是亘古不变的真理。用发自内心的真诚与善良去帮助别人，你收获的将不仅仅是快乐！