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一切改变都是值得深思的奇迹，
但它又是一种随时会发生的奇迹。

[美] Henry David Thoreau 亨利·戴维·梭罗◎著
闫斌◎注释

Walden



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(名家名著名释导读版)

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瓦尔登湖

Henry David Thoreau

【美】亨利·戴维·梭罗[®]著

闫斌[®]注释



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内 容 提 要

梭罗在隐居瓦尔登湖期间, 独自劳作, 与自然和谐相处, 坚持写作, 才有了这部不朽著作的诞生。本书共分为18个篇章, 分别阐述了作者隐居期间的各种细节与感悟。书中行文简洁流畅, 措辞生动准确, 尤其一些方言土语的运用, 增加了文章的真实性和感染力; 用典方面, 作者不仅对西方著作如数家珍, 更能对东方哲学思想, 如孔孟之道信手拈来, 运用得当, 实属难得。从主题思想来看, 《瓦尔登湖》中不仅对四季景物进行了细致而形象地描写, 更抒发了作者对生命的追求与感悟。

本书在呈现经典英文原著的同时另附详细的中文注解, 特别是对原文中提到的各种动植物的词汇, 都相应地列出了汉语意思, 对读者加深文章内容主旨的理解和英语阅读能力的提高大有裨益。

◆ 著 [美] Henry David Thoreau 亨利·戴维·梭罗

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丛书总序

文学作品犹如一杯佳酿，经过漫长的时间沉淀，它越加醇厚、迷人。它不仅为我们展现了不同的世界，也提供了各方面的知识，丰富了我们想象力的同时也提升了我们的文学素养。让我们可以通过阅读了解社会乃至整个世界，为我们打开了另一扇窗。英语原版读物也是如此。对于许多文学爱好者、英语专业的学生以及想提高英语水平的人而言，英语原版读物的确是一个不错的选择。

阅读英语原版作品，可以帮助读者扩大词汇量，欣赏动人的情节，了解英美文化常识，提高阅读能力。但是在阅读的过程中，会有生词、复杂句式、人物名称、各类历史事件、典故等影响因素出现，这使得读者不能顺畅地阅读，有时候甚至不能完全理解书中作者所表达的思想。为此，我们特意推出了这一套丛书。

在本套丛书中，我们精心挑选了欧内斯特·米勒·海明威、丹尼尔·笛福、戴尔·卡耐基、亨利·戴维·梭罗以及夏洛蒂·勃朗特这五位作家的经典作品《老人与海》、《鲁滨逊漂流记》、《人性的弱点》、《瓦尔登湖》和《简·爱》。这五位作家都是当时的文学巨匠，对后世影响深远；精选的《老

人与海》、《鲁滨逊漂流记》、《人性的弱点》、《瓦尔登湖》和《简·爱》这五部作品均为经典英语原版读物，自出版以来，深受广大读者的欢迎，作品所宣扬的精神影响着一代代人；本套丛书是由资深的英语学者执笔，为这些作品做出注释。在《老人与海》中，通过描写老人与一条大马林鱼的搏斗，作者宣扬了“一个人可以被毁灭，但不能被打败”的精神，塑造了一位经典的“硬汉”形象；《鲁滨逊漂流记》，英国的第一部现实主义长篇小说，主人公鲁滨逊富有冒险精神，在一次出海中遭遇了风暴，他随海水漂流到了一座荒岛附近，随后他荒岛求生，向读者展示了他敢于冒险、不畏艰难的人格魅力；在《人性的弱点》中，美国著名的成功学大师戴尔·卡耐基教你如何结交朋友，如何处理人际关系，如何提升个人修养等；在《瓦尔登湖》中，作者梭罗展示了自己 在瓦尔登湖生活了两年的点滴、感想，让处于喧嚣之中的世人平心静气地感受大自然的美好；《简·爱》讲述了简·爱同罗彻斯特先生的经典爱情故事，塑造了一位崇尚自由与独立、敢于追求、充满智慧的女性形象。

