

双语美文悦读馆

简单 原本就是幸福

(感悟美文)

主编 执云 / 魏茂峰 译

HAPPINESS RELIES ON SIMPLENESS

幸福很简单，简单到一句话、一个动作，甚至一缕阳光，
这是内心对生命流转的领悟。感觉到了，
便是拥有，珍惜拥有，就是幸福。

光明日报出版社

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主编寄语

每一次的相遇都会发生一些故事，相遇可以是人，亦可是物。如伯牙之于子期、陆游之于唐婉、伯乐之于千里马，而人与好书的相遇，也定会携带醉人的故事。

与一本好书相遇，如同十字路口寻获了地标，减少了些许的迷茫。

与一本好书相遇，如同都市尘嚣偶得了清茗，涤荡了几多的倦怠。

与一本好书相遇，如同夜深枯灯瞥见了后窗，增加了无限的遐思。

与一本好书相遇，如同历史遗迹发掘了珍宝，开拓了未知的视野。

每个人会与许多不同的好书相遇，这是人与物的牵绊，也是人与人的牵绊。每个人与好书相遇都在上演着各自不同的故事。当然你也不例外，现在你也与一本好书相遇了。这本书中有优美的英文及美丽的中文，她会给你山泉般甘甜的知识，待你畅游你未曾游览过的景致，而你又将与她上演怎样精彩的故事呢……





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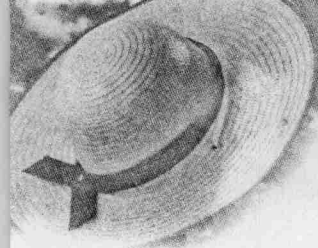
Home

What makes a home? Love, sympathy and confidence. It is a place where kindly affections exist among all the members of the family. The parents take good care of their children, and the children are interested in the activities of their parents. Thus all of them are bound together by affection, and they find their home to be the cheeriest place in the world.

A home without love is no more a home than a body without a soul is a man. Every civilized person is a social being. No one should live alone. A man may lead a successful and prosperous life, but prosperity alone can by no means insure happiness. Many great personages in the world history had deep affections for their homes.

Your home may be poor and humble, but your duty lies there. You should try to make it cheerful and comfortable. The greater the difficulties, the richer will be your reward.

A home is more than a family dwelling. It is a school in which people are trained for citizenship. A man will not render good services to his country if he can do nothing good for his home; for in proportion as he loves his home, will he love his country. The home is the birthplace of true patriotism. It is the secret of social welfare and national greatness. It is the basis and origin of civilization.



家 庭

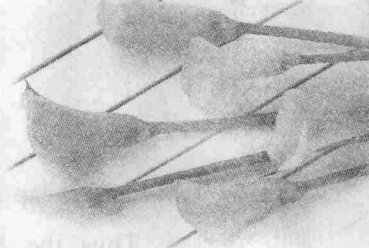
家庭的组成要素是什么？答案即爱、认同和信赖。家使得所有家庭成员的美好情感凝聚在一起。父母悉心照料孩子，而孩子们也对父母的活动感兴趣。爱把他们联系在一起，他们觉得家是世界上最让人感到欢乐的地方。

一个没有爱的家就不再是家，如同一具没有灵魂的躯体不再是人一样。每一个文明人都是社会人，没有人能够脱离社会独自生存。一个人也许过着成功而富裕的生活，但是荣华富贵不一定能带来幸福快乐。世界历史上的许多名人都对其家庭怀有很深的感情。

你也许有一个贫穷而简陋的家，但那正是你的职责所在。你应该努力让家变得愉快舒适。你遭遇的困难越大，你得到的回报也就越丰厚。

家不只是一个供家人居住的地方，它还是一个培养人们成为公民的地方。假如一个人无法做出对家庭有意义的事情，也就不能为国家提供优良的服务，因为爱家和爱国是成正比的。家庭是爱国主义精神的真正发源地，是社会福利和国家繁荣的秘诀，是文明的基础和根源。





Companionship of Books

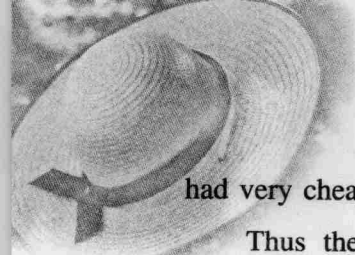
Samuel Smiles

A man may usually be known by the books he reads as well as; by the company he keeps; for there is a companionship of books as well as of men; and one should always live in the best company, whether it be of books or of men.

