

In America many people have a romantic idea of life in the countryside. Many living in towns dream of starting up their own farm, of living off the land. Few get round to putting their dreams into practice. This is perhaps just as well, as the life of farmer is far from easy, as Jim Doherty discovered when he set out to combine being a writer with running a farm. Nevertheless, as he explains, he has no regrets and remains enthusiastic about his decision to change his way of life.

在美国，不少人对乡村生活怀有浪漫的情感。许多居住在城镇的人梦想着自己办个农庄，梦想着靠土地为生。很少有人真去把梦想变为现实。或许，这也没什么不好，因为，正如吉姆·多尔蒂当初开始其写作和农场经营双重生涯时所体验到的那样，农耕生活远非轻松自在。但他写道，自己并不后悔，对自己做出的改变生活方式的决定仍热情不减。

Mr. Doherty Build His Dream Life

Jim Doherty

1、 There are two things I have always want to do – write and live on a farm. Today I'm doing both. I'm not in E.B. white's class as a writer or in my neighbors' league as a farmer, but I'm **getting by**. And after years of **frustration** with city and **suburban** living, my wife Sandy and I have finally found **contentment** here in the country.

有两件事情是我一直想做的——写作与务农。如今，我同时做着两件事情。作为作家，我和 E.B. White 不属同一等级，作为农场主，我和乡邻也不是同一类人，不过我应付的还行。在城市以及郊区历经多年的怅惘失望之后，我和妻子桑迪终于在这里的乡村寻觅到心灵的满足。

2、 It's a **self-reliant** sort of life. We grow nearly all of fruits and vegetables. Our hens keep us in eggs, with several dozen left over to sell each week. Our bees provide us with honey, and we cut enough wood to **just about** make it through the heating season.

这是一种自力更生的生活。我们食用的果蔬几乎都是自己种的。自家饲养的鸡蛋，每星期还能剩余几十个出售。自己养殖的蜜蜂提供蜂蜜，我们还自己动手砍柴，足以供过冬取暖之用。

3、 It's a satisfying life too. In the summer, we **canoe** on the river, go picking **in the woods**, and take long bicycle rides. In the winter, we ski and skate, we get excited about sunsets. We love the smell of the earth warming and the sound of cattle **lowing**. We watch for hawks in the sky and deer in the cornfields.

这也是一种令人满足的生活。夏日里我们在河上荡舟，在林子里野餐，骑着自行车长时间漫游。冬日里我们滑雪溜冰。我们为落日的余晖而激动。我们爱闻大地回暖的气息，爱听牛群哞叫。我们守着看鹰飞过上空，看玉米田间鹿群嬉跃。

4、 But the good life can get pretty tough. Three month ago when it was 30 below, we spent two miserable days **hauling** firewood up the river **on a sled**. There months from now, it will be 95 above and we will be cultivating corn, weeding strawberries and killing chickens. Recently, Sandy and I had to **retile** the back roof. Soon Jim, 16 and Emily, 13, the youngest of our four children will help me makes some **long-overdue** improvements on the outdoor toilet that **supplements** our indoor **plumbing** when we are working in the outside. Later in this month, we'll spray the **orchard**, paint the barn, plant the garden and clean the hens house before the new chicks arrive.

但是如此美妙的生活有时会变得相当艰苦。就在 3 个月前，气温降到华氏零下 30 度，我们辛苦劳作了整整两天，用一个雪橇沿着河边托运木材。再过 3 个月，气温会升到 95 度，我们就要给玉米松土，在草莓地除草，还要宰杀家禽。前一阵子，我和桑迪不得不翻修后屋顶。过些时候，四个孩子中的两个小的，16 岁的吉米和 13 岁的艾米丽，会帮着我把拖了很久没修的室外厕所修葺一下，那是专为室外干活修建的。这个月晚些时候，我们要给果树喷洒药水，要油漆谷仓，要给菜园播种，要赶在新的小鸡运到之前清扫鸡舍。

5、 In between such chores, I manage to spent 50 to 60 hours a week at the typewrite or doing reporting for the **freelance** articles I sell to magazines and newspapers. Sandy, meanwhile, pursues her own demanding schedule. Besides the usual household routine, she oversees the garden and beehives, bakes bread, cans and freezes, drives the kids to their music class, practices with them, takes **organ** lessons on her own, dose research and typing for me, write an article herself now and then, tends the flower beds, **stacks** a little wood and delivers the eggs. There is, as the old saying goes, no rest for the **wicked** on a place like this, and not much for the virtuous either.