本套丛书注释的范围与内容：

1. 单词。本套丛书挑选的单词大多数是英语四级以上的词汇，单词后面紧跟汉语意思，有的相应做了延伸——形音相近的单词、动词原形、形容词形式等；有的列举出了常见搭配；有的结合具体语境给出了其在文中的含义；有的通过例句具体解释了用法。

2. 词组。在词组的注释中不仅给出了汉语意思，而且后面附带例句帮助读者理解其用法。

3. 句子。对于句式复杂的句子以及经典语句，在文中一律改为加粗体，醒目显眼。注释中均给出了参考译文，有的附带具体语境的分析，使读者更易理解。

4. 专有名词。书中的人名、地名、各类历史事件、作者引用的典故等都带有具体注释，可以帮助读者在阅读的时候理解背景常识，扩大知识面，更好地理解原文。

5. 外来词汇。小说中出现的非正式英语词汇，如古英语词汇、西班牙语、拉丁语等，这些在注释中均给出了具体的解释，并结合语境具体分析其用法。

衷心地希望本套丛书能够协助读者扫清阅读过程中存在的障碍，帮助读者增大词汇量，掌握地道的英语表达手法，同作者一起体验小说的情节，理解小说的深层象征意义，了解英美文化常识，增进对英美文学的认识，提高阅读理解能力和写作能力等。相信本套丛书会对文学爱好者、英语专业的学生以及想提高自身英语水平的读者有很大的帮助！

导读

亨利·戴维·梭罗（Henry David Thoreau），美国著名的作家、哲学家，于1817年7月12日在美国波士顿出生。他是美国超验主义的杰出代表，同时也被一些人尊称为“第一个环境保护主义者”。在2006年，他被美国著名杂志《大西洋月刊》评选为“影响美国的100位人物”之一。

1821年，年仅四岁的梭罗随家人搬至康科德，他把这一地方视为自己的故乡。1833年，梭罗考入哈佛大学，于1837年毕业。随后他回到康科德，在公立康科德中央中学出任教师。从第二年开始，直到1841年，他与其兄约翰共同管理一所私立学校。在1839年，梭罗结识了拉夫尔·沃尔多·爱默生，他们不仅是师生关系，更是亲密朋友。在1841年，梭罗开始专职写作。但在1842年，约翰磨刀时，左手中指划破，不幸感染病毒，10天之后突然离世。梭罗对此悲痛不已。在1845年7月4日，梭罗开始在瓦尔登湖定居，一边劳动，一边学习，于1847年离开。梭罗反对黑奴制度，在瓦尔登湖居住期间，他拒绝缴纳“人头税”，随后被逮捕入狱，第二天出狱后，他写下了《论公民的不服从权利》这一著名的政论文章。梭罗的这篇作品倡导“非暴力抵抗”，这一理论影响了很多人，

其中包括印度的圣雄甘地、美国的民权运动领导人马丁·路德·金等人物。梭罗游历过很多地方，他曾与约翰一起游历康科德和梅里马克河，由此他写下了《康科德和梅里马克河上的一周》；随后他游历了缅因州森林、鳕鱼角、新罕什布尔州的白山等地。梭罗一旦对一种事物产生兴趣，他就会静心地对其进行研究。他的父亲从事铅笔制造，梭罗有一段时间专心研究铅笔，并且取得了成功。同样，梭罗对植物学和鱼类也有很深的研究。他曾于1860年9月20日在米铎萨克司农学会上演讲《森林乔木的演替》，在10月8日，《纽约论坛周报》发表了这一文章。随后的两个月内，梭罗的足迹遍布了当地的林区，他写下了许多短文，这些都收录入《种子的传播》一书中。1862年，梭罗开始整理自己的作品，后因肺病于5月6日逝世。

梭罗关注自然环境，关心人类的生存状况，他的思想、著作在很大程度上影响了美国文明的发展。他的代表作品有《瓦尔登湖》、《论公民的不服从权利》、《种子的传播》、《远行》等。