A good book may be among the best of friends. It is the same today that it always was, and it will never change. It is the most patient and cheerful of companions. It does not turn its back upon us in times of adversity or distress. It always receives us with the same kindness; amusing and instructing us in youth, and comforting and consoling us in age.

Men often discover their affinity to each other by the love they have each for a book—just as two persons sometimes discover a friend by the admiration which both have for a third. There is an old proverb, “Love me, love my dog.” But there is more wisdom in this: “Love me, love my book.” The book is a truer and higher bond of union. Men can think, feel, and sympathize with each other through their favorite author. They live in him together, and he in them.

“Books,” said Hazlitt, “wind into the heart; the poet’s verse slides in the current of our blood. We read them when young, we remember them when old. We feel that it has happened to ourselves. They are to be



had very cheap and good. We breathe but the air of books. ”

Thus the best books are treasuries of good words, the golden thoughts, which, remembered and cherished, become our constant companions and comforters. “They are never alone,” said Sir Philip Sidney, “that are accompanied by noble thoughts.”

The good and true thought may in times of temptation be as an angel of mercy purifying and guarding the soul. It also enshrines the germs of action, for good words almost always inspire to good works.

Books possess an essence of immortality. They are by far the most lasting products of human effort. Temples and statues decay, but books survive. Time is of no account with great thoughts, which are as fresh today as when they first passed through their author's minds, ages ago. What was then said and thought still speaks to us as vividly as ever from the printed page. The only effect of time has been to sift out the bad products, for nothing in literature can long survive but what is really good.

Books introduce us into the best society; they bring us into the presence of the greatest minds that have ever lived. We hear what they said and did, we see them as if they were really alive, we sympathize with them, enjoy with them, grieve with them; their experience becomes ours, and we feel as if we were in a measure actors with them in the scenes which they describe.

The great and good do not die even in this world. Embalmed in books, their spirits walk abroad. The book is a living voice. It is an intellect to which one still listens. Hence we ever remain under the influence of the great men of old. The imperial intellects of the world are as much alive now as they were ages ago.





comforter n. 慰问者;毛围巾;圣灵

enshrine v. 奉为神圣,珍藏

survive vi. 幸存,继续存在

vt. 幸免于;挺过来

embalm vt. (给尸体)涂药物防腐





书 友

塞缪尔·斯迈尔斯

看一个人读些什么书可以判断一个人的为人，就像看一个人同什么人交往一样。因为世界上人的伴侣可以是人，也可以是书。无论是书友或朋友，我们都应该择其最佳者而从之。


一本好书就像是一个最好的朋友。从过去到现在，它始终不渝，作为伴侣它是有耐心、最令人愉快。在我们穷困潦倒、临危遭难的时候，它也不会抛弃我们，它总是用相同的善良接纳我们。年少时，好书陶冶我们的性情，增长我们的知识，年老时，它又给我们以安慰和勉励。

人们常常因为同爱一本书而结为知己，就像有时两个人因为仰慕同一个人而交为朋友一样。古谚说：“爱屋及乌”。但是，“爱我及书”这句话却有更深的哲理。书是更为坚实而高尚的情谊纽带。人们可以通过共同喜欢的作家沟通思想感情，他们徜徉在作者的精神世界里，作者也活在他们的灵魂里，彼此息息相通。

哈兹利特曾经说过：“书潜移默化人们的内心，诗歌熏陶人们的气质品性。少小所习，老大不忘，恍然如身历其事。书籍价廉物美，不啻我们呼吸的空气。”

