

假如给我三天光明

海伦·凯勒自传

THE STORY OF MY LIFE

【美】海伦·凯勒 著



50. Boston,
May 1, 1891.
My dear Mr. Brooks,
Helen
sends you a loving greet-
ing this bright May-day.
My teacher has just told
me that you have been
made a bishop, and that
your friends everywhere
are rejoicing because

· 中 · 英 · 文 · 对 · 照 ·

珍贵图文版

美国总统富兰克林·罗斯福推荐给青年人的励志经典

团中央指定必读优秀图书之一

被美国《世纪》誉为世界上无与伦比的杰作

民主与建设出版社

假如给我三天光明

海伦·凯勒自传

THE STORY OF MY LIFE

【美】海伦·凯勒 著

图书在版编目(CIP)数据

假如给我三天光明/(美)凯勒(Keller,H.)著;龙婧译.-北京:民主与建设出版社,2003

ISBN 7-80112-604-1

I.假… II.①凯…②龙… III.自传体小说—美国—现代 IV.I712.45

中国版本图书馆CIP数据核字(2003)第114175号

This book's copyright is owned by Minzhu and Jianshe Publishing House, now published in China and registered in CIP(2003,114175).

No part of this book may be reproduced or transmitted in any form or by any means electronic, chemical or mechanical, including photocopying, any information storage or retrieval system without a licence or other permission in writing from the copyright owners.

All rights reserved.

责任编辑 吴惠杰
封面设计 左右工作室
版式设计 祝雪峰
出版发行 民主与建设出版社
电 话 (010) 65523123 65523819
社 址 北京市朝阳区朝外大街吉祥里 208 号
邮 编 100020
印 刷 北京密云红光印刷厂印刷
开 本 880×1230 1/32
印 张 10
字 数 180 千字
版 次 2004 年 1 月第 1 版 2004 年 1 月第 1 次印刷
书 号 ISBN 7-80112-604-1/G·243
定 价 19.80 元

注:如有印、装质量问题,请与出版社联系。



从黑暗里走向光明

在绝望中寻找希望

海伦·凯勒(1880年6月—1968年1月)被认为是美国历史上最伟大的女性之一。幼时身患重病,致使她丧失了视、听、言的能力。生活在没有声音、没有光明、没有交流的世界,安妮·沙利文用热情与耐心将海伦转变成为一名慈善家、演讲家、教育家。海伦克服了常人无法想象的困难,完成了大学学业,以优异的成绩获得了学士学位。她始终致力于残疾人事业,四处募捐用以改善残疾人的生活环境,并为他们创造受教育的机会。她曾周游世界各地,为残疾人加油鼓劲。1964年林登·B·约翰逊总统授予她总统自由奖章,这是美国公民所能获得的最高荣誉。海伦的一生是奉献、成就和苦难的一生。她去世后,《华盛顿邮报》撰文道:“她的一生不愧是我们这个时代最伟大的辉煌之一,她的辞世是整个世界的损失。”

目 录

第一章 黑暗与光明

初生的光明
记忆中的童年
期盼的曙光
沐浴阳光

第二章 风雨中的彩虹

亲近大自然
爱是什么
知识的阳光
欢乐圣诞节

第三章 外面的世界

波士顿之行
海滨假日
凤尾草的秋天
洁白的世界

第四章 跨越坎坷

第一次说话

《霜王》事件

世界博览会

学习之旅

走进课堂

第五章 在希望中行进

艰难的前奏

冲进哈佛

大学时代

嗜书如命

享受生活

承载阳光的手

第六章 假如给我三天光明

珍惜每一天

第一天

第二天

第三天

第一章

黑暗与光明

人的生命，总是在光明与黑暗的
搏斗中不断前进。

CHAPTER I

I was born on June 27th, 1880, in Tuscumbia, a little town of northern Alabama.

The family on my father's side is descended from Caspar Keller, a native of Switzerland, who settled in Maryland. One of my Swiss ancestors was the first teacher of the deaf in Zurich and wrote a book on the subject of their education—rather a singular coincidence, though it is true that there is no king who has not had a slave among his ancestors, and no slave who has not



海伦是在常春藤绿屋旁的这座小房子里出生的

初生的光明

我的家坐落在美国亚拉巴马州北部一个美丽宁静的小镇——塔斯喀姆比亚。1880年6月27日，我就出生在那里。

我的祖先是瑞典人，他们移民到美国后住在马里兰州。在更早的瑞士祖先中有一位是苏黎世最早的聋哑人教师，他曾经写过一本关于如何教育聋哑人的著作。每当我想到这里，心里禁不住就会大大地感慨一番，命运真是无法预知啊！我的祖父在到达亚拉巴马州这片广

had a king among his.

