

哈佛故事译林

LIFE SKILLS STORY IN HARVARD

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哈佛 处世

我们生存的睿智与明慎

兰贵锋 刘艳丽◎编著

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HAFO CHUSHI

兰贵锋 刘艳丽◎编著

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Chapter 1

大胆为人，巧妙做事

Behave bold, clever to do things

名人
逸事

总统逸事：常怀感恩心

有一次，总统罗斯福的家中遭到了偷窃，被偷去了很多东西，当时他的一位朋友听到这个消息后非常震惊，连忙给罗斯福写信安慰他，告诉他不必难过。罗斯福收到信后很是感激，他给朋友回了这样一封信：亲爱的朋友，非常感谢你能来信安慰我。我现在十分平静，因为我需要感谢上帝，原因有这么几个：第一，贼偷去的是我的东西，并没有伤害到我的生命；第二，贼只是偷去了我的部分东西，并不是全部；第三，最值得庆幸的是，做贼的是他，并不是我。对于任何一个人来说，家里失窃绝对是一件令人沮丧的事情，但是罗斯福却能从这件事中看到令人心怀感激的一面，真是令人钦佩。

Everyone has his respective merits and defects. If you want to succeed, you **should** make full use of your merits and control your defects, but not pay too much attention to the defects. Everyone has his own unique talent and mission. The meaning of life lies in taking advantage of one's talent and accomplishing one's mission. We must learn to put up with hardship and establish the fine life.

The American President, Franklin Roosevelt was a handicapped man. He took a breath as if blown. If he was asked to recite something by the teacher, he would tremble in legs and lip. Besides, he answered the questions in fumble and a halting way and then he sit down in decadent sentiments. Because of his protruding teeth, it was **difficult** for him to have a look full of pride and enthusiasm.

Although, Roosevelt had many defects, these defects made him much stronger and work much harder. Even if his companies laughed at him, he didn't lose heart. His habit of wheeze became a kind of firm hiss. He got over the fear by setting his teeth with his strong will.

Roosevelt knew his defects clearly and he never deceived himself. He proved that he could be successful with his action of getting over his congenital defect. For the defects that he could get over, he tried his best to get over them and for the defects that he was **unable** to get over, he tried to make full use of them.

Though the speeches, he learnt how to speak in falsetto to dissimulate his protruding teeth and his image like driving piles. His speeches were not special but he could not suffer failure out of his voice and image. He had no stentorian voice, majestic image and silver tongue like others, but he was one of the most influential speakers.

Facing defects, Roosevelt didn't shrink back or sank into a state of depression but knew himself clearly at every point. At the same time, he could access himself properly and **struggle** in indomitable will. He made full use of his defects to make progress. In his old age, few people cared about his serious

人有所长，亦有所短，成功之道在于最大限度地发挥优势，控制弱点，而不是把重点放在克服弱点上。每个人都有自己独特的天赋和使命，人生的意义就是发挥自己的天赋并完成使命。人生要经得起磨炼，才能成就美好人生。

美国总统富兰克林·罗斯福是一个有缺陷的人。他的呼吸像喘气一样，如果被老师叫起来背诵，就会双腿直抖，嘴唇也会颤抖不已，回答起问题来，要么含含糊糊，要么吞吞吐吐，最后总是颓然地坐下来。由于牙齿的暴露，难堪的境地使他没有一个洋溢激情的面孔。

虽然罗斯福有很多缺陷，但是，正是这些缺陷使得他更加坚强，更加努力奋斗。他并没有因为同伴的嘲笑而失去勇气。他喘气的习惯变成了一种坚定的嘶声，他用坚强的意志，咬紧牙床使嘴唇不颤抖来克服他的恐惧。

罗斯福非常清楚地明白自身的缺陷，他从来不欺骗自己，他用行动证明自己可以克服先天的障碍而获得成功。凡是他能克服的缺点他便克服，不能克服的他便加以利用。

通过演讲，他学会了利用一种假声掩饰他那无人不知的龅牙，以及他打桩工人式的姿态。他的演讲中并不具有任何惊人之处，但是他不会因为自己的声音和姿态而遭受失败。他没有洪亮的声音，也没有威严的姿态，他也不像有些人那样具有惊人的辞令，然而他却是最有力量的演说家之一。

罗斯福没有在缺陷面前退缩或者消沉，而是充分、全面地认识自己，在意识到自我缺陷的同时，能正确地评价自己，在顽强中抗争。他充分利用缺陷并把它变为扶摇而上的工具。在晚年，已经很少有人注意到罗斯福曾经严重的身体缺陷。

should [ʃʊd] *aux.* 应该（不分人称，表示义务，责任）

新课标 | 中考 | 高频

例句 So when you meet difficulties, don't give up. Instead, you should face them with a smile. 所以，当你面对困难的时候，你不应该放弃，而应该用微笑来面对。（2010年中考江西卷）

difficult [ˈdɪfɪkəlt, -kəlt] *adj.* 困难的，麻烦的

新课标 | 高考 | 高频

例句 We should never give up in the face of difficulty. 在困难面前我们绝不能放弃。（2011年高考福建卷）

unable [ʌn'eɪbəl] *adj.* 不能的，不会的；无能力的

新课标 | 高考 | 高频

例句 Those unable to pay for their meals can instead volunteer as waiters and waitresses. 那些付不起餐费的可以代替志愿者作为服务生来工作。（2011年高考福建卷）

struggle [ˈstrʌɡəl] *vi.* 斗争

新课标 | 高考 | 高频

例句 Like it or not, our adult lives will be consumed by the struggle for money. 无论我们喜欢与否，我们成年后的时间都浪费在对金钱的追求上了。（2011年高考安徽卷）



传世 名言

罗斯福名言：好作文的首选素材

We must go on to do all in our power to conquer the doubts and the fears, the ignorance and the greed, which made this horror possible.