在这些活计之间，我每周要抽空花五、六十个小时，不是打字撰文，就是为作为自由撰稿人投给报刊的文章进行采访。桑迪则有她自己的工作日程。除了日常的家务，她还照管菜园和蜂蜜，烘烤面包，将食品装罐，冷藏，开车送孩子学音乐，和他们一起练习，自己还要上风琴课，为我做些研究工作，并打字，自己有时也写写文章，还要侍弄花圃，堆垛木材、运送鸡蛋。正如老话说的那样，在这种情形下，坏人不得闲一贤德之人也歇不了。

6、 None of us will ever forget our first winter, we were buried under five feet of snow from the December through March. While one storm after another **blasted** huge drifts up against the house and barn, we kept warming inside burning our own wood, eating our own apples and loving every minute of it.

我们谁也不会忘记第一年的冬天。从 12 月一直到 3 月底，我们都被深达 5 英尺的积雪

困着。暴风雪肆虐，一场接着一场，积雪厚厚地覆盖着屋子和谷仓，而室内，我们用自己砍伐的木材取暖，吃着自家中种植的苹果，温馨快乐每一分钟。

7、 When spring came, it brought two floods. First the river **overflowed**, covering much of our land for weeks. Then the growing season began, **swamping** us under wave after wave of produce. Our freezer filled up with cherries, raspberries, strawberries, asparagus, peas, beans and corn. Then our canned-goods shelves and cupboards began to grow with preserves, tomato juice, grape juice, plums, jams and jellies. Eventually, the basement floor disappeared under piles of potatoes, squash and pumpkins, and the barn began to fill with apples and pears. It was amazing.

开春后有过两次泛滥。一次是河水外溢，我们不少田地被淹了几个星期。接着一次是生长季节到了，一波接一波的农产品潮涌而来，弄得我们应接不暇。我们的冰箱里塞满了樱桃、蓝莓、草莓、芦笋、豌豆、青豆和玉米。接着我们存放食品罐的架子上、柜橱里也开始堆满一罐罐的腌渍食品，有番茄汁、葡萄汁、李子、果酱和果冻。最后，地窖遍地是大堆大堆的土豆、西葫芦、南瓜，谷仓里也储满苹果和梨。真是太美妙了。

8、 The next year, we grow even more food and managed to get through the winter on firewood that was mostly from our own trees and only 100 gallons of heating oil. At that point I began thinking seriously about quitting my job and starting to freelance. The timing was terrible. By then, Shawn and Amy, our oldest girls were attending expensive Ivy League Schools and we had only a few thousand dollars in the bank. Yet we kept coming back to the same question: will there ever be a better time? The answer **decidedly**, was no, and so – with my employer’s blessings and half years pay in accumulated benefits in my pocket – off I went.

第二年我们种了更多的作物，差不多就靠着从自家树林砍的木柴以及 100 加仑的燃油过了冬。当时，我开始认真思考起了辞了职去从事自由撰稿的事来。时机选的太差。当时，两个大女儿肖恩和艾米正在费用很高的常春藤学校上学，而我们只有几千美金的银行存款。但我们一再回到一个老问题上来：真的会有更好的时机吗？答案无疑是否定的。于是，带着老板的祝福，口袋里揣着作为累积津贴的半年薪水，我走了。

9、 There have been a few anxious moments since then, but **on balance** things have gone much better than we had any right to expect. For various stories of mine, I’ve crawled into black-bear **dens** for *Sports Illustrated*, **hitched** up dogsled racing teams for *Smithsonian* magazine, checked out the Lack Champlain “monster” for *Science Digest*, and canoed through the **Boundary** waters wilderness area of Minnesota for *Destinations*.

那以后有过一些焦虑的时刻，但总的来说，情况比我们料想的要好得多。为了写那些内容各不相同的文章，我为《体育画报》爬进过黑熊洞；为《史密森期刊》替参赛的

一组组狗套上过雪橇；为《科学文摘》调查过尚普兰湖水怪的真相；为《终点》杂志在明尼苏达划着小舟穿越美、加边界水域内的公共荒野保护区。

10、 I'm not making anywhere near as much money as I did when I was employed full time, but now we don't need as much either. I generate enough income to handle our \$600-a-month mortgage payments plus the usual expenses for a family like ours. That includes everything from music lessons and **dental** bills to car repairs and college costs. When it comes to insurance, we have a poor men's major-medical policy. We have to pay the first 500 dollars of any medical fees for each member of the family. It picks up 80% of the costs beyond that. Although we are stuck with paying minor expenses, our **premium** is low - Only 560 dollars a year - and we are covered against catastrophe. Aside from that and the policy on our two cars at \$400 a year, we have no other insurance. But we are setting aside \$2000 a year in an IRA.

