

英汉对照

# A SELECTION OF ENGLISH ESSAYS

Book 2

## 英国散文选

下 册

上海译文出版社



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## LEIGH HUNT

### 亨特

亨特 (James Henry Leigh Hunt, 通称 Leigh Hunt, 1784—1859) 是十九世纪上半叶一个重要的英国散文作家。

亨特首先以一个评论家和刊物编辑的身份出现于英国文坛。他从二十一岁开始写戏剧评论,不久,和他哥哥约翰共同创办一个周刊《检察者》(The Examiner),他做主编。这个刊物办了十四年。亨特的政治观点是自由主义激进派,在刊物上写政论批评保守的托利党政府。当时英国国王乔治三世精神错乱,由其子任摄政王——即后来的乔治四世。这位摄政王虽然受到御用文人吹捧,实际上生活放荡,丑闻很多。亨特在《检察者》上揭穿这种骗局,把摄政王叫做“说谎者”和“肥头大耳的五十岁老情郎”(a fat Adonis of fifty),这就触怒了英国统治者。亨特在1813年被罚款并被判处两年监禁。亨特身处囹圄而不改其乐,他在牢房里挂上图画,摆好书架,室外种上花木,接待文学朋友和同情者,甚至还照常编他的刊物《检察者》。这么一来,坐牢倒使得亨特成为大家同情的英雄,他的文学名声更大了。出狱后,他发表了一部长诗《里米尼的故事》(The Story of Rimini, 1816),创办了另一个刊物《指示者》(The Indicator),在上面发表了一批随笔散文。

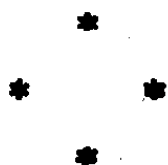
1822年,亨特应雪莱、拜伦之邀,到意大利去,和他们一同创办季刊《自由者》(The Liberal)。不幸,亨特刚到意



大利，雪莱在海上泛舟淹死，《自由者》只办了四期就停了刊。亨特回国，长期陷于经济困难，靠写作、办刊物的收入来维持家庭生活，多年间过着“从手到口”的艰苦笔墨生涯。晚年，才得到政府一笔补助。

亨特写了不少诗，他的一些短诗至今尚在英国诗文选中流传。但他的主要贡献是在散文方面，即评论和随笔。作为剧评家，他为当时伦敦的日常戏剧演出留下了生动详实的文字记载。作为文学评论家，他特别注意发现诗歌新人，向读者推荐雪莱和济慈的诗歌成就，并当二人受到保守者的粗暴攻击时奋起保护他们——这在批评家当中不能不说是十分难能可贵的。亨特自己的个性特点则更多地流露于他那轻松活泼的随笔散文之中。其中代表性的名篇有《论霜晨早起》(Getting Up on Cold Mornings)、《更夫》(Watchmen——此文，梁遇春曾介绍在他的《英国小品文选》中)和《睡眠小议》(A Few Thoughts on Sleep)等。现仅译出后者，以窥一斑。在这篇随笔中，作者抓住睡觉这一日常小事，从多方面进行描写，发种种议论，引用文学典故和诗歌片断，写得热闹非凡。亨特的随笔，一般都是这样夹叙夹议，信笔写来，好似用文字记下的娓娓清谈，自有一种轻松活泼、引人入胜的力量。也许有人会觉得这种文章写的都是个人身边琐事，而且随作者兴之所至，任意跑题，过于松散。不过，十九世纪英国随笔比起十八世纪的英国随笔，理性的因素大大减少，感情和个性的因素大大增加，这跟当时浪漫主义文学主潮的趋向是一致的，正是一种势所必至的现象。随笔本来不是那种

高华典雅的方正文字，如果没有个性特色，随笔的艺术魅力也就要失去一大半。只是后来模仿者渐多，只求形似十九世纪诸家，却缺乏他们的圆熟、气势和光采，徒然流入琐碎支离，言之无物而絮絮不已，不免令人生厌。——大凡一切文学流派的末流都难免这种“每况愈下”的趋势，不独随笔散文为然。



## A FEW THOUGHTS ON SLEEP

This is an article for the reader to think of when he or she is warm in bed, a little before he goes to sleep, the clothes at his ear, and the wind moaning in some distant crevice.

“Blessings,” exclaimed Sancho<sup>1</sup>, “on him that first invented sleep! It wraps a man all round like a cloak.” It is a delicious moment certainly—that of being well nestled in bed, and feeling that you shall drop gently to sleep. The good is to come, not past: the limbs have been just tired enough to render the remaining<sup>2</sup> in one posture delightful: the labour of the day is done. A gentle failure of the perceptions<sup>3</sup> comes creeping over one: —the spirit of consciousness disengages itself more and more, with slow and hushing degrees like a mother detaching her hand from that of her sleeping child; —the mind seems to have a balmy<sup>4</sup> lid closing over it, like the eye; —’tis closing; —’tis more closing; —’tis closed. The mysterious spirit has gone to take its airy rounds<sup>5</sup>.

