

英语 经典名言荟萃

主编
杨春燕

QUOTATIONS FOR LIVING LIFE FULLY

Life and Cultivation
Culture and Education
Nature and Mankind
Politics and Economy
Religion and Faith

人生与修养
文化与教育
自然与人类
政治与经济
宗教与信仰

武汉出版社

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前 言

目前,许多英语教材和课外读物与人的发展要求及《大学英语课程教学要求》相去甚远。这些教材仍单纯注重语言技能的训练及应试能力的培养,内容系统性差,导致学生知识结构欠缺、思辨能力偏弱、人文素质偏差等问题日益凸显。如何弥补教材内容的不足?如何提高学生的人文素养?如何让这些正值人生观、价值观形成时期的年轻学子在有限的时间内读到能影响其人生的英语读物?在这些问题的驱动下,我们决定在浩瀚的英文中攫取异国文化的精华,汇集成册,目的是帮助读者:

(1) 通过品读经典名言,与圣人、哲人、智者为伍,提升自身的品位,塑造良好的品性,为将来拥有健康、美好和幸福的人生夯实基础;

(2) 了解西方人类优秀的文化经典,提高文化素养,开阔视野;

(3) 提高英语语言的综合运用能力,如阅读、写作、演讲、口语及思辨能力,扩大四六级词汇量。

本书所收录的名言警句的作者以英国、美国和希腊、罗马古典哲学家、作家为主。这些作者中,有影响世界观念的思想名人,如苏格拉底、柏拉图、亚里士多德、培根、斯宾塞、达尔文、赫胥黎、杜威、罗素、梭罗、伏尔泰、孟德斯鸠、甘地、释迦牟尼等;有改变世界格局的政坛名人,如华盛顿、杰弗逊、林肯、富兰克林、丘吉尔、罗斯福、肯尼迪等;有创造精神财富的文化名人,如莎士比亚、萧伯纳、海明威、马克·吐温、狄更斯、约翰逊、海伦·凯勒等;有创造物质财富的商业大亨,如安德鲁·卡内基、福特、洛克菲勒、比尔·盖茨、乔布斯等;有值得世人敬仰的科技名人,如牛顿、爱迪生、爱因斯坦等;有引领世界潮流的时尚达人雅诗兰黛夫人;有文坛、体坛、影坛名人迈克尔·杰克逊、“巴神”巴洛特利、奥黛丽·赫本;有经济大师亚当·斯密、

马尔萨斯等。从他们那些脍炙人口、沁人心脾的睿言智语中,读者可尽情体验阅读审美的快感,享受精神的抚慰,领略人生的顿悟。这些经典名言是智慧的结晶,它们富含人生哲理,能为你指点迷津、排忧解难,助你了解人生的真谛,帮你褪去情感的羁绊。时常徜徉流连于这些闪烁智慧光芒的名言佳句中,定会对你产生潜移默化的影响,使你的人格得到提升,心灵得到熏陶,灵魂得到升华。对于这些经典名言,如若你能够知之、好之、乐之、行之,便一定拥有一个精彩而幸福的人生。

本书的特点是:

(1) 选材内容丰富,涵盖面广,具有哲理性、思想性、经典性、知识性、人文性、怡情性、实用性、指导性、可读性、多样性、生动性以及启发性等特点。

(2) 每章配有思考题和部分名言作者(其国籍等信息在每章第一次出现时加备注)的介绍,有助于读者做到读思结合,领会名句的深层内涵。

(3) 对四、六级和六级后词汇以及一些重要的常用词汇进行精讲,并附有与该词相关的习语、口语及谚语(单词后加*表示四级词汇,加★表示六级词汇,加▲表示六级后词汇)。

由于编者水平有限,书中错误与不妥之处,诚望方家不吝匡正。

杨春燕

2013年3月

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英語 QUOTATIONS FOR LIVING LIFE FULLY
經典名言萃

1

Life and Self-cultivation
人生与修养

Warm-up Questions:

1. What is the real life like? What's your attitude toward the inevitable?
2. What is the difference between love and marriage?
3. Analyze the factors that contribute to a happy marriage.
4. What role does work play in human life? Do you view work as a burden or a joy?
5. How can we enjoy good health and longevity?
6. What qualities are needed for a success?
7. What is your major source of happiness in life?
8. Is genius born or made? We have very few geniuses in China. Why?
9. What would you do if you won a million yuan in a lottery?
10. Do you agree with the saying that "honesty is the best policy"? Is a white lie acceptable?
11. Why and how should we restrain ourselves from getting angry?
12. How can one become a wise man?
13. How can we live in peace of mind?
14. Is solitude a blessing or a curse? Give your reason.

1.1 Philosophy of Life 生活哲理

Life is a mirror. When you smile in front of it, it will also smile and so will it when you cry to it.