我挣的钱远比不上担任全职工作时的收入，可如今我们需要的钱也没有过去的多。我挣的钱足以应付每月\$600 美金的房屋贷款按揭以及一家人的日常开销。那些开销包括了所有支出，如音乐课学费、牙医账单、汽车维修以及大学费用等等。至于保险，我们买了一份低收入者的主要医疗项目保险。我们需要为每一位家庭成员的任何一项医疗费用支付最初的\$500。医疗保险则支付超出部分的 80%。虽然我们仍要支付小部分医疗费用，但我们的保险费也低——每年只要 560 美金——而我们给自己生大病保了险。除了这一保险项目，以及两辆汽车每年 400 美金的保险，我们就没有其他保险了。不过我们每年留出 2000 美元入个人退休金账户。

11、 We've been an able to make up the difference in income by cutting back without **appreciably** lowering our standard of living. We continue to dine out once or twice a month, but now we **patronize** local restaurants instead of more expensive places in the city. We still attend opera and ballet in Milwaukee but only a few times a year. We eat less meat, drink cheaper wine and see fewer movies. **Extravagant** Christmases are a memory, and we combine vacations with story assignments...

我们通过节约开支但又不明显降低生活标准的方式来弥补收入差额。我们每个月仍出去吃一两次饭，不过现在我们光顾的是当地餐馆，而不是城里的高级饭店。我们仍去密尔沃基听歌剧看芭蕾演出，不过一年才几次。我们肉吃的少了，酒喝得便宜了，电影看得少了。铺张的圣诞节成为一种回忆，我们把完成稿约作为度假的一部分。

12、 I suspect not every who loves the country would be happy living the way we do. It takes a couple of special qualities. One is a tolerance for **solitude**. Because we are so busy and on such a tight budget, we don't entertain much. During the growing season there is no time for socializing anyway. Jim and Emily are involved in school activities, but they too

spend most of their time at home.

我想，不是所有热爱乡村的人都会乐意过我们这种生活的。这种生活需要一种特殊的素质。其一是耐得住寂寞。由于我们生活如此忙碌，手头又紧，我们很少请客。在作物生长季节，根本就没工夫参加各种社交活动。吉米和艾米丽虽然参加学校的各种活动，但他俩大多数时间也待在家里。

13、 The other requirement is energy - a lot of it. The way to make self-sufficiency work on a small scale is to resist the temptation to buy a tractor and other expensive laborsaving devices. Instead, you do the work yourself. The only machinery we own (not counting the lawn mower) is a little three-horsepower **rotary** cultivator and a 16-inch chain saw.

另一项要求是体力 -- 相当大的体力。小范围里实现自给自足的途径是抵制诱惑，不去购置拖拉机和和其他昂贵的节省劳力的机械。相反，你要自己动手。我们仅有的机器（不包括割草机）是一台 3 马力的小型旋转式耕耘机以及一架 16 英寸的链锯。

14、 How much longer we'll have enough energy to stay on here is anybody's guess - perhaps for quite a while, perhaps not. When the time comes, we will leave with a feeling of sorrow but also with a sense of pride at what we've been able to accomplish. We should make a fire profit on the sale of the place, too. We've invested about \$35,000 of our own money in it, and we could just about double that if we sold today. But this is not a good time to sell. Once economic conditions improve, however, demand for farms like ours should be strong again.

没人知道我们还能有精力在待多久 - 也许待很长一阵子，也许不是。到走的时候，我们会怆然离去，但也会为自己所做的一切深感自豪。我们把农场出售也会赚相当大一笔钱。我们自己在农场投入了约 35,000 美金的资金，要是现在出售的话价格差不多可以翻一倍。不过现在不是出售的好时机。但是一旦经济形势好转，对我们这种农场的需求又会增多。

15、 We didn't move here primarily to earn money though. We came because we wanted to improve the quality of our lives. When I watch Emily collecting eggs in the evening, fishing with Jim on the river or enjoying an old-fashioned picnic in the orchard with the entire family, I know we've found just what we were looking for.

但我们主要不是为了赚钱而移居至此的。我们来此居住是因为想提高生活质量。当我看着艾米丽傍晚去收鸡蛋，跟吉米一起在河上钓鱼，或和全家人一起在果园里享用老式的野餐，我知道，我们找到了自己一直在寻求的生活方式。

American Family Life: The Changing Picture

Donna Barron

- 1 It's another evening in an American household.

这是美国家庭一个寻常的傍晚。

- 2 The door swings open at 5:30 sharp. "Hi, honey! I'm home!" In walks dear old Dad, hungry and tired after a long day at the office. He is greeted by Mom in her apron, three happy children, and the aroma of a delicious pot roast.

