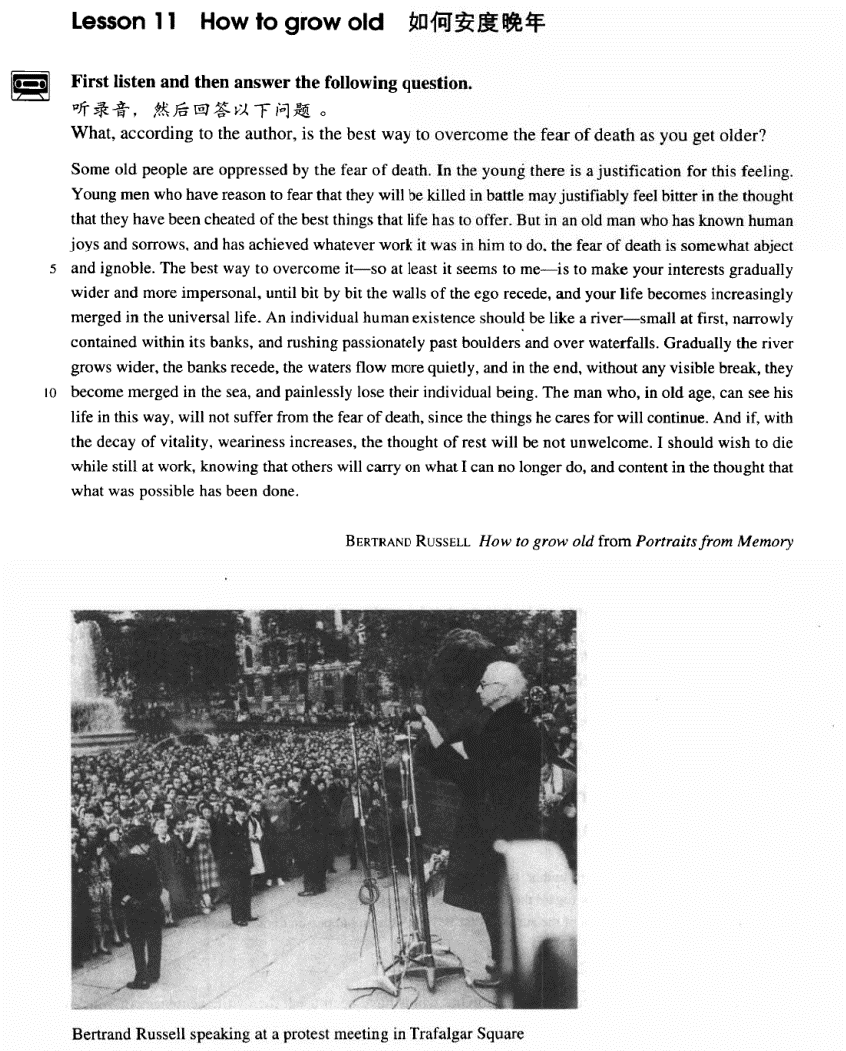
Book



课文

Some old people are oppressed by the fear of death.

有些老年人因为怕死而感到烦恼。

In the young there is a justification for this feeling.

青年人有这种感觉是情有可原的。

Young men who have reason to fear that they will be killed in battle may justifiably feel bitter in the thought that they have been cheated of the best things that life has to offer.

有理由害怕自己会死在战场上的年轻人，想到自己被剥夺了生活所能给予的最美好的东西时，感到痛苦，这是可以理解的。

But in an old man who has known human joys and sorrows, and has achieved whatever work it was in him to do,

可是老年人已经饱尝了人间的甘苦，一切能做的都做了，

the fear of death is somewhat abject and ignoble.

如果怕死，就有点儿可怜又可鄙。

The best way to overcome it -- so at least it seems to me -- is to make your interests gradually wider and more impersonal,

克服怕死的最好办法 -- 至少在我看来是这样 -- 就是逐渐使自己的兴趣更加广泛，

until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life.

逐渐摆脱个人狭小的圈子，直到自我的围墙一点一点地倒塌下来，自己的生活慢慢地和整个宇宙的生活融合在一起。

An individual human existence should be like a river -- small at first, narrowly contained within its banks, and rushing passionately past boulders and over waterfalls.

个人的存在应该像一条河流，开始很小，被紧紧地夹在两岸中间，接着热情奔放地冲过巨石，飞下瀑布。

Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they become merged in the sea, and painlessly lose their individual being.