My grandfather, Caspar Keller's son, 'entered' large tracts of land in Alabama and finally settled there. I have been told that once a year he went from Tuscumbia to Philadelphia on horseback to purchase supplies for the plantation, and my aunt has in her possession many of the letters to his family, which give charming and vivid accounts of these trips.

My Grandmother Keller was a daughter of one of Lafayette's aides, Alexander Moore, and granddaughter of Alexander Spotswood, an early Colonial Governor of Virginia. She was also the second cousin to Robert E. Lee.

My father, Arthur H. Keller, was a captain in the Confederate Army, and my mother, Kate Adams, was his second wife and many years younger. Her grandfather, Benjamin Adams, married Susanna E.

表而富饶的土地之后,就定居了下来。

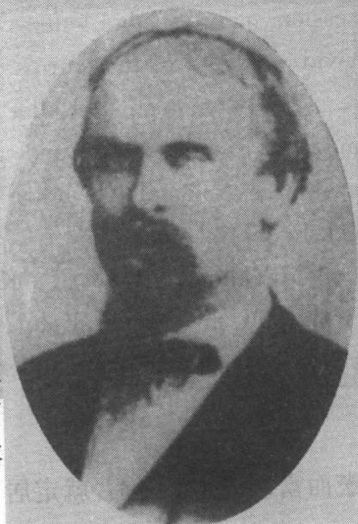
我的祖父,也就是卡斯帕·凯勒的儿子,来到亚拉巴马州,开垦了一大片土地并定居下来。当时的塔斯喀姆比亚镇是一个偏僻的地方,祖父每年都要从镇上骑马到760英里外的费城购置生活用品。祖父每次在前往费城的途中,总会给家里人写信报平安,他在信中对西部沿途的景观,以及旅途中所遭遇的人、事、物都有清楚且生动的描述。姑母至今还珍藏着他当时写的许多家信,祖父对旅途迷人风情的刻画,对当地生活的生动再现,总是那么引人遐想,让人百读不厌。

我的祖母凯勒是拉斐特一名官员亚历山大·莫尔的女儿,她的祖父是维吉尼亚早期殖民政府长官并曾任皇家总督的亚历山大·斯波茨伍德,同时她还是罗伯特·李的堂姐。

Goodhue, and lived in Newbury, Massachusetts, for many years. Their son, Charles Adams, was born in Newburyport, Massachusetts, and moved to Helena, Arkansas. When the Civil War broke out, he fought on the side of the South and became a brigadier-general. He married Lucy Helen Everett, who belonged to the same family of Everetts as Edward Everett and Dr. Edward Everett Hale. After the war was over, the family moved to Memphis, Tennessee.

I lived, up to the time of the illness that deprived me of my sight and hearing, in a tiny house consisting of a large square room and a small one, in which the

海伦的父亲阿瑟·凯勒曾任南方联盟军上尉



我的父亲亚瑟·凯勒曾经在南北战争时担任过南方军的上尉，我的母亲凯蒂·亚当斯是他的第二任妻子，比他小几岁。母亲的祖父本杰明·亚当斯与苏姗娜·古德休结婚，居住在马萨诸塞州东北部的纽伯里波特市。他们在那里生下一子叫查理·亚当斯，以后又迁居到阿肯色州的赫勒拿，他是南方军队的人，后来被擢升为准将。当南北战争爆发时，他与露茜·海伦·埃弗雷特成婚（与爱德华·埃弗雷特·黑尔属于同一个埃弗雷特家族），在战争结束后举家搬迁到了田纳西州的孟菲斯。

在我还没丧失听力和视力的时候，我记得我们家的屋子很小，一共只有两间，一间正方形的大房子和一间供仆人住的小房子。按照南

servant slept. It is a custom in the South to build a small house near the homestead as an annex to be used on occasion. Such a house my father built after the Civil War, and when he married my mother they went to live in it. It was completely covered with vines, climbing roses and honeysuckles. From the garden it looked like an arbour. The little porch was hidden from view by a screen of yellow roses and Southern smilax. It was the favourite haunt of humming-birds and bees.

The Keller homestead, where the family lived, was a few steps from our little rose-bower. It was



方的习惯，往往会在宅地上建一所附属的小宅，以备不时之需。南北战争之后，父亲也盖了这样一座屋子，他同我母亲结婚之后，住进了这个小屋，房屋虽小，却是个美丽的地方，屋子的小阳台被蔷薇和金银花装扮着，从花园中望去，仿佛是植物的藤架。这是蜂鸟和蜜蜂的乐园。

海伦的母亲凯特·亚当斯是田纳西州孟菲斯市的美人，比丈夫阿瑟·凯勒年轻几岁

凯勒老宅离我们这蔷薇小屋不过几步，由于被茂密的树木、绿藤所包围，所以邻居们都称我们家为“绿色家园”。这里是我童年时代

called 'Ivy Green' because the house and the surrounding trees and fences were covered with beautiful English ivy. Its old-fashioned garden was the paradise of my childhood.