门在 5:30 准时推开。“嗨，亲爱的！我回来了！”亲爱的老爸走了进来，他在办公室上了一天的班，肚子饿了，人也累了。迎接他的是系着围裙的妈妈，3 个快乐的孩子以及炖肉诱人的香味。

- 3 After a leisurely meal together, Mom does the dishes. That, after all, is part of her job. The whole family then moves to the living room. There everyone spends the evening playing Scrabble or watching TV.

全家人从容地吃完饭后，妈妈就刷洗碗碟。反正这是她的活。接着全家人聚在起居室。一个晚上大家玩玩牌，看看电视。

- 4 Then everyone is off to bed. And the next morning Dad and the kids wake up to the sounds and smells of Mom preparing pancakes and sausages for breakfast.

随后各自上床睡觉。第二天早上，爸爸和孩子们在妈妈准备早餐发出的声响和薄饼、香肠散发的香味中醒来。

- 5 What? You say that doesn't sound like life in your house? Well, you're not alone. In fact, you're probably in the majority.

什么？你说那听起来不像你府上的生活？其实，不仅仅是你一个人这么想。事实上，大多数人很可能都跟你一样这么想的。

- 6 At one time in America, the above household might have been typical. You can still visit such a home -- on television. Just watch reruns of old situation comedies. Leave it to Beaver, for example, shows Mom doing housework in pearls and high heels. Dad keeps his suit and tie on all weekend. But the families that operate like Beaver Cleaver's are fewer and fewer. They're disappearing because three parts of our lives have changed: the way we work, the way we eat, and the way we entertain ourselves. Becoming aware of the effects of those changes may help us improve family life.

上面描述的家庭可以说在美国曾一度相当典型。如今你仍能见到这样的家庭——不过得在电视里。只要看一看那些重播的情景剧老片子。例如，《交给比弗吧》一剧中妈妈带着珍珠项链、穿着高跟鞋做家务。爸爸整个周末都穿着西装，戴着领带。但像比弗·克利弗那样的家庭越来越少了。那样的家庭正在消失，因为我们生活中的三个部分发生了变化：我们的工作方式，餐饮方式以及娱乐方式。了解这些变化所带来的影响也许有助于我们改善家庭生活。

- 7 Let's look first at the changes in the way we work. Today the words "Hi, honey! I'm home!" might not be spoken by dear old Dad. Dear old Mom is just as likely to be saying them. A generation ago, most households could get along on one paycheck -- Dad's. Mom stayed home, at least until the children started school. But today, over half the mothers with young children go to work. An even greater percentage of mothers of older children are in the workforce. And the number of single-parent homes has mushroomed in the last thirty years. 我们先来看一下我们工作方式的变化。今天，“嗨，亲爱的，我回家了！”这句话可能不是出自亲爱的老爸之口。亲爱的老妈也同样可能说这句话。在上一代，大多数家庭可以靠一份工资——爸爸的工资维持。妈妈呆在家里，至少在孩子上学前是如此。但今天，一半以上有幼儿的母亲外出工作。在职人员中有大孩子的母亲的比例更高。而单亲家庭的数量在过去 30 年中急剧增长。

- 8 These changes in work have affected children as well as parents. When only Dad went out to work, children came home from school to Mom. (In TV situation comedies, they came home to Mom and home-baked cookies) Today, we'll find them at an after-school program or a neighbor's house. Or they may come home to no one at all. In every community, children are caring for themselves until their parents return from work. Are these children missing out on an important part of childhood? Or are they developing a healthy sense of self-reliance? These are questions that Mrs. Cleaver never had to deal with.

工作方面的这些变化影响着家长以及孩子。当父亲一人外出上班时，孩子们放学回家有妈妈在。（在情景电视剧里，他们回家有妈妈在，还有家里做的饼干）如今，我们会在晚托班或邻居家里见到他们。要不他们就回到空无一人的家。在各社区，孩子们都自己照管自己，直到父母下班回家。这些孩子会不会失去童年时期本应有的一些重要的东西？还是会因此培养起一种健康的自立意识？这些问题是克利弗太太过去从来不用操心的。

- 9 In addition, Dad and now Mom are often gone from home longer than ever. Not too long ago, most men worked close to home. The office or factory was just downtown. Dad often walked to work or hitched a ride with a friendly neighbor. But no more.

此外，爸爸，如今还有妈妈，在外的时间常常比以往任何时候都长。不多久前，大多数男人还就近工作。办公室或者工厂就在市区。爸爸经常走着去上班，或者顺路搭友好邻居的车。但现在不一样了。

- 10 Today's working men and women are commuters. They travel distances to work that would have made their parents gasp. Commutes of forty-five minutes or an hour are common. Workers travel on buses, subways, and crowded highways. Many leave their suburban homes at dawn and don't return until dark. No running home for lunch for today's commuter.

