

毕淑敏—作品

朱虹—译

中英双语版

Tender Thistles

温暖的荆棘

毕淑敏写给年轻人的
心理学故事



天地出版社 | TIANDI PRESS

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C O N T E N T S

目 录

你不能要求拥有一个没有风暴的人生海洋，

因为痛苦和磨难是人生的一部分。

一个没有风暴的海洋，

那不是海，是泥塘。

序言

有许多作家有病

王蒙

有许多作家有病，例如陀思妥耶夫斯基的癫痫，契诃夫的肺结核，杜勃洛留波夫的癩病，李贺与子规（日本俳句诗人）的咯血与夭亡，杰克·伦敦、海明威、川端康成、三岛由纪夫的自杀等。



Preface

Writers are Sickly People

Wang Meng

All the way down history, many writers have been sickly people. Take Dostoevsky, for instance. He had epilepsy. Chekhov had tuberculosis. Dobroliubov had boils tuberculosis of lymph nodes. Both the Tang poet Li He and the Japanese writer Masaoka Shiki had hemoptysis and died of tuberculosis at an early age. As for Jack London, Ernest Hemingway, Kawabata Yasunari, Yukio Mishima and others, they had all died by their own hands.



还有一些作家的疾病没有这样众所周知，他们的疾患更多在精神方面，尽管他们可能是很有成就的作家，但是一读他们的作品，那种偏执，那种自恋自吹、自我膨胀，那种迫害狂，那种抑郁加躁狂的无可控制，那种神经兮兮和白昼见鬼，都令人嗟叹。这里边确实有天才，生老病死的苦痛需要通过这些作家的手生成花花果果，不能因为疾患就忽视他们的天才，但也不能因天才就不敢正视他们的疾患。

我也希望作家中有真正的医生，而不仅是有过成名前行医的记录。疾患越多，对医生的期待就越大。

咱们这里有一个毕淑敏。解放军的卫生员、医科大学生、内科主任、小说与散文家、心理学硕士、心理咨询专家，从小的好学生、好孩子，不那么另类，而是符合主流价值的有为者。



Then there were writers whose illness had not gotten around through the grapevine. Their illness had been mostly on the psychological side. There is no denying their accomplishments as writers, but the minute you pick up one of their works, you cannot help being staggered by their uncontrollable fits of:

pig-headedness, self-conceit, braggadachio, self-aggrandizement, persecution-mania, depression, uncontrollable violence, and more.

There is no denying their genius.

But they see ghosts in broad daylight, and are completely off their rocker.

The pains of living and dying are turned into colorful art through their hands.

But we must not turn a blind eye to their medical problems because of their genius.

Other writers had health problems too, not known to the outside world, mostly mental problems. But again, there is no denying their genius.

They are indisputably great writers, but when you read them, you cannot help being struck by their perversion, self-conceit and persecution mania.

They are indeed geniuses: the pains of living and dying dazzle through their writings.

We should not discard them as writers on the grounds that they themselves were sick.

On the other hand, we should not turn a blind eye to their sickness on the grounds of their literary genius.

I wish there were practicing doctors within the ranks of practicing writers—not writers who had dabbled in medicine before they became famous as writers. Disease being rampant, people's expectations from doctors are rising daily.

We do have a writer among us—Bi Shumin. She had been a PLA clinical worker, a medical student, head of the division for internal medicine, novelist and essayist, holder of an MA degree in psychology, and a counseling psychologist. A model student and good daughter since childhood—never a freak—in a word, she is a person with outstanding accomplishments keeping within mainstream values.

医学是科学。医术是高科技。
医心是天使的心、菩萨的心，济世救危，助弱扶伤，杨枝净水，慈悲为怀。爱心是主干，责任是永久，使命是奉献。

小说与散文是人的故事和情感，体贴入微，心界万象，人生经验，苦辣酸甜，再加生花的妙笔，成精成色的语言。

心理咨询是新兴产业，是人的悲哀与软弱的证明。生活越是复杂，社会越是精密，节奏越是紧急，竞争越是激烈，心理的负担就越多，就越需要医生的专业，更需要医生的抚慰、疏浚与理解。



Medicine is a branch of science.
Practising medicine is high technology.
Doctors are angels with hearts of Buddha,
Supporting the weak and ministering to
the sick.

Following their hearts, they are full of
compassion;

Aware of their responsibility, their mission
is to give.

Novels are narratives of human feelings
told in vivid detail,

The experience of a lifetime, the grip of
emotion sweet and bitter,

Passing through the pen of scribblers,
they flower out in magic writing.