我们必须继续尽一切努力战胜怀疑与恐惧、无知与贪婪，那是产生可怕的战争的根源。

The only limit to our realization of tomorrow will be our doubts of today.

实现明天理想的唯一障碍是今天的疑虑。

The brotherly spirit of science, which unites into one family all its votaries of whatever grade, and however widely dispersed throughout the different quarters of the globe.

科学的博爱精神把分散在世界各地、各种热心科学的人联结成一个大家庭。

Eternal truths will be neither true nor eternal unless they have fresh meaning for every new social situation.

永恒的真理如果不在新的社会形势下赋予新的意义，要么就不是真理，要么就不是永恒的。

physical defect.

Roosevelt's experience reminded me of another great scientist named Hawkin. He is not only a hero in science but also a fighter in life.

In 1963, the doctor said to Hawkin that there would be some trouble in using his body and only his heart, lungs and brain could work. He had only two years left. And at last, his heart and lungs would stop working. It was really a thunderbolt out of a clear sky for him.

In 1970, Hawkin, who was very famous at that time, couldn't walk by himself. He became a man who was in wheelchair. But he struggled against his illness with perseverance.

In 1985, he had an operation on trachea and then he lost his power of speech. Under this difficult circumstance, he finished writing *A Brief History of Time* searching the genesis of the universe.

In March of 1991, he was knocked down by a car on his way to Berlin apartment. He got his left arm broken and his head which was closed with thirteen stitches hurt. But only 48 hours later, he went back to his office and began his work.

Although life gives Hawkin lots of difficulties, he lives his life as a normal man and does what he can do. This master in quantum gravity often falls from the wheelchair because of the force of gravity. Luckily, he stood up with his strong will.

As they say, only vanilla is reduced to powder can it gives forth an almost intoxicating scent; only people who go through years of suffering and privation can get excellent quality. Roosevelt and Hawkin told us that the real brave man could face difficulties with braveness and strong will. When the difficulties disappear like cloud, happiness will come to you and the so called difficulties will be your power to make progress.

Philosophy of life: Everyone encounters more or less difficulties in our life, so just face the difficulties with courage, strong will and real heart. Usually, difficulties and courage live together and when you face difficulties with heart, the difficulties will be changed to power and you will get much wealth.

罗斯福的经历让我想起了另一位伟大的科学大师霍金，他不仅是科学界的英雄，更是一位人生的斗士。

1963年，医生对霍金说，他的身体会越来越不听话，只有心脏、肺和大脑还能运转，他只剩下两年的生命。到最后，他的心和肺也会停止运转。这对于风华正茂的霍金而言，无疑是一个晴天霹雳，打击是可想而知的。

1970年，在学术界声誉正隆的霍金已经无法自己走动，只能依靠轮椅。然而，坐在轮椅上的霍金用顽强的意志与病魔做着抗争。

1985年，霍金动了一次穿气管手术，从此完全失去了说话的能力。就在这样的困境中，他极其艰难地写出了著名的《时间简史》，探索着宇宙的起源。

1991年3月，霍金在一次坐轮椅回柏林公寓的路上，被小汽车撞倒。左臂骨折，头被划破，缝了13针。然而48小时之后，他又回到办公室，投入到了工作中。

虽然命运给予霍金的是无尽的磨难，然而，霍金却一直像正常人一样生活，完成自己所能做的任何事情。这位量子引力的大师级人物，多次在微弱的地球引力的左右下，跌下轮椅，幸运的是，他以自己的坚强重新“站”了起来。

常言道，香草只有被捣碎，才会散发出醉人的芳香；人只有经历过苦难的磨砺，才会塑造出优秀的品格。罗斯福和霍金给予我们的是：真正的勇士，是面对困境，勇敢地面对，坚强地应对。当磨难化为云烟的时候，幸福就会光顾生命，那些所谓的困难就会成为人们站起来的动力。

处世箴言：在生命的旅途中，每个人或多或少都会遇到困境，不要退缩，不要气馁，坚强地面对，用心去解决。其实很多时候，困境往往与面对困境的勇气是共生的，当你用心面对它的时候，困境将会化为人生的动力，你得到的将会是无尽的人生财富。

work [wɜ:k] *vt. & vi.* 使工作；使运作；操作

新课标 | 中考 | 高频

例句 My computer doesn't work. May I use yours? 我的电脑不工作了，我可以用你的吗？（2010年中考江西卷）

speech [spi:tʃ] *n.* 演讲

新课标 | 高考 | 高频

例句 Ten students will deliver their speeches on the given topic "Man and Nature". 将有10个学生根据指定的话题“人与自然”来做演讲。（2010年高考全国卷1）

normal ['nɔ:ml] *adj.* 正常的；正规的，标准的

新课标 | 高考 | 高频

例句 They work five days on and two days off to mimic the normal way they do things on Earth as much as possible. 他们工作五天休息两天，尽可能地模仿他们在地球上正常的工作方式。（2012年高考辽宁卷）