It is said that sleep is best before midnight: and Nature herself, with her darkness and chilling dews, informs

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1. Sancho: 即 Sancho Panza (桑丘·潘沙), 西班牙伟大作家塞万提斯的名著《堂吉珂德》(Don Quixote) 中的人物, 堂吉珂德的侍从, 原来是一个农夫。 2. the remaining: the remaining part of the body. 3. A gentle failure of the perceptions: 知觉的渐渐减退。 4. balmy: 柔软的。 5. take its airy rounds: 在虚空中巡游。

## 睡眠小议

这篇文章是让读者暖暖和和躺在床上欣赏的——这时候他或者她即将入睡，衣服放在耳边，风声在远方一个什么缝隙里呼啸。

“愿天老爷降福，”桑丘大声说道，“给那头一个发明睡觉的人！它把人浑身上下严严实实裹了起来，跟个大斗篷似的。”这真是一个甜蜜的时刻——你在床上舒舒服服安卧，觉得自己正在轻轻松松堕入睡乡。好处还在前头，并未过去：你手困足软，身体自自然然摆出一副惬意的姿态——一天的劳累结束了。身上的知觉渐渐地迟钝，心里的意识一点点松解，就象母亲从睡着的孩子手里把自己的手慢慢地、悄悄地抽了出来，似乎有一只温温软软的盖子，好象关上你的眼睛一样，把你的心灵关上——它关住一点儿，再关住一点儿，最后完全关住了。于是，那无法言说的灵魂便解脱而出，在那太虚幻境之中径自遨游。

据说，子夜之前睡觉最好——这样的信息，造物主用她那黑沉沉的夜色、凉飕飕的露水，透露给我们。及时登榻还

us so. There is another reason for going to bed betimes; for it is universally acknowledged that lying late in the morning is a great shortener of life. At least, it is never found in company with longevity. It also tends to make people corpulent. But these matters belong rather to the subject of early rising than of sleep.

Sleep at a late hour in the morning is not half so pleasant as the more timely one. It is sometimes, however, excusable, especially to a watchful or overworked head; neither can we deny the seducing merits of “t’ other doze”<sup>1</sup>, —the pleasing wilfulness<sup>2</sup> of nestling in a new posture, when you know you ought to be up, like the rest of the house. But then you cut up the day, and your sleep the next night.

In the course of the day few people think of sleeping, except after dinner; and then it is often rather a hovering and nodding on the borders of sleep than sleep itself. This is a privilege allowable, we think, to none but the old, or the sickly, or the very tired and care-worn, and it should be well understood before it is exercised in company. To escape into slumber from an argument; or to take it as an affair of course, only between you and your biliary duct<sup>3</sup>; or to assent with involuntary nods to all that you have just been disputing, is not so well; much less, to sit nodding and tottering beside a lady; or to be in danger of dropping your head into the fruit-plate or your host’s face; or of waking up, and saying “Just so” to the bark of a dog; or “Yes, Madam,” to the black<sup>4</sup> at your

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1. ‘t’ other doze’: the other doze (指在睡醒之后再“迷糊”一会儿).

2. the pleasing wilfulness: 本该起床了, 偏赖在床上不起, 而又自以为乐, 故云.

3. biliary duct: 输胆管. 人胆汁旺盛, 则易生气而闷闷不乐.

4. the black: 指黑人女仆.

另有一层理由，因为众口一词承认：早上赖在床上不起即等于大大缩短人的寿命。至少说，睡懒觉和长寿总难并行不悖，而且它还容易使人发胖。不过，此类问题与其归入睡眠这个题目之下，不如说与早起有关。

早上睡到很晚的时辰，还不及早睡早起一半的愉快。有时候或许可以原谅，特别是当人夜不成寐或过分劳累的时候；此外，不可否认，睡懒觉自有它的诱人之处——明明知道自己应该象家里其他人那样起床，却偏要换上一个姿势，再懒洋洋“迷糊那么一会儿”。不过，这么一来，你就把白天切碎，而你这一睡又使当夜难以成眠。

一日之中，很少有人想到睡觉，除非在午饭以后——那时候，人往往想要打一个盹儿，在睡乡的边缘上徘徊一阵儿，但算不上真正的睡眠。而且，我们认为，只有老人，病人，或者疲劳不堪、忧思苦虑的人，才能得到允许享受这种特权，并且还要经过充分谅解，才能在众人面前行使这一特权。否则，与人辩驳之际颓然入睡，或因胆汁旺盛、闷闷不乐即自顾自进入黑甜之乡，或者对于方才争论之事并非出自本意地频频点头、一律加以首肯，都是不大恰当的事。尤其是：某位夫人坐在身旁，自己却尽在那里打瞌睡，身子不住地摇摇晃晃，一不小心，不是一头栽进面前的果盘里，就是撞到主人的脸上；再不然，一声狗叫，悚然惊醒，连忙表示：“对，对！”或者，向着胳膊肘旁的黑人女仆殷勤回答：“是，夫人！”——这

elbow.