Even in the days before my teacher came, I used to feel along the square stiff boxwood hedges, and, guided by the sense of smell, would find the first violets and lilies. There, too, after a fit of temper, I went to find comfort and to hide my hot face in the cool leaves and grass. What joy it was to lose myself in that garden of flowers, to wander happily from spot to spot, until, coming suddenly upon a beautiful vine, I recognized it by its leaves and blossoms, and knew it was the vine which covered the tumble-down summer-house at the farther end of the garden! Here, also, were trailing clematis, drooping jessamine, and some rare sweetflowers called butterfly lilies, because their fragile petals resemble butterflies' wings. But

的天堂。

在我的家庭教师莎莉文小姐到来之前，我经常独自摸着围成方型的黄杨木树篱，慢慢走到庭园里，凭着嗅觉寻找刚刚开放的紫罗兰和百合花，深深地吮吸着那清新的芳香。有时候遇到心情不好的时候，我也会独自到这里来寻找安慰，我把火热的脸埋在树叶和草丛里，让沁人心脾的清凉气息渗进我那烦躁不安的心。置身于这个绿色花园里，真是让人心旷神怡。这里有在地面上延伸的卷须藤和低垂的茉莉，还有一种叫做蝴蝶荷的花，这是一种十分罕见的植物。因为它那容易掉落的花瓣很像蝴蝶的翅膀，所以被叫做蝴蝶荷。这种花会散发出一阵阵甜丝丝的气味。花园里最可爱美丽的要数蔷薇了，我在北方从来不曾见花房中有如此赏心悦目的蔷薇。这是一种爬藤蔷薇，它

the roses—they were loveliest of all. Never have I found in the greenhouses of the North such heart-satisfying roses as the climbing roses of my southern home. They used to hang in long festoons from our porch, filling the whole air with their fragrance, untainted by any earthy smell, and in the early morning, washed in the dew, they felt so soft, so pure, I could not help wondering if they did not resemble the asphodels of God's garden.

The beginning of my life was simple and much like every other little life. I came, I saw, I conquered, as the first baby in the family always does. There was the usual amount of discussion as to a name for me. The first baby in the family was not to be lightly named, every one was emphatic about that. My father suggested the

到处攀爬，它那长长的绿色枝条倒挂在阳台上，散发着芬芳，没有一点尘世烟火的气息。每当清晨，未干的朝露还停留在它的身上，摸上去是何等柔软、何等高洁，使人陶醉。我不由得时常想，上帝御花园里的曝光兰，也不过如此吧！

我生命的开始像大多数人一样简单而平常，从来到这个世界，到观察这个世界再到开始人生的旅途，我与任何一个新生儿都是一样的，并没有什么差异。就像每一个家庭迎接第一个孩子的诞生时一样，为了给第一个孩子起一个满意的名字，大家绞尽脑汁，家里每个人都想插上一句嘴。为我命名照例也费了不少口舌。父亲希望以他最尊敬的祖先的名字“米德尔·坎培儿”作我的名字，母亲则想用她母亲的名字“海伦·艾培丽特”来命名。最后，大家终于接受了她的建

name of Mildred Campbell, an ancestor whom he highly esteemed, and he declined to take any further part in the discussion. My mother solved the problem by giving it as her wish that I should be called after her mother, whose maiden name was Helen Everett. But in the excitement of carrying me to church my father lost the name on the way, very naturally, since it was one in which he had declined to have a part. When the minister asked him for it, he just remembered that it had been decided to call me after my grandmother, and he gave her name as Helen Adams.

I am told that while I was still in long dresses I showed many signs of an eager, self-asserting disposition. Everything that I saw other people do I insisted upon imitating. At six months I could pipe out 'How d'ye,' and one day I attracted every one's attention by

议。但是后来在抱着我去教堂的途中,由于紧张和兴奋,父亲把这个名字给忘了。当牧师问起“这个婴儿叫什么名字”时,紧张兴奋的父亲一下子说出了“海伦·亚当斯”这个名字。这样一来,我的名字就不是外祖母的“海伦·艾培丽特”,而成了“海伦·亚当斯”了。

家人告诉我,在我还非常小的时候,就显露出了争强好胜的性格,强烈的好奇心、倔强的性格使我非常固执地去模仿大人们的一举一动。在我6个月大的时候,我就能够发出“喳!喳!喳!”的声音,并且会说:“你好”,这引起了别人很大的兴趣。我甚至在1岁以前就学会了“水”这个字。尽管其他的发音都已经遗忘了,但是现在我仍然能够发出这个单词的音,也正是在学会拼读这个单词之后,我告别了只能“哇哇”发音的阶段。

saying 'Tea, tea, tea' quite plainly. Even after my illness I remembered one of the words I had learned in these early months. It was the word 'water,' and I continued to make some sound for that word after all other speech was lost. I ceased making the sound 'wah-wah' only when I learned to spell the word.