Psychological counseling is a new line of
business,

A proof of the human sadness and frailty.
As life gets increasingly complicated,
As the society is increasingly knit,
As the pace of life is urgent,
As competition is increasingly tense,
So is our mental burden increasingly
heavy,

And all the more do we need the doctor's
concern, dispensation, and understanding.



读了毕淑敏著的文章，你觉得这些都有了。它减轻你的痛苦，虽然时下兴的是绞紧你的肉和心。它开阔你的心胸，虽然时下兴的是鼻子底下与脐下三寸那点事死缠不休。它写得细腻而又晓畅，虽然时下兴的是故作艰深。它拳拳而又眷眷，虽然时下兴的是恶毒与残酷的刺激。它合情合理，虽然时下兴的是大言爆破。它告诉你一加一还是等于二，虽然时下兴的是一加零等于三万八千八。它娓娓动听，虽然时下兴的是对于阅读的颠覆。它竭力教给你活得好一点，快乐一点，善良一点，健康一点，光明一点，虽然高烧、病态、梦呓也是一种吸引眼球的行销策略。

如果我有亲戚朋友，我有孩子，我有孩子的朋友和老师，如果他们全都是普通的与正常的人，我都会推荐他或她读这本书。至少，在读一些令人犯病的书之外，也不妨，也应该，也亟须读一点儿教人健康的文学书。

Read Bi Shumin's stories,
And you will find it all there.
The stories relieve your suffering,
Though nowadays it is cool to put you through the grinder.
Her stories put your heart at ease,
Though nowadays the focus is on that boring thingamy between your legs.
Smoothly her story flows in colorful detail,
Though nowadays pseudo-profundity is all the rage.
She is tough with a gentle touch,
Though nowadays cruelty and malice has the upper hand.
She is cool and reasonable,
Though nowadays raging and ranting is what you hear.
She assures you that one and one makes two,
Though nowadays the total runs into hundreds of thousands.
Her writing is smooth and elegant,
Though nowadays to read is to subvert.
She urges you—enjoy life; be happy; be kind; be healthy; be sunny,
Though nowadays high fever, paranoia and nightmares are good strategies to
catch your eye.

If I have friends and relatives, if I have children and they have friends and if they were ordinary normal people, I would recommend them to read this book.

As an alternative to reading books that make you sick, or as a harmless concession, or rather as an urgent need, one should read works of literature that make you happy.

自序

书里藏着两双手

毕淑敏

本书英文译者朱虹老师的手，温热而柔软。真是难以相信，这样一双看似普通的手，写过大量极有创见的英美文学评论。尤其是用准确简练又不乏幽默的笔触，将大量中国文学翻译成英文，并得到英语世界主流文学界的赞赏与认同，她的翻译还不止一次成为博士论文的课题。

朱红老师由衷热爱翻译事业，一直兢兢业业，她以英语的思维，追求“神似而非形似”的翻译风格，不是亦步亦趋地简单直译，而是在力求准确的同时，不失灵性和变通，严谨中饱含风趣，让读者领会更加原汁原味的英文，体会纯正的英语之美。这样一位声震海内外的翻译大家，怎么会在84周岁的耄耋之年，翻译我的这本小书呢？

她的初心，是为了留给自己的孙女们一件精致隽远的礼物，便倾注了满腔心血来做这件事。译文反复推敲修改，精益求精，达到感人至深的地步。

她老人家原想只把此书作为自家的珍宝，亲人相传。不想此译稿被天地出版社得到，将它出版，于是更多的读者也有了珍藏它的机缘。

Foreword

Two Pairs of Hands Hidden in a Book

Bi Shumin

The hands of Zhu Hong, the translator of this volume of stories, are soft and warm.

It is hard to imagine that this pair of hands had written articles on English and American literature with sharp critical acumen.

More amazing is the fact that Zhu Hong had translated outstanding works of Chinese literature into English. Her translations, precise, succinct, sometimes with a dash of humor thrown in, have been approved of and accepted in the English-speaking world of academia, while at home they have more than once served as topics for Ph.D theses.

Zhu Hong works hard and is deeply devoted to her chosen field. True to her ideal of translation not as a mere formation of words but as a means of imparting the spirit of the original, Zhu Hong's works of translation have managed to offer her readers a taste of the English language in all its beauty and flexibility.

Now why did this famed master of translation, at the venerable age of eighty-four, bother to translate these short stories of mine? It turned out that Zhu Hong had planned to translate this collection of my stories as a gift to all her granddaughters, a gift to be handed down as an heirloom within the family. Thus she threw herself into the job of translation, sweating over every word in pursuit of perfection. However, the project was discovered by Tiandi Press, and thus destined to be released for a larger readership.