然后河面渐渐地变宽，两岸后撤，河水流得平缓起来，最后连绵不断地汇入大海，毫无痛苦地失去了自我的存在。

The man who, in old age can see his life in this way, will not suffer from the fear of death, since the things he cares for will continue.

上了年纪的人这样看待生命，就不会有惧怕死亡的心情了，因为自己关心的一切事件都会继续下去。

And if, with the decay of vitality, weariness increases, the thought of rest will be not unwelcome.

再者，随着精力的衰退，老年人的疲惫会增长，有长眠的愿望未尝不是一件好事情，

I should wish to die while still at work, knowing that others will carry on what I can no longer do, and content in the thought that what was possible has been done.

我希望工作到死为止，明白了有人会继续我的未竟事业，想到能做的事都做了，也就坦然了。

词汇讲解

Lesson 11 How to grow old

oppress [ə'pres]

v. 使不开心，忧郁，别扭

oppress v. make sb. feel unhappy, worried or uncomfortable The nightmare oppressed me.

The patient is oppressed by the fear of death.

I feel blue / down in the dumps / depressed / dejected. I’m in low spirits.

In the old society, the Chinese people were in the miserable position as the oppressed, the enslaved and the exploited.

justification [7dʒʌstɪfɪ'keɪʃn]

n. 正当理由

justice justify

How can we justify spending so much money on arms? The end justifies the means.

justifiable

reasonable legitimate

a ~ explanation / excuse

justification

There is no justification for holding her in jail. cheat [tʃi:t]

v. 作弊；欺骗

You’re cheating!

He cheated in the test by using a calculator. cheat sb. (out) of sth.

He cheated me (out) of $100. cheat on sb.

He cheated on his wife. deceive

The doctor deceived the patient by not telling him the truth. trick sb. out of sth.

swindle sb. out of sth. defraud sb. of sth. ego ['i:gəʊ]

n. 自我

Sigmund Freud a pioneer in psychoanalysis

id ego super-ego

egoism egoist

altruism altruist

egocentric = self-centered recede [rɪ'si:d]

v. 后退

The flood waters finally began to recede.

He was in his mid-forties, with a receding hairline.

“cede” / “ceed” = to go recede: “re”(back) + “cede”

cede cede territory

precede: “pre”(before) + “cede”

Oral language precedes written language. proceed: “pro”(forward)+ “ceed ”

Much to the aristocrat's amusement, the gaoler returned a few moments later with a pair of glasses and the usual copy of the letter which he proceeded to read to the prisoner.

exceed: “ex”(out of) + “ceed” exceed one’s expectations secede: “se”(away) + “cede”

Many in Quebec want to secede from Canada. intercede: “inter”(between) + “cede” passionately

['pæʃənətlɪ]

v. 激昂地，充满激情地

passion (*for* …)

religious / revolutionary passion his passion *for* the girl / music

damp / dampen one’s passion passionate

a passionate supporter / admirer

enthusiasm *(for …)* enthusiastic ardor / ardour *(for …)* ardent

fervor / fervour *(for …)* fervent

zeal *(for …)* zealous

damp / dampen one’s ~ vitality [vaɪ'tæləti]

n. 活力，精力，生命力

vitality n. energy and strength

He was a small man with enormous vitality. economic vitality

vigor / vigour

Despite her great age, Anna is full of vigor.

vital vigorous

energetic dynamic

vital signs crucial / essential

weariness ['wɪərɪnəs]

n. 疲惫，疲劳

weariness fatigue

weary fatigued

I’m weary / fatigued / exhausted / tired out / dog-tired / worn out / drained / beat / bushed.

How to grow old with a positive attitude

Bertrand Russell

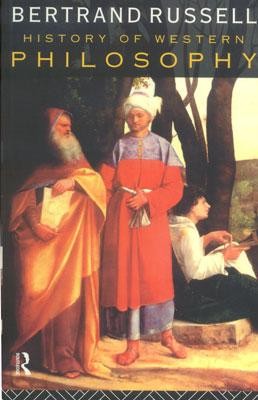
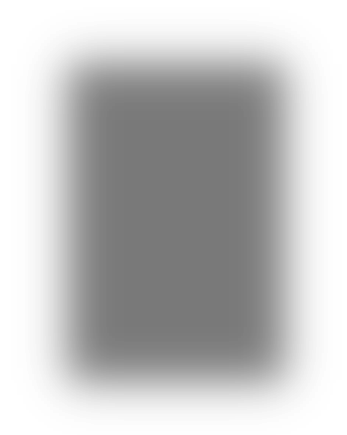
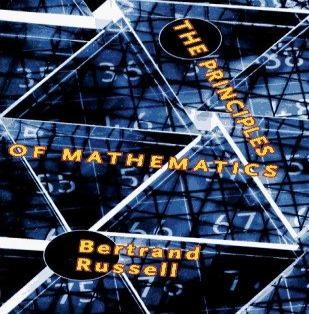
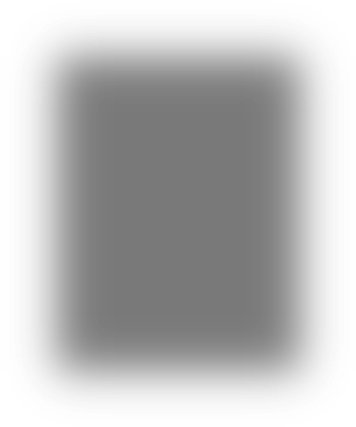
**British philosopher, mathematician and Nobel laureate**