在瓦尔登湖定居期间，梭罗自建屋舍，自己耕种，走进林间，观察大自然；他在劳动的同时，写下了这篇散文集。《瓦尔登湖》讲述了作者定居期间的各种细节、感想，以经济篇开始阐述，中间有居住的地方、阅读、冬日的动物、春天等16篇文章，最终本书在尾声这一篇中结束。本书文笔简洁自然，用词生动准确，作者旁征博引，在引用西方各种著作的同时，也用中国的《论语》、《孟子》等书籍中的语句来进一步说明自己的思想；书中也夹杂着当地的一些方言和双关语等。《瓦尔登湖》中不仅有对各种景物细致而形象的描写，更抒发了作者对生命的感悟，体现了作者追求的人生价值。

本书对以下内容做出了注释：单词、词组、复杂句、经典语句、专有名词（人名、地名、事件名称、典故等）、其他非正式英语词汇。同时，在原文中出现了各种动植物的词汇，本书都相应地列出了汉语意思。希望在本书中的帮助下，读者能更好地理解本书，快速地提高英语水平。



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Economy

When I wrote the following pages, or rather the **bulk**^① of them, I lived alone, in the woods, a mile from any neighbor, in a house which I had built myself, on the shore of **Walden Pond**^②, in Concord, Massachusetts, and earned my living by the labor of my hands only. I lived there two years and two months. At present I am a **sojourner**^③ in civilized life again.

I should not **obtrude**^④ my affairs so much on the notice of my readers if very particular inquiries had not been made by my townsmen concerning my mode of life, which some would call **impertinent**^⑤, though they do not appear to me at all impertinent, but, considering the circumstances, very natural and pertinent. Some have asked what I got to eat; if I did not feel lonesome; if I was not afraid; and the like. Others have been curious to learn what portion of my income I devoted to charitable purposes; and some, who have large families, how many poor children I maintained. I will therefore ask those of my readers who feel no particular interest in me to pardon me if I undertake to answer some of these questions in this book. In most books, the I, or first person, is omitted; in this it will be retained; that, in respect to **egotism**^⑥, is the main difference. We commonly do not remember that it is, after all, always the first person that is speaking. I should not talk so much about myself if there were anybody else whom I knew as well. Unfortunately, I am con-

① bulk: 大多数; 大块

② Walden Pond: 瓦尔登湖, 位于美国马塞诸塞州的康科德。1845年, 梭罗在瓦尔登湖边为自己建造了一间屋舍, 在此居住期间, 他自力更生, 亲近大自然。随后他写下了此书, 但又几经修改。在1847年9月份, 他离开了瓦尔登湖。

③ sojourner: 寄居者; 旅居者

④ obtrude: 强迫; 强加于人。例句: You should not obtrude those things upon my child. 你不应该把那些事情强加给我的孩子。

⑤ impertinent: 不相干的; 不恰的。下文出现的pertinent是其反义词, 去掉了前缀“im-”, 意为“相干的; 切题的”。

⑥ egotism: 自负; 自我中心

fined to this theme by the narrowness of my experience. Moreover, **I, on my side, require of every writer, first or last, a simple and sincere account of his own life, and not merely what he has heard of other men's lives; some such account as he would send to his kindred from a distant land; for if he has lived sincerely, it must have been in a distant land to me.**^① Perhaps these pages are more particularly addressed to poor students. As for the rest of my readers, they will accept such portions as apply to them. I trust that none will stretch the **seams**^② in putting on the coat, for it may do good service to him whom it fits.

I would **fain**^③ say something, not so much concerning the Chinese and **Sandwich Islanders**^④ as you who read these pages, who are said to live in New England; something about your condition, especially your outward condition or circumstances in this world, in this town, what it is, whether it is necessary that it be as bad as it is, whether it cannot be improved as well as not. I have travelled a good deal in Concord; and everywhere, in shops, and offices, and fields, the inhabitants have appeared to me to be doing penance in a thousand remarkable ways. What I have heard of **Bramins**^⑤ sitting exposed to four fires and looking in the face of the sun; or hanging suspended, with their heads downward, over flames; or looking at the heavens over their shoulders **“until it becomes impossible for them to resume their natural position, while from the twist of the neck nothing but liquids can pass into the stomach”**^⑥; or dwelling, chained for life, at the foot of a tree; or measuring with their bodies, like caterpillars, the breadth of vast empires; or standing on one leg on the tops of **pillars**^⑦—even these forms of conscious **penance**^⑧ are hardly more incredible and astonishing than the scenes