好书常如最精美的宝器，珍藏着人生思想的精华。人生的境界，主要就在于他思想的境界。所以，最好的书是金玉良言的宝库，若将其中的崇高思想铭记于心，就成为我们忠实的伴侣和永恒的慰藉。菲利普·悉尼爵士说得好：“有高尚思想做伴的人永不孤独。”

当我们面临诱惑的时候，优美纯真的思想会像仁慈的天使一样，纯洁



并保卫我们的灵魂。优美纯真的思想也孕育着行动的胚芽，因为金玉良言几乎总会启发善行。

书籍是不朽的，是人类勤奋努力的最为持久的产物。寺庙会倒塌，神像会腐朽，而书却经久长存。时间在伟大的思想面前是无关紧要的。多少年代前作者脑海里初次闪现在伟大思想今天依然清新如故。他们当时的言论和思想刊于书页，如今依然是一种生动的讲述。时间唯一的作用是淘汰不好的作品，因为只有真正的佳作才能经世长存。

书籍引导我们与最优秀的人物为伍，使我们置身历代伟人巨匠之间，如闻其声，如观其行，如见其人。同他们情感交融，悲喜与共。他们的感受成为我们自己的感受，我们觉得有点像是在作者所描绘的人生舞台上跟他们一起粉墨登场了。

即使在人世间，伟大杰出的人物也是永生不灭的，他们的精神载入书册，传之四海。书是人们至今仍在聆听的智慧之声，永远充满着活力。所以，我们永远都是在受着历代伟人的影响。多少世纪以前的盖世英才，如今仍同当年一样，显示着强大的生命力。



Beauty

There were sensitivity and a beauty to her that have nothing to do with looks. She was one to be listened to, whose words were so easy to take to heart.

It is said that the true nature of being is veiled. The labor of words, the expression of art, the seemingly ceaseless buzz that is human thought all have in common the need to get at what really is so. The hope to draw close to and possess the truth of being can be a feverish one. In some cases it can even be fatal, if pleasure is one's truth and its attainment more important than life itself. In other lives, though, the search for what is truthful gives life.

I used to find notes left in the collection basket, beautiful notes about my homilies and about the writer's thoughts on the daily scriptural readings. The person who penned the notes would add reflections to my thoughts and would always include some quotes from poets and mystics he or she had read and remembered and loved. The notes fascinated me. Here was someone immersed in a search for truth and beauty. Words had been treasured, words that were beautiful. And I felt as if the words somehow delighted in being discovered, for they were obviously very generous to the as yet anonymous writer of the notes. And now this person was in turn learning the secret of sharing them. Beauty so shines when given away. The only truth that exists is, in that sense, free.



It was a long time before I met the author of the notes.

One Sunday morning, I was told that someone was waiting for me in the office. The young person who answered the rectory door said that it was “the woman who said she left all the notes.” When I saw her I was shocked, since I immediately recognized her from church but had no idea that it was she who wrote the notes. She was sitting in a chair in the office with her hands folded in her lap. Her head was bowed and when she raised it to look at me, she could barely smile without pain. Her face was disfigured, and the skin so tight from surgical procedures that smiling or laughing was very difficult for her. She had suffered terribly from treatment to remove the growths that had so marred her face.

We chatted for a while that Sunday morning and agreed to meet for lunch later that week. As it turned out we went to lunch several times, and she always wore a hat during the meal. I think that treatments of some sort had caused a lot of her hair to fall out. We shared things about our lives. I told her about my schooling and growing up. She told me that she had worked for years for an insurance company. She never mentioned family, and I did not ask.

We spoke of authors we both had read, and it was easy to tell that books are a great love of hers. I have thought about her often over the years and how she struggled in a society that places an incredible premium on looks, class, wealth and all the other fineries of life.

She suffered from a disfigurement that cannot be made to look attractive. I know that her condition hurt her deeply.

Would her life have been different had she been pretty? Chances are it would have. And yet there were a sensitivity and a beauty to her that