今天的上班男女都是坐车来回的。他们上班距离之远会让他们的父母惊讶得倒抽一口凉气。45 分钟或 1 小时的车程是常见的。上班族坐公共汽车、地铁，或开车行驶在交通拥挤的公路上。不少人一清早就离开位于郊区的家，一直要到天黑了才回来。今天的通勤族不再赶回家吃午饭。

- 11 And speaking of lunch, there's been a second big change in American family life. If both parents are away from home for long hours, who's whipping up those delicious meals in the kitchen? The answer, more and more, is nobody.

说起午饭，那正是美国家庭生活的第二大变化。要是父母都长时间不在家，那谁在厨房里忙着准备美味的菜肴呢？越来越多听到的回答是没有人做饭。

- 12 These days, few people have time to shop for and prepare "home-style" meals. The Cleavers were used to dinners of pot roast or chicken. Potatoes, salad, and vegetables went with the main course, with pie or cake for dessert. But this kind of meal takes several hours to fix. People can't spend hours in the kitchen if they get home at 5:30.

如今，很少有人有时间采购、烹制“家常”饭菜。克立弗一家常常吃炖肉或炖鸡，除主菜外还有土豆、色拉、蔬菜，甜食是馅饼或蛋糕。但烧这种饭菜要花几个小时。要是人们 5:30 才回到家，就无法在厨房里呆上几个小时。

- 13 So what do working families eat? They choose meals that are easy to prepare or are already prepared. Fast food, takeout, and heat-and-serve dishes make up much of the modern American diet. Dad may arrive home with a bag of Big Macs and shakes. Mom may phone out for Chinese food or ask the local pizza parlor to deliver. And more and more people rely on microwaves to thaw frozen food in minutes.

那么双职工家庭吃什么呢？他们选择容易烹制或已经烹制好的食品。快餐，外卖食物，加热即食的菜肴构成了当今美国食谱的很大一部分。爸爸可能带回家一大包巨无霸汉堡包和饮料。妈妈可能电话订购中国菜，或让附近的比萨店外送。越来越多的人依赖微波炉在几分钟内把冷冻食品解冻。

- 14 One consequence of these quickly prepared meals is that families spend less time dining together. And classic fast foods, like hamburgers and fries, are meant to be eaten on the run, not slowly enjoyed at the dinner table. The modern family no longer shares the evening meal. As a result, it no longer shares the day's news... or the feeling of togetherness.

这些烹制简易的菜肴造成的后果之一是，一家人一起坐下吃饭的时间少了。传统的快餐，如汉堡包，炸薯条，是让人匆匆忙忙吃的，而不是坐在餐桌旁慢慢享用的。现代家庭不再一起享用晚餐。其结果是，大家不再相互交流一天的事，也感觉不到合家团聚的气氛。

- 15 Finally, what about after dinner? Is the family evening at least something the Cleavers could relate to?

最后一点，晚饭之后又如何？晚上的家居生活总该跟克立弗家多少有几分相似了吧？

- 16 Not a chance.

没有丝毫相似之处。

- 17 We don't have to look outside the home to see the changes. The modern American family entertains itself in ways the Cleavers would never have dreamed of.

我们不必走出家门去看有什么变化。当今美国家庭的娱乐方式是克立弗家无从想象的。

- 18 Thirty years ago, families gathered around a radio each evening. Later, television took over. Most families had just one set, which they watched together. Today, television and computers bring a dizzying array of entertainment into the home. Cable television provides everything from aerobics classes to Shakespeare. VCRs expand the choices even more. If there's nothing good on network TV or cable, the video store offers the best and worst of Hollywood: recent movies, cartoons, "adult" films, exercise programs, travel, sports, how-to tapes. Computer games, which make viewers part of the action, also provide excitement. Players can compete in the Olympics, search out aliens, or wipe out entire civilizations on their little screens.

三十年前，家家户户每天晚上围坐着听收音机。后来电视机取而代之。大多数家庭只有一台电视机，全家人一起收看。如今，电视机和电脑将多得令人眩目的娱乐活动带入家庭。有线电视播出的节目从有氧操到莎士比亚戏剧无所不有。录像机更是扩大了选择性。要是网络电视或有线电视没有中意的节目，录像制品商店可提供好莱坞制作的品质迥异的各种节目：新近发行的电影、动画片、“成人”电影、体育锻炼节目、旅游、体育以及入门指南录像带。让收看人参与其间的电脑游戏也提供了相当的刺激。游戏者能在奥运会上施展身手，寻找外星人，或者在小小的屏幕上摧毁整个文明国家。

- 19 With all these choices, it makes sense to own more than one television set. The two-or-more-TV family used to be rare. Nowadays, Dad might want to rent an action movie when Mom's cable shopping service is on. Or Junior is playing a let's-blow-up-Saturn video game while Sis wants to see The Simpsons. Why not invest in several sets? Then each family member can enjoy himself or herself in peace.