① 参考译文：我不仅要求每个作家写出他听到的别人的生活，同时还要简单而诚恳地描述自己的生活，犹如写给远方的亲人一般；因为我认为一个人若过着诚恳的生活，那么他肯定居住在遥远之地。

② seam: 缝合线；缝合处

③ fain: 乐意地；欣然地

④ Sandwich Islanders: 旧时对居住在夏威夷

岛上的人的称呼

⑤ Bramin: 指的是Brahmin, 意为“婆罗门教徒”。

⑥ 出自*The History of India*, 作者是James Mill (1773—1836), 苏格兰的历史学家, 哲学家。

⑦ pillar: 柱子；台柱

⑧ penance: 苦修；忏悔

which I daily witness. The twelve labors of **Hercules**^① were trifling in comparison with those which my neighbors have undertaken; for they were only twelve, and had an end; but I could never see that these men slew or captured any monster or finished any labor. They have no friend **Iolaus**^② to burn with a hot iron the root of the hydra's head, but as soon as one head is crushed, two spring up.

I see young men, my townsmen, whose misfortune it is to have inherited farms, houses, barns, cattle, and farming tools; for these are more easily acquired than got rid of.^③ Better if they had been born in the open pasture and **suckled**^④ by a wolf, that they might have seen with clearer eyes what field they were called to labor in. Who made them **serfs**^⑤ of the soil? Why should they eat their sixty acres, when man is condemned to eat only his peck of dirt? Why should they begin digging their graves as soon as they are born? They have got to live a man's life, pushing all these things before them, and get on as well as they can. How many a poor immortal soul have I met well-nigh crushed and smothered under its load, creeping down the road of life, pushing before it a barn seventy-five feet by forty, its **Augean stables**^⑥ never cleansed, and one hundred acres of land, tillage, mowing, pasture, and woodlot! The portionless, who struggle with no such unnecessary inherited **encumbrances**^⑦, find it labor enough to subdue and cultivate a few cubic feet of flesh.

But men labor under a mistake. **The better part of the man is soon plowed into the soil for compost.**^⑧ By a seeming fate, commonly called necessity, they are employed, as it says in an old book, laying up treasures

① Hercules: 赫拉克勒斯, 希腊神话中的英雄人物, 他力大无比, 做出了十二项丰功伟绩, 被封为武仙座。

② Iolaus: 上文中提到的赫拉克勒斯的朋友, 曾经帮助他杀死了下文中出现的hydra (九头蛇)。

③ 参考译文: 我认为镇民继承了父辈传下来的农场、房屋、谷仓、牛羊以及耕具, 这是他们的不幸, 因为摆脱这些继承物要比得到它们难得多。

④ suckle: 给……哺乳; 养育

⑤ serf: 农奴

⑥ Augean stable: 奥吉斯国王的牛舍, 据称其中有3000多头公牛, 它们30多年没有清洗过身体。这个牛舍延伸之意为“极其肮脏的地方”。

⑦ encumbrance: 累赘; 妨碍物

⑧ 参考译文: 人的大半部分躯体很快被耕进土壤中, 化作肥料。

which moth and rust will corrupt and thieves break through and steal. It is a fool's life, as they will find when they get to the end of it, if not before. It is said that **Deucalion and Pyrrha**^① created men by throwing stones over their heads behind them:—

*Inde genus durum sumus, experiensque laborum,
Et documenta damus qua simus origine nati.*^②

Or, as **Raleigh**^③ rhymes it in his sonorous way,—

*“From thence our kind hard-hearted is, enduring pain and care,
Approving that our bodies of a stony nature are.”*^④

So much for a blind obedience to a blundering **oracle**^⑤, throwing the stones over their heads behind them, and not seeing where they fell.

