

英语美文欣赏系列

池塘涟漪

Ripples in the Pond

王 军 杨先奕 编注



WUHAN UNIVERSITY PRESS

武汉大学出版社

《中国生态学报》

池塘莲藕

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January or New Year's Day^①

Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.

—Alfred Lord Tennyson

① New Year's Day: 新年是全美各州一致庆祝的主要节日。美国人过新年,最热闹的是除夕晚上。是夜,人们聚集在教堂、街头或广场,唱诗、祈祷、祝福、忏悔,并一同迎接那除旧布新的一瞬。午夜 12 点,全国的教堂钟声齐鸣,乐队高奏著名的怀旧歌曲《一路平安》。在音乐声中,激动的人们拥抱在一起,怀着惜别的感伤和对新生活的向往共同迎来新的一年。美国人还有一个有意思的习惯,就是在新年许愿立志,他们称之为“新年决心”。这决心通常不是什么宏图大志,而是一些朴实而实际的打算,例如“我一定要戒烟”、“我要好好对待邻居”,等等。他们总是坦率地讲给大家听,以期得到监督和鼓励。据说美国的印第安人也有独特的新年习俗。每到除夕之夜,他们就举行富有特色的篝火晚会,一家人围在篝火旁边,载歌载舞。待至晨曦微露,他们就把破旧衣物付之一炬,作为除旧迎新的象征。

1



Resolve

By Karen Carroll

We hope the New Year is your best year ever—filled with purpose, peace of mind, and health.

The New Year is upon us and it's time to find resolve

To decide what's important and to fight to evolve.

To be a better human or to learn a new task

To grow ever stronger or to get over the past.

To help other people or to help ourselves

To make extra income or to share our wealth.

To give time to our family or take time we need

To live life with laughter or continue to grieve.

To watch the world changing or to ask that it stop

To pray for peace among us as we watch the moving clock.

To accept growing older as we see the children grow

To be a little more patient when the times seems so slow.



To feel our heart beating as it bursts with love
To have faith that life's worth living, it's a gift from God above.
To realize we're all equal in the Great One's^① eyes
To look up and see the heavens in the bright blue sky.

To see ourselves as he^② see us, beauty to the core^③
To be that person who stands proud at the door.
To know that when we get there to the pearly gates
That our resolves to grow each day was worth the wait.

For with resolve comes strength and peace when we succeed
Knowing that we did what we set out to achieve.

So in this New Year coming resolve to be your best
For that's the one thing you can do to pass the lifetime test.

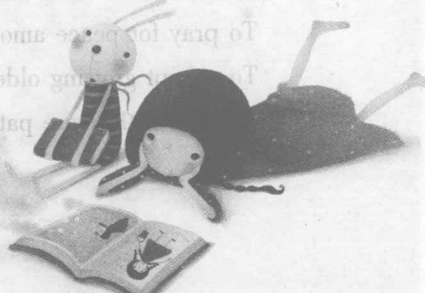
Which is to learn to laugh and love and grow ever stronger
Have peace and understanding as we live ever longer.

Happy Happy New Year. Happy Happy Days
May the new year bring you Happy Happy Ways.

① the Great One: 上帝

② he: 上帝

③ to the core: 直至核心的, 十足的, 地道的



Changed My Life

By Heidi Lynn Poakeart

Do you realize that one of the best ways to change your life is to become a positive and encouraging influence with someone else? Heidi shares a personal story about what happened to her when she offered her help to someone in need. Think back... have you experienced the same thing?

It was about twelve years ago when I worked as a medical assistant at a local hospital in an Ear Nose and Throat Specialty Office①.

We saw all kinds of medical cases, from simple ear infections, to much more extreme cases like bleeding tonsils② and cancer. I was a six year cancer survivor at the time, and could certainly relate to those patients diagnosed with the disease③. I knew exactly how they felt.

One day, a patient named Sarah, in her late twenties, came in for swollen glands④. I escorted her back to the room and we small talked⑤

① Ear Nose and Throat Specialty Office: 耳鼻喉科

② tonsil: 扁桃体

③ relate to those patients diagnosed with the disease: 与被诊断为癌症患者的病人产生共鸣

④ swollen glands: 腺体肿大

⑤ small talk: 闲聊



about the weather. I left her to wait for the doctor.

As she was leaving, I heard her speaking to the receptionist about making an appointment for a needle biopsy^① for an enlarged lymph node^②. Naturally, this caught my attention, as I too, had an enlarged lymph node, which led to my cancer diagnosis of Hodgkin's disease^③. I had butterflies in my stomach^④ for this woman, whom I did not even know, and anticipated the biopsy right along with her.

The next week, she came in and I assisted in the procedure. I wanted to hold her hand and tell her everything was going to be all right, but I didn't. Tears welled up^⑤ in my eyes, as it brought back such vivid memories for me. The doctor placed a piece of gauze^⑥ over the biopsy site and told her to come back in a week to discuss the results.

Four days later, her results came over the printer. I was the first to see that what Sarah thought was merely swollen glands, was, in fact, Hodgkin's. I shook as I walked to the doctor's office to place the results on his desk.

The day Sarah was due to come in for her results, I felt very emotional knowing this girl's life was about to change dramatically. I brought her back to the room, again speaking small talk, but my mind was surely not on the weather this time. I left her to wait for the doctor and went back to my work area. I could focus on nothing but her, as I

① biopsy: 活组织切片检查

② lymph node: 淋巴结

③ Hodgkin's disease: 何杰金病, 淋巴肉芽肿病

④ have butterflies in one's stomach: 紧张得发抖, 紧张得直恶心

⑤ well up: 涌出, 涌现

⑥ gauze: 纱布, 薄雾, 薄纱

could hear in my head the doctor speaking those dreadful words, “You have cancer.”

She seemed OK after her appointment but I was sure she was in shock and denial, as I had been after hearing my diagnosis. She walked out of the office, and something inside of me made me run after her.

“Sarah,” I said, “I was diagnosed at age 18 with Hodgkin’s and I have been a survivor for six years now. You have a rough road ahead of you but with a positive attitude and hope, you will get through it. If you ever want to talk, please call me. I understand.”

She looked at me, unresponsive. I had a pen and paper in my pocket and wrote down my name and number and handed it to her. She took it, did not say a word, and walked away.

Months went by, and I never heard from Sarah. I wondered about her on a daily basis and hoped she was doing well.

I volunteered in the evenings at The Wellness Community, which was founded by Gilda Radner. This was a place where cancer patients, survivors and their families and friends could go to be together for support. There were daily and evening seminars where doctors, psychologists and educators spoke. I was there to answer the telephone and greet people as they came in.

One evening, as I sat at the desk, I looked up and in walked Sarah! I could not believe my eyes! She was wearing a bandana^① on her head and it appeared as though she had lost her hair, due to radiation, chemotherapy^② or both. As she passed by, I was unsure if she would remember me. I waved and she waved back, but kept

① bandana: 花色丝质大手帕

② chemotherapy: 化疗

① 對天低首: logna.naibnag

② 翰奇羅人對: gniliidqu