生活是一面镜子,你对它笑,它也对你笑;你对它哭,它也对你哭。

——W. M. Thackeray(英国作家萨克雷)

Human life is everywhere a state in which much is to be endured, and little to be enjoyed.

人生到处都是这样的状况,即必须忍受的东西多,可以享受的乐趣少。

——S. Johnson(英国作家约翰逊)

Life is a comedy to him who thinks and a tragedy to him who feels.

对于运用理智的人来说,人生乃一出喜剧;对于诉诸感觉的人来说,人生是一出悲剧。

——Anonymous(佚名)

There is perhaps nothing so bad and so dangerous in life as fear.

生活中或许没有任何事情比恐惧更糟糕、更危险了。

——J. Nehru(印度政治家尼赫鲁)

Life is made up of sobs[▲], sniffles, and smiles, with sniffles predominating.

人生是由啜泣、抽噎和微笑组成的,而抽噎占了其中的绝大部分。

——O. Henry(美国作家欧·亨利)

sob /sɒb/ v. /n. 啜泣,呜咽

[习] ~ one's heart out 哭得极伤心

sniffle /snɪfl/ *v. /n.* 抽噎, 抽鼻子(声)

[习] **get/have the ~s** 患轻感冒

【联想】 **sniff*** *v. /n.* 嗅, 闻

[口] ~ **at** 蔑视, 嗤之以鼻

[口] ~ **out** 发现

There are two things to aim at in life: first, to get what you want; and after that, to enjoy it. Only the wisest of mankind achieve the second.

人生应该有两项目标: 第一, 拥有你想要得到的; 第二, 要能够享受它们。只有聪明的人才能做到第二点。

——L. P. Smith(英国作家史密斯)

I will try to adjust myself to what is, and not try to adjust everything to my own desires. I will take my family, my business, and my luck as they come and fit myself to them.

我要调整自己, 以适应一切, 而不试图改变一切来适应我。我要以这种态度去对待我的家庭、事业与命运。

——D. Carnegie(美国演讲家卡耐基)

Dale Carnegie (1888—1955), American writer, lecturer, and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. He was the author of *How to Win Friends and Influence People* (1936), a massive bestseller that remains popular today, and called as the most important book that has a major influence on Chinese salesmen. He also wrote *How to Stop Worrying and Start Living* (1948), and several other books.

戴尔·卡耐基, 美国作家、演讲家, 他创立了卡耐基训练课程, 以指导人们自我完善、推销、公司培训、公众演讲和人际关系的技巧。他著有《卡耐基沟通与人际关系》(又名《人性的弱点》), 至今仍然在全球畅销, 该书被称为影响中国营销人最重要的著作。他还著有《快乐人生》等书。

Life does not accommodate★ you, it shatters★ you.

生活不会适应你，它打击你。

——F. S. Maxwell (美国作家麦克斯韦)

accommodate /ə'kɒmɪdeɪt/ v. 适应；顺应，迁就，迎合；容纳；提供住宿

Life is not fair, get used to it.

生活是不公平的，要去适应它。

——B. Gates (美国微软公司创始人比尔·盖茨)

A good supply of resignation★ is of the first importance in providing for the journey of life.

在人生旅途中，头等重要的事就是多去接受和面对。

——Schopenhauer (德国哲学家叔本华)

resignation /re'zɪgneɪʃn/ v. 辞呈，辞职；听从，顺从

Arthur Schopenhauer (1788—1860), German philosopher. In *The World as Will and Idea*, he argues that the will (self-consciousness) is the only reality; happiness can only be achieved by renouncing it.

阿瑟·叔本华，德国著名哲学家，他在《作为意志和表象的世界》中提出，意志（自我意识）是唯一的现实，只有放弃意志才能得到幸福。

It is easy to dodge★ our responsibilities, but we can not dodge the consequences of dodging our responsibilities.

逃避责任容易，但是躲不过因为推托责任而造成的后果。

——J. Stamp (英国经济学家斯坦)

dodge v. /n. 避开，躲开；规避，逃避；躲闪；诡计，妙计 **a tax dodger** 逃税人

Before you speak, listen. Before you write, think. Before you spend, earn.

Before you invest, investigate. Before you criticize, wait. Before you pray, forgive.
Before you quit, try. Before you retire, save. Before you die, give.

先听后说,先想后写,先挣后花,先考察后投资,先期待后批评,先宽恕后祈祷,先尝试后放弃,先存储后退休,先奉献后离世。

——W. A. Ward(美国作家华德)

Life is like an onion*: you peel* it off one layer at a time, and sometimes you weep.