They tell me I walked the day I was a year old. My mother had just taken me out of the bath-tub and was holding me in her lap, when I was suddenly attracted by the flickering shadows of leaves that danced in the sunlight on the smooth floor. I slipped from my mother's lap and almost ran toward them. The impulse gone, I fell down and cried for her to take me up in her arms.

These happy days did not last long. One brief spring, musical with the song of robin and mocking-bird, one summer rich in fruit and roses, one autumn of gold and crimson sped by and left their

从家人还告诉我，我在刚满周岁的时候就会走路了。母亲把我从浴盆中抱出来，放在她的膝上。阳光透过风中舞蹈的树叶投射在光滑地板上的光影吸引了我，那影子一闪一闪的，忽隐忽现，我禁不住从母亲的腿上滑下来，摇摇摆摆地向它奔去。等这一股冲劲用完了，我就跌倒在地，哭着乞求母亲把我抱起来。

但是好景不长，春光里鸟儿欢笑，歌声盈耳。夏天里到处是果子和蔷薇花，等到草黄叶红时，深秋已经来临。三个美好的季节匆匆流逝，但这一切却在一个活蹦乱跳、咿呀学语的孩子心里留下了美好的记忆。第二年，阴郁的2月到来时，我生病了。医生们诊断的结果，是急性的胃充血以及脑充血，他们宣布我无法挽救了，然而，一天清晨却出现了奇迹，我忽然发起高烧，而这高烧也是来得奇特，退得也奇

gifts at the feet of an eager, delighted child. Then, in the dreary month of February, came the illness which closed my eyes and ears and plunged me into the unconsciousness of a new-born baby. They called it acute congestion of the stomach and brain. The doctor thought I could not live. Early one morning, however, the fever left me as suddenly and mysteriously as it had come. There was great rejoicing in the family that morning, but no one, not even the doctor, knew that I should never see or hear again.

I fancy I still have confused recollections of that illness. I especially remember the tenderness with which my mother tried to soothe me in my waking hours of fret and pain, and the agony and bewilderment with which I awoke after a tossing half sleep, and turned my eyes, so dry and hot, to the wall, away from the once-loved light, which came to me dim and yet more dim each day. But,

特。家人都万分欣喜,但包括医生在内的所有人,都没有想到我从此却再也不能用我的眼睛和耳朵去感觉这个世界了。我至今还依稀记得那场大病,尤其是母亲在我高烧不退、忍受着痛苦的煎熬时,在我身边温柔地抚慰着我,让我在恐惧中鼓起勇气度过了难关。我还记得,我被疼痛和迷乱从半睡中搅醒,把干枯而炙热的眼睛从光亮转向墙壁,这光亮曾是我一度十分喜爱的,如今却变得暗淡了,而且日甚一日地暗淡下去。后来,视力一天不如一天,对阳光的感觉也渐渐地模糊不清了。

感觉也一天天变得模糊了。直到有一天,我睁开眼睛,眼前却是一片黑暗,我发现自己竟然什么也看不见时就像在噩梦中一样惊慌失措,那种巨大的悲哀我永远难以忘怀。我对周围的一片静寂和黑

except for these fleetings memories, if, indeed, they be memories, it all seems very unreal, like a nightmare. Gradually I got used to the silence and darkness that surrounded me and forgot that it had ever been different, until she came—my teacher—who was to set my spirit free. But during the first nineteen months of my life I had caught glimpses of broad, green fields, a luminous sky, trees and flowers which the darkness that followed could not wholly blot out. If we have once seen, 'the day is ours, and what the day has shown.'

暗,渐渐地习以为常,忘记了从前曾经并不是这样,直到她——我的老师莎莉文小姐的到来。她减轻了我心中的负担,重新带给我对世界的希望,并且打开了我心中的眼睛,点燃了我心中的烛光。虽然我只拥有过 19 个月的光明和声音,但我却仍然可以清晰地记得——宽广的绿色家园、蔚蓝的天空、青翠的树木、争奇斗艳的鲜花,所有这些一点一滴都铭刻在我的心上,永驻在我心中。