He developed new ideas connecting mathematics and logic. He was also known as a pacifist, and he was one of the leading members of the opposition to nuclear weapons.

He received the Nobel Prize for literature in 1950.

The Principles A History

**of Mathematics of Western Philosophy**



be oppressed by the fear of …

因为怕……而烦恼

Many people are oppressed by the fear of unemployment / inflation. Many girls are oppressed by the fear of getting fat.

造句：很多中国人因为怕看不起病，上不起学，买不起房而烦恼。

Many Chinese people are oppressed by the fear of being unable to afford the medical, educational and housing expenses.

You can feel helpfulness and care even in these small children. In this tall lean man, you can see a leader of great modesty.

there is a justification for …

In this condition, there is a justification for intervention. there is no justification for …

There is no justification for suicide bombing. there be + 无灵主语

there is no denying that ...

there is no doubt that ...

there is every likelihood that ... there is little likelihood that ... there is no shortage of ...

Of course, New York is the ideal place for such an interesting study, because there is no shortage of tall buildings.

there is an element of truth in ...

Perhaps there is an element of truth in both these pictures, but few of us have had the opportunity to find out.

there is a good deal of truth in ...

Apparently, there is a good deal of truth in this idea.

There is probably an element of truth in this argument, but they ignore a more basic fact that the freedom of the press is often abused.

Albert Einstein once attributed the creativity *in* a famous scientist to the fact that he never went to school. There is undoubtedly a truth in his observation, but such a truth is not criticism of schools.

Young men who have reason to fear *that they will be killed in battle* may justifiably feel bitter in the thought *that they have cheated of the best things that life has to offer*.

in battle in action

His father told everybody that Eric had been killed in action.

Franz poured scorn on the idea, pointing out that his brother had been killed in action during the war.

bitter adj. painful; sorrowful shed bitter tears

in the thought (that …) = because they think (that …)

The Swedes were the first to recognize that public officials like civil servants, police officers, health inspectors or tax-collectors can make mistakes or act over-zealously in the belief *(=because they believe)* that they are serving the public.

The men of our family waded down through our flooded meadows with boathooks, in the hope of being *(=because they hope to be)* able to grapple a corner of the raft and pull it out of the current towards our bank. In the lift her thoughts were on lunch and a good rest; but when she got out at her own floor, both were forgotten in her sudden discovery *(=because she suddenly discovered)* that her front door was open.

They leave unwanted objects in drawers, cupboards and attics for years, in the belief *(=because they believe)* that they may one day need just

those very things.

at the … of … 一……就……

at the thought / idea / sight / mention / sound / news of …

… your stomach would turn at the idea of frying potatoes in animal fat …

… they always go into raptures at the mere mention of the country … be cheated (out) of sth.

cheat sb. (out) of sth. rob sb. of sth. deprive sb. of sth. strip sb. of sth. divest sb. of sth.

… they have been

robbed of the best things... deprived of the best things… stripped of the best things… divested of the best things…

confiscate sth.

Miss Williams confiscated all our sweets.

But in an old man who has known human joys and sorrows, and has achieved whatever work *it was in him to do*, the fear of death is somewhat abject and ignoble.

know v. experience; see

China has known many wars.

The city must have known prosperity. He has seen better days.

joys and sorrows: ups and downs

… whatever work (that / which) it was in him*(=within his ability)* to do, …

somewhat

to some extent / degree

The best way to overcome it—*so at least it seems to me*—is *to make your interests gradually wider and more impersonal, until bit by bit the walls*

*of the ego recede, and your life becomes increasingly merged in the*

*universal life*. overcome v. conquer

overcome / conquer fear / shyness

at least = at any rate

… and seriously believe—at any rate for short periods—that running, jumping and kicking a ball are tests of national virtue.

so it seems 看似是这样

‘So he’s not coming with us?’