有了那么多的选择，拥有一台以上的电视机也就合乎情理了。过去很少有人家拥有一台以上电视机。如今，妈妈在看她的有线电视销售服务节目的时候，爸爸可能想租一部动作片。而在女儿想看《辛普森一家》时，儿子却在玩《让我们炸毁土星》的电子游戏。何不多买几台呢？那样每一个家庭成员都可以互不干扰地看各自喜爱的节目。

- 20 What's wrong with this picture of today's family?

当今家庭的这一景象有何弊端呢？

- 21 Only this. Today's Cleavers spend their evenings in front of their separate TV screens. Then they go to bed. The next morning, they rush off to their separate jobs (work and school). They come home at separate times. They eat separately. Finally, they return to their separate TV screens for another evening's entertainment. During all these times, when do they talk to each other or even see each other? When are they a family?

只有一个弊端。今天的克利弗一家晚上各自守着自己的电视机。随后他们各自上床。第二天早上，他们匆匆忙忙各奔各的岗位（上班或上学）。他们在各自不同的时间回家。他们分头吃饭。最后，他们又各自回到自己的电视机前，各自进行晚上的娱乐活动。在所有这些时段当中，他们什么时候相互交谈或见面呢？家人什么时候才相聚呢？

- 22 Certain realities of modern life cannot change. One is the need, in most families, for both parents to bring home a paycheck. Another is the distance many of us must travel to work or to school. But must everything change? And must we lose the family structure in the process? 现代生活的某些现实无法改变。其一是大多数家庭需要父母两个人的工资收入。其二是许多人必得去较远处上班或上学。可是，非得为此改变一切吗？我们非得在这一过程中丧失原有的家庭结构吗？

- 23 No one is suggesting that we go back to the 1950s. The Cleaver household was a fantasy even

then, not reality. But we might borrow one important lesson from the Cleavers. It is that family life is just as important as work or play. If we agree, we'll find ways of spending more time together. We'll find things to share. And then there will be something right with the picture.

没有人说我们应该回到五十年代去。克立弗家庭即使在当时也只是虚构而非现实。但我们或许能从这一人家获得一个重要的借鉴，即家庭生活和工作、娱乐同样重要。如果我们同意这一看法，我们就能设法找到更多时间聚在一起。我们就能找到共同的兴趣。那样的话，我们家庭生活的情景就颇为美妙了。

Was Einstein a Space Alien?

- 1 Albert Einstein was exhausted. For the third night in a row, his baby son Hans, crying, kept the household awake until dawn. When Albert finally dozed off ... it was time to get up and go to work. He couldn't skip a day. He needed the job to support his young family.

阿尔伯特·爱因斯坦精疲力竭。他幼小的儿子汉斯连续三个晚上哭闹不停，弄得全家人直到天亮都无法入睡。阿尔伯特总算可以打个瞌睡时，已是他起床上班的时候了。他不能一天不上班，他需要这份工作来养活组建不久的家庭。

- 2 Walking briskly to the Patent Office, where he was a "Technical Expert, Third Class," Albert worried about his mother. She was getting older and frail, and she didn't approve of his marriage to Mileva. Relations were strained. Albert glanced at a passing shop window. His hair was a mess; he had forgotten to comb it again.

阿尔伯特是专利局三等技术专家。在快步去专利局上班的路上，他为母亲忧心忡忡。母亲年纪越来越大，身体虚弱。她不同意儿子与迈尔娃的婚事，婆媳关系紧张。阿尔伯特瞥了一下路过的商店的橱窗，看见自己头发凌乱，他又忘了梳头了。

- 3 Work. Family. Making ends meet. Albert felt all the pressure and responsibility of any young husband and father.

工作，家庭，维持生计——阿尔伯特感受到了一位年轻丈夫和年轻父亲所要承担的全部压力和责任。

To relax, he revolutionized physics.

他想放松下，却使物理学发生了突破性进展

- 4 In 1905, at the age of 26 and four years before he was able to get a job as a professor of physics, Einstein published five of the most important papers in the history of science--all written in his "spare time." He proved that atoms and molecules existed. Before 1905, scientists weren't sure about that. He argued that light came in little bits (later called "photons") and thus laid the foundation for quantum mechanics. He described his theory of special relativity: space and time were threads in a common fabric, he proposed, which could be bent, stretched and twisted.