Most men, even in this comparatively free country, through mere ignorance and mistake, are so occupied with the factitious cares and superfluously coarse labors of life that its finer fruits cannot be plucked by them.^⑥ Their fingers, from excessive toil, are too clumsy and tremble too much for that. Actually, the laboring man has not leisure for a true integrity day by day; he cannot afford to sustain the manliest relations to men; his labor would be **depreciated**^⑦ in the market. He has no time to be anything but a machine. How can he remember well his ignorance—which his growth requires—who has so often to use his knowledge? We should feed and clothe him **gratuitously**^⑧ sometimes, and recruit him with our **cordials**^⑨, before we judge of him. **The finest qualities of our nature,**

① Deucalion and Pyrrha: 杜卡里翁和皮拉, 两人为夫妻, 前者是普罗米修斯儿子。宙斯制造洪水淹没地球时, 只留下了他们一对夫妻, 他们通过石子砸背的方式, 重新回到世间, 变为了男女。

② 出自 *Metamorphoses*, 作者为 Ovid (43 B.C.—7 A.D.), 古罗马诗人。

③ Raleigh: 英国作家、探险家, 多次出海航行。在殖民地时期, 他将土豆和烟草引进了英国。

④ 出自 Ovid 的著作 *History of the World*, 由 Sir Walter Raleigh (1552—1618) 翻译而来。

⑤ oracle: 神谕; 圣人

⑥ 参考译文: 即使在这个相对自由的村落中, 大多数人们由于无知和错误, 被烦恼困惑着, 干着忙不完的农活, 不能很好地享受生活。

⑦ depreciate: 贬值; 轻视。例句: This currency began to depreciate this month. 这种货币在这个月开始贬值了。

⑧ gratuitously: 无偿地; 免费地。gratuitous 意为“免费的; 无理由的”。

⑨ cordial: 香甜酒; 兴奋剂

like the bloom on fruits, can be preserved only by the most delicate handling.^① Yet we do not treat ourselves nor one another thus tenderly.

Some of you, we all know, are poor, find it hard to live, are sometimes, as it were, gasping for breath. I have no doubt that some of you who read this book are unable to pay for all the dinners which you have actually eaten, or for the coats and shoes which are fast wearing or are already worn out, and have come to this page to spend borrowed or stolen time, robbing your **creditors**^② of an hour. It is very evident what mean and sneaking lives many of you live, for my sight has been **whetted**^③ by experience; always on the limits, trying to get into business and trying to get out of debt, a very ancient slough, called by the Latins **aes alienum**^④, another's brass, for some of their coins were made of brass; still living, and dying, and buried by this other's brass; always promising to pay, promising to pay, tomorrow, and dying today, **insolvent**^⑤; seeking to curry favor, to get custom, by how many modes, only not state-prison offenses; lying, flattering, voting, contracting yourselves into a **nutshell**^⑥ of civility or **dilating**^⑦ into an atmosphere of thin and vaporous generosity, that you may persuade your neighbor to let you make his shoes, or his hat, or his coat, or his carriage, or import his groceries for him; making yourselves sick, that you may lay up something against a sick day, something to be **tucked**^⑧ away in an old chest, or in a stocking behind the plastering, or, more safely, in the brick bank; no matter where, no matter how much or how little.

I sometimes wonder that we can be so frivolous, I may almost say, as to attend to the gross but somewhat foreign form of servitude called Negro Slavery, there are so many keen and subtle masters that enslave both North and

① 参考译文：人类本性中最好的部分，犹如果实上的那层粉霜，只有温柔地处理，才能保留它们。

② creditor: 债务人

③ whet: 刺激；促进。例句：The smell of the cake whets the young girl's appetite for food.蛋糕的香味激起了年轻女孩对食物的渴望。

④ aes alienum: 拉丁语，意为“别人的钱币”。

⑤ insolvent: 破产的；无力偿还的

⑥ nutshell: 在莎士比亚的作品*Hamlet*中，哈姆雷特曾这样说过：“I could be bounded in a nutshell.”