‘So it seems.’

—so at least it seems to me—

In sum, without due respect for personal welfare, not only would the

motivations of a society’s citizens be weakened, but the philosophical underpinnings of democracy would be undermined as well. Therefore, notwithstanding the significance of a society’s overall success, the ultimate benchmark of the well-being of any society―so at least it seems

to me―is the general welfare of all its people. gradually adv. little by little; bit by bit; by degrees

to broaden / expand your interests gradually to broaden / expand your horizons

to meet like-minded people Don’t indulge in solitude. Don’t be ego-centric.

Make yourself liberal and sociable. tariff wall

The years had built a wall between the two families.

无我相，无人相，无众生相，无寿者相。

— 释迦牟尼佛

吾所以有大患者，为吾有身。及吾无身，吾有何患？

— 老子

The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self.

— Albert Einstein

be merged in / into … be joined in / into …

The three companies were merged / joined in / into one. merge into …

The remote hills gradually merged into the dark sky. universal

In spite of national differences, certain funny situations have a universal appeal.

cosmic cosmic being

An individual human existence should be like a river—small at first, narrowly contained within its banks, and rushing passionately past boulders and over waterfalls.

扩喻 extended simile

Laws are like cobwebs, where the small flies are caught and the great break through.

when you are a baby/child carefully protected by your parents

one bank is family, the other society when you are in your youth difficulties and obstacles

Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, *without any visible break*, they become merged in the sea, and painlessly lose their individual being.

when you are in your middle age You have more mature personality.

You have more steady outlook on life. You have a happy family.

You’ve been married and you have kids. And your career goes smoothly.

when you are in old age visible adj. obvious

Any ship that crosses the Pacific is accompanied for many days by the smaller albatross, which may keep company with the vessel for an hour without visible or more than occasional movement of wing.

方生方死，方死方生。

—庄子

The man who, in old age, can see his life in this way, will not suffer from the fear of death, *since the things he cares for will continue*.

suffer (from) …

be afflicted by / with …

He is afflicted by / with diabetes / a sense of inferiority. be racked / tormented / tortured by / with …

God almighty, where are you when the world is racked / tormented / tortured by war.

|  |  |
| --- | --- |
| By reason of | For |
| Because of | Owing to |
| Due to | On account of |

She doesn’t like the professor very much.

She doubts class will be canceled.

She doesn’t want to attend the conference.

She wonders whether the professor is an accountant.

M: Do you think professor Smith will cancel class on account of the special conference?

W: Not likely.

Q: What does the woman mean?

Answer: (B) She doubts class will be canceled.

介词+名词+同位语从句=普通从属连词

for the reason that … because of the fact that … due to the fact that …

on account of the fact that …

= because / since / as …

People who work in offices are frequently referred to as ‘white-collar

workers' for the simple reason that they usually wear a collar and tie to go to work.

in spite of the fact that … despite the fact that …

= although / though …

Despite the fact that the bottle is tinted a delicate shade of green, an observant visitor would soon notice that it is filled with what looks like a thick, grayish substance.

care for … 喜欢

care about … 关心，在乎，介意

And if, with the decay of vitality, weariness increases, the thought of rest

will be not unwelcome.

Old civilization may fall into decay.

The power of the Roman Empire was decaying at the time of Nero. Each civilization is born, it culminates, and it decays.

unwelcome adj. unwanted; undesirable

I should wish to die while still at work, knowing *that others will carry on what I can no longer do*, and content *in the thought that (what was*

*possible) has been done*.

I should imagine it will take about 3 hours.

Metals expand when heated and contract when cooled.

Metals expand when they are heated and contract when cooled.

Metals expand when they are heated and contract when they are cooled. Francis Preston Blair Jr., although born in Kentucky, lived and practiced in Missouri.

Francis Preston Blair Jr., although he was born in Kentucky, lived and practiced in Missouri.

We’ll resolve the Taiwan issue with peaceful means when ever possible, with force when necessary.

We’ll resolve the Taiwan issue with peaceful means when it is ever possible, with force when necessary.

We’ll resolve the Taiwan issue with peaceful means when it is ever possible, with force when it is necessary.

…, and (being) content / satisfied in the thought *(=because I think)*

that …

Young men who have reason to fear that they will be killed in battle may justifiably feel bitter in the thought *(=because they think)* that they have been cheated of the best things that life has to offer.