1905 年，在他被聘为物理学教授的前四年，26 岁的爱因斯坦发表了科学史上最重要论文中的五篇——这些论文都是他在“业余时间”完成的。他证明了原子和分子的存在。1905 年之前，科学家们对此没有把握。爱因斯坦论证说光以微粒形态出现（后来被称为“光子”），这为量子力学奠定了基础。他把狭义相对论描写为：时空如同普通织物中的线，他提出，这些线可以弯曲、拉长和交织在一起。

- 5 Oh, and by the way, $E=mc^2$.

对了，顺便提一下， $E = mc^2$ 。

- 6 Before Einstein, the last scientist who had such a creative outburst was Sir Isaac Newton. It happened in 1666 when Newton secluded himself at his mother's farm to avoid an outbreak of plague at Cambridge. With nothing better to do, he developed his Theory of Universal Gravitation.

在爱因斯坦之前，最近一位迸发出如此创造性思想的科学家当数艾萨克·牛顿爵士。事情发生在 1666，为了躲避在剑桥爆发的瘟疫，牛顿去母亲的农场隐居。由于没有什么更好的事可做，他便建立万有引力理论。

- 7 For centuries historians called 1666 Newton's "miracle year". Now those words have a different meaning: Einstein and 1905. The United Nations has declared 2005 "The World Year of Physics" to celebrate the 100th anniversary of Einstein's "miracle year."

几个世纪以来，历史学家称为 1666 牛顿的“奇迹年”。现在这些话有不同的意义：爱因斯坦和 1905。联合国已经宣布 2005 年“世界物理年”庆祝爱因斯坦“奇迹年”的 100 周年。

- 8 Modern pop culture paints Einstein as a bushy-haired superthinker. His ideas, we're told, were improbably far ahead of other scientists. He must have come from some other planet—maybe the same one Newton grew up on.

现代流行文化把爱因斯坦绘画成一位长着蓬乱头发的超级思想家。据说他的思想不可思议地远远超过其他科学家。他一定是从其他星球来的——也许是牛顿长大的同一个星球。

- 9 "Einstein was no space alien," laughs Harvard University physicist and science historian Peter Galison. "He was a man of his time." All of his 1905 papers unraveled problems being worked on, with mixed success, by other scientists. "If Einstein hadn't been born, [those papers] would have been written in some form, eventually, by others," Galison believes.

“爱因斯坦决不是外星人，”哈佛大学物理学家、科学史家彼得加里森笑着说。“他是他那个时代的人。”他所有发表于 1905 年的论文解决了当时其他科学家正多多少少在解决的问题，“如果没有爱因斯坦，其他科学家最终也会以某种形式撰写出这些论文来的”加里森相信。

- 10 What's remarkable about 1905 is that a single person authored all five papers, plus the original, irreverent way Einstein came to his conclusions.

1905 年不同寻常的是，爱因斯坦一个人撰写的五篇论文，而且他得出结论的方法既富原创性又显得不合常规。

- 11 For example: the photoelectric effect. This was a puzzle in the early 1900s. When light hits a metal, like zinc, electrons fly off. This can happen only if light comes in little packets concentrated enough to knock an electron loose. A spread-out wave wouldn't do the photoelectric trick.

例如：光电效应。这在 20 世纪初期的一道难题。当光照射到金属（如锌）上时，电子飞速飞离电子表面，这种现象只有当光的粒子集聚的程度足以把电子击撞松动的时候才会发生。漫延波不会产生光电效应。

- 12 The solution seems simple--light is particulate. Indeed, this is the solution Einstein proposed in 1905 and won the Nobel Prize for in 1921. Other physicists like Max Planck (working on a related problem: blackbody radiation), more senior and experienced than Einstein, were closing in on the answer, but Einstein got there first. Why?

答案似乎很简单——光是粒子。事实上，这是爱因斯坦 1905 年提出的解答，并因此于 1921 年获得诺贝尔奖。其他物理学家们，比如比爱因斯坦资历更深、经验更丰富的麦克斯普兰克（从事研究相关的问题：黑体辐射），其研究正接近该问题的答案，但爱因斯坦捷足先登。为什么？

It's a question of authority.

这是对权威的看法问题

- 13 "In Einstein's day, if you tried to say that light was made of particles, you found yourself disagreeing with physicist James Clerk Maxwell. Nobody wanted to do that," says Galison. Maxwell's equations were enormously successful, unifying the physics of electricity, magnetism and optics. Maxwell had proved beyond any doubt that light was an electromagnetic wave. Maxwell was an Authority Figure.