人生像洋葱:你只能一层一层地剥,有时你还得流泪。

——C. Sandburg(美国诗人桑德堡)

onion /'ʌnjən/ *n.* 洋葱

[习] **know your ~s** 精通某事

peel /pi:l/ *v.* 剥(削去)外皮;剥落;离队;果皮

[习] **keep one's eyes ~ed (for sth)** 留意

Live among men as if God beheld you; speak to God as if men were listening.
生活在人群之中,就像有神灵在注视你;向神灵祈祷,就像有人在谛听。

——Seneca(古罗马哲学家塞内加)

If people wish to live well together, they must not hold too much to logic, and suppose that everything is to be settled by sufficient reason.

要想在一起过好日子,就不能凡事讲道理,不能以为有了充分的理由就能解决所有的事情。

——A. Helps(英国作家赫尔普斯)

When you are good to others, you are best to yourself.

善待别人就是善待自己。

——B. Franklin(美国政治家、科学家富兰克林)

Benjamin Franklin (1706—1790), American statesman and scientist, one of the authors of the *American Declaration of Independence*. His scientific achievements included a demonstration of the electrical nature of lightning, and he invented several devices, including the lightning conductor.

本杰明·富兰克林, 美国政治家和科学家, 美国《独立宣言》的作者之一, 其科学成就包括证实了闪电的电本质, 发明了避雷针等装置。

I bend and I break not.

我弯腰, 就折不断。

——La Fontaine(法国诗人拉封丹)

If we rail* and kick against it and grow bitter, we won't change the inevitable; but we will change ourselves.

如果我们抱怨、挣扎、痛苦, 也丝毫不能改变难以避免的事, 那么我们就改变自己。

——D. Carnegie(卡耐基)

rail /reil/ *v. /n.* 隔开; 抱怨, 责备; 栏杆, 扶手; 路轨

[口] **go off the ~** 发狂, 越轨 **jump the ~s** (火车等) 出轨

For everything you have missed, you have gained something else; and for everything you gain, you lose something else.

有所失处必有所得, 有所得处也必有所失。

——Emerson(美国思想家爱默生)

Ralph W. Emerson (1803—1882), American philosopher and poet. He was a central figure of the idealistic social and philosophical movement known as Transcendentalism.

拉尔夫·爱默生, 美国哲学家和诗人, 为理想主义社会和哲学运动(即超验主义)的核心人物。

To conquer oneself is a greater task than conquering others.

征服自己比征服他人更难。

——Buddha(佛陀)

Buddha, a title given to the founder of Buddhism, Siddhartha Gautama (c.563—c.460BC). Born an Indian prince, he renounced wealth and family and after achieving enlightenment while meditating, taught all who came to learn from him.

佛陀(释迦牟尼),佛教创始人悉达多·乔答摩的称号,其出身为印度王子,却放弃了财富和家庭,于冥思时获得顿悟,后向所有前来向他求学者传授其所得。

Self-help must precede help from others. Even for making certain of help from heaven, one has to help oneself.

自助比外援更重要。即使有上苍眷顾,人们也必须自助。

——M. Desai(印度政府官员德赛)

God helps them that help themselves.

自助者天助。

——B. Franklin(富兰克林)

Two boys are half a boy, and three boys are no boy at all.

两个和尚抬水喝,三个和尚没水喝。

——F. Thompson(英国诗人汤普森)

No man is hurt but by himself.

每个人都是被自己伤害的。

——Diogenes(古希腊哲学家第欧根尼)

Diogenes (400—325BC), Greek Cynic philosopher, who believed that a person only needed to satisfy their natural needs in the simplest way in order to be happy.

第欧根尼, 希腊犬儒学派哲学家, 认为一个人要获得幸福, 只需以最简单的方式满足自身的本能需要。

He who can take no great interest in what is small will take false interest in what is great.

不对小事情倾注巨大兴趣的人, 对大事情的兴趣也是假的。

——J. Ruskin(英国评论家罗斯金)

John Ruskin (1819—1900), English art and social critic. He was a champion of Gothic architecture and the Pre-Raphaelite painters. His political writings attacked capitalism and utilitarianism.

约翰·罗斯金, 英格兰艺术家和社会评论家, 推崇哥特式建筑, 支持拉斐尔前派画家, 其政治作品抨击资本主义和功利主义。

The greatest braggarts[▲] are usually the biggest cowards.

牛皮最大者, 通常也是胆子最小者。

——Rousseau(法国哲学家卢梭)

braggart /'bræɡət/ *n.* /*a.* 吹牛者; 吹牛的, 自夸的 **brag** /bræg/ *v.* ~ (about/of)

Jean-Jacques Rousseau (1712—1778), French philosopher and writer. He believed that civilization warps the fundamental goodness of human nature, but that the ill effects can be moderated by active participation in democratic politics.

让-雅克·卢梭, 法国哲学家和作家, 认为文明扭曲了人性根本的善, 但这种不良影响可通过积极参与民主政治得到缓解。