⑦ dilate: 扩大；膨胀。例句：Do you know what makes the pupils of your eyes dilate?你能让你双眼的瞳孔放大吗？

⑧ tuck: 卷起；挤进。例句：He tucks these oakums into the hole.他把这些麻絮塞进了洞里。

South. It is hard to have a Southern **overseer**^①; it is worse to have a Northern one; but worst of all when you are the slave-driver of yourself. Talk of a divinity in man! Look at the **teamster**^② on the highway, wending to market by day or night; does any divinity stir within him? His highest duty to fodder and water his horses! What is his destiny to him compared with the shipping interests? Does not he drive for **Squire**^③ Make-a-stir? How godlike, how immortal, is he? See how he cowers and sneaks, how vaguely all the day he fears, not being immortal nor divine, but the slave and prisoner of his own opinion of himself, a fame won by his own deeds. Public opinion is a weak tyrant compared with our own private opinion. What a man thinks of himself, that it is which determines, or rather indicates, his fate. **Self-emancipation**^④ even in the West Indian provinces of the fancy and imagination—what **Wilberforce**^⑤ is there to bring that about? Think, also, of the ladies of the land weaving toilet cushions against the last day, not to betray too green an interest in their fates! As if you could kill time without injuring eternity.

The mass of men lead lives of quiet desperation. What is called resignation is confirmed desperation. From the desperate city you go into the desperate country, and have to console yourself with the bravery of minks and muskrats. A stereotyped but unconscious despair is concealed even under what are called the games and amusements of mankind. There is no play in them, for this comes after work. **But it is a characteristic of wisdom not to do desperate things.**^⑥

When we consider what, to use the words of the **catechism**^⑦, is the chief end of man, and what are the true necessities and means of life, it appears as if men had deliberately chosen the common mode of living because they

① overseer: 监工; 工头

② teamster: 驾着牲畜的人; 赶马人

③ squire: 乡绅; 大地主

④ self-emancipation: 自我解放

⑤ Wilberforce: 指的是William Wilberforce, 英国人, 下议院议员。他领导废除奴隶制度运动, 抵制奴隶贸易, 最终废除了奴隶制度。小说

*Amazing Grace*介绍了他和众人废除奴隶制度的经过。

⑥ 参考译文: 不做绝望的事情, 才是智慧的一种特征。

⑦ catechism: 教义问答书。文中指的是*Westminster Catechism*, 其中有“Man's chief end is to glorify God, and to enjoy Him forever”这样一句话。

preferred it to any other. Yet they honestly think there is no choice left. But alert and healthy natures remember that the sun rose clear. It is never too late to give up our prejudices. **No way of thinking or doing, however ancient, can be trusted without proof. What everybody echoes or in silence passes by as true to-day may turn out to be falsehood to-morrow, mere smoke of opinion, which some had trusted for a cloud that would sprinkle fertilizing rain on their fields.**^① What old people say you cannot do, you try and find that you can. Old deeds for old people, and new deeds for new. Old people did not know enough once, **perchance**^②, to fetch fresh fuel to keep the fire a-going; new people put a little dry wood under a pot, and are whirled round the globe with the speed of birds, in a way to kill old people, as the phrase is. Age is no better, hardly so well, qualified for an instructor as youth, for it has not profited so much as it has lost. One may almost doubt if the wisest man has learned anything of absolute value by living. Practically, the old have no very important advice to give the young, their own experience has been so partial, and their lives have been such miserable failures, for private reasons, as they must believe; and it may be that they have some faith left which belies that experience, and they are only less young than they were. I have lived some thirty years on this planet, and I have yet to hear the first syllable of valuable or even earnest advice from my seniors. They have told me nothing, and probably cannot tell me anything to the purpose. Here is life, an experiment to a great extent untried by me; but it does not **avail**^③ me that they have tried it. If I have any experience which I think valuable, I am sure to reflect that this my **Mentors**^④ said nothing about.

One farmer says to me, **“You cannot live on vegetable food solely, for it furnishes nothing to make bones with”**^⑤; and so he religiously

① 参考译文：不管有些思想、行为经历了多少岁月，如果没有被确认，就不能轻信。今天大家附和以及默认的真理，明天就有可能变为烟气，但也有人认为是乌云，能够降落甘霖浇灌土地。

② perchance：偶然；可能

③ avail：有利；有用。例句：What he did was to little avail.他所做的都是徒劳的。

④ mentor：指导者；导师

⑤ 参考译文：只吃蔬菜不行，因为它提供不了人体骨骼所需要的营养。