Care-worn people, however, might refresh themselves oftener with day-sleep than they do; if their bodily state is such as to dispose them to it. It is a mistake to suppose that all care is wakeful. People sometimes sleep, as well as wake, by reason of their sorrow. The difference seems to depend upon the nature of their temperament; though in the *most* excessive cases, sleep is perhaps Nature's never-failing relief, as swooning is upon the rack. A person with jaundice<sup>1</sup> in his blood shall lie down and go to sleep at noonday, when another of a different complexion shall find his eyes as uncloseable as a statue's, though he has had no sleep for nights together. Without meaning to lessen the dignity of suffering, which has quite enough to do with its waking hours, it is this that may often account for<sup>2</sup> the profound sleeps enjoyed the night before hazardous battles, executions, and other demands upon an over-excited spirit.

The most complete and healthy sleep that can be taken in the day is in summer-time, out in a field. There is, perhaps, no solitary sensation so exquisite as that of slumbering on the grass or hay, shaded from the hot sun by a tree, with the consciousness of a fresh but light air running through the wide atmosphere, and the sky stretching far overhead upon all sides. Earth, and heaven, and a placid humanity seem to have the creation<sup>3</sup> to themselves. There is nothing between the slumberer and the naked and glad innocence of nature.

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1. jaundice: 黄疸病.      2. account for: explain the cause of ... (解释, 说明).      3. the creation: 宇宙, 世界.

些都不大妙。

人在忧虑之中往往不能成眠，其实他们大可以通过白天睡觉来恢复一下精神，只要他们的身体状况许可他们这么做的话。认为忧愁一定不能睡觉，是一种误解。忧患有时促人清醒，有时催人睡眠。这种差别似乎由于人的气质不同而产生。不过，在一些最最极端的场合下，睡眠或许是造物主赐给人的一种永远不变的慰藉，正如人到了拷问台上就要晕倒。一个血液中有黄疸病的人一到中午倒头便能入睡；相反，具有另外一种气质的人，哪怕一连几夜未眠，却仍象一尊雕像似的，苦于不能合眼。笔者无意抹煞受苦受难的庄严性，因为人在清醒的时候所遭到的苦难已经足够叫他烦恼，然而这也正好说明了人处在凶险鏖战或死刑处决的前夜，以及其他迫使精神过度兴奋的状态之中，为什么还能够酣然沉睡。

最美满、最身心舒畅的睡眠，只有当炎夏时节的白天，在那寥廓的田野上才能得到：躺在青草或者干草上面安然入睡，一片树荫为你遮蔽着骄阳，你感觉到一种清新、爽快的微风在大气之间回荡，高高的天空环抱着自己，向四面八方伸延——什么能比得上这样美妙的感受？大地、苍空、和平的人类似乎充塞了整个的宇宙。在酣睡者和赤条条、欢天喜地的大自然之间不存在任何隔阂。



Next to this, but at a long interval, the most relishing snatch of slumber out of bed is the one which a tired person takes before he retires for the night, while lingering in his sitting-room. The consciousness of being very sleepy, and of having the power to go to bed immediately, gives zest to the unwillingness to move. Sometimes he sits nodding in his chair; but the sudden and leaden jerks<sup>1</sup> of the head, to which a state of great sleepiness renders him liable, are generally too painful for so luxurious<sup>2</sup> a moment; and he gets into a more legitimate posture<sup>3</sup>, sitting sideways with his head on the chairback, or throwing his legs up at once on another chair, and half reclining. It is curious, however, to find how long an inconvenient posture will be borne for the sake of this foretaste of repose<sup>4</sup>. The worst of it is, that on going to bed the charm sometimes vanishes; perhaps from the colder temperature of the chamber; for a fireside is a great opiate<sup>5</sup>.

Speaking of the painful positions into which a sleepy lounge<sup>6</sup> will get himself, it is amusing to think of the more fantastic attitudes that so often take place in bed. If we could add anything to the numberless things that have been said about sleep by the poets, it would be upon this point. Sleep ever shows himself a greater leveller<sup>7</sup>. A man in his waking moments may look as proud and self-possessed as he pleases. He may walk proudly, he may sit proudly, he may eat his dinner proudly; he may shave

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1. jerks: 急扭, 此处指在打盹时头部猛然抽动, 俗称“打栽嘴”。 2. luxurious: 非常舒适(愉快)的。 3. legitimate posture: 合理的姿势, 正常的姿势。 4. foretaste of repose: 对安睡的预先尝试。 5. opiate: 麻醉剂, 令人迷醉之物。 6. sleepy lounge: 懒洋洋睡着的人。 7. leveller: 平均派, 平等主义者。