“在爱因斯坦的时代，如果你试图说光由粒子组成，你就会发现自己与物理学家詹姆斯.克拉克.麦克斯威尔持不同观点。没有人想那么做，”加里森说道。麦克斯威尔的方程式把物理学中的电学、磁学和光学统一起来，获得了巨大的成功。麦克斯威尔毫无疑问地证明了光是电磁波。他可是权威人物。

- 14 Einstein didn't give a fig for authority. He didn't resist being told what to do, not so much, but he hated being told what was true. Even as a child he was constantly doubting and questioning. "Your mere presence here undermines the class's respect for me," spat his 7th grade teacher, Dr. Joseph Degenhart. (Degenhart also predicted that Einstein "would never get anywhere in life.") This character flaw was to be a key ingredient in Einstein's discoveries.

爱因斯坦豪不在乎权威。他不太反对别人要求他做什么，但是他不喜欢别人告诉他什么是正确的。即使在小时候他也不停地质疑和问问题。“你呆在这里损害了全班学生对我尊敬，”他第七年级的老师约瑟夫狄根哈特博士愤怒地说。（狄根哈特还预言爱因斯坦“永远不会有出息”）这一性格缺陷成为日后爱因斯坦作出种种发现的主要因素。

15 "In 1905," notes Galison, "Einstein had just received his Ph.D. He wasn't beholden to a thesis advisor or any other authority figure." His mind was free to roam accordingly.

“在 1905 年，”加里森着重指出，“爱因斯坦刚刚获得博士学位，他不感激于论文导师或任何其他权威人士。”因此，他的思想在自由漫游。

16 In retrospect, Maxwell was right. Light is a wave. But Einstein was right, too. Light is a particle. This bizarre duality baffles Physics 101 students today just as it baffled Einstein in 1905. How can light be both? Einstein had no idea.

回想起来，麦克斯威尔是正确的。光是一种波。但爱因斯坦也是对的。光是粒子。这种异乎寻常的二象性使今天选修无力 101 课程的同学感到困惑，就像在 1905 年使爱因斯坦感到困惑一样。光怎么可能既是波又是粒子呢？爱因斯坦无法理解。

17 That didn't slow him down. Disdaining caution, Einstein adopted the intuitive leap as a basic tool. "I believe in intuition and inspiration," he wrote in 1931. "At times I feel certain I am right while not knowing the reason."

困惑并没有使爱因斯坦放慢探究的脚步。爱因斯坦不屑谨小慎微，他采用直觉跳跃思维作为基本工具。“我相信直觉和灵感，”他在 1931 年写道。“有时尽管不知道原因，但是我肯定我是对的。”

18 Although Einstein's five papers were published in a single year, he had been thinking about physics, deeply, since childhood. "Science was dinner-table conversation in the Einstein household," explains Galison. Albert's father Hermann and uncle Jakob ran a German company making such things as dynamos, arc lamps, light bulbs and telephones. This was high-tech at the turn of the century, "like a Silicon Valley company would be today," notes Galison. "Albert's interest in science and technology came naturally."

虽说爱因斯坦在短短的一年内发表了五篇论文，其实他童年时代就一直深入地思考物理的问题。“科学是爱因斯坦在餐桌上聊天的话题。”加里森解释道。爱因斯坦的父亲赫尔曼和叔叔雅各布经营一家德国公司，制造发电机，电弧灯，灯泡、电话等诸如此类的产品。这是（20）世纪之初属于高科技，“像今天的硅谷公司，”加里森着重提到。“艾伯特对科学技术与生俱来怀有兴趣。”

- 19 Einstein's parents sometimes took Albert to parties. No babysitter was required: Albert sat on the couch, totally absorbed, quietly doing math problems while others danced around him. Pencil and paper were Albert's GameBoy!

爱因斯坦的父母有时会带儿子参加聚会。她们不常请人看孩子：当其他人在他周围跳舞时，阿尔伯特坐在沙发上，全神贯注，静静地做数学题。笔和纸是阿尔伯特的玩具！

- 20 He had impressive powers of concentration. Einstein's sister, Maja, recalled "...even when there was a lot of noise, he could lie down on the sofa, pick up a pen and paper, precariously balance an inkwell on the backrest and engross himself in a problem so much that the background noise stimulated rather than disturbed him."

他有极强的集中思想的能力。爱因斯坦的妹妹玛雅，回忆说：“...即使周围非常吵闹，他也能躺在沙发上，拿起纸和笔，悠悠地把墨水池放在一个靠背上，专心致志得解题，背景声音不但没有打扰他，反而激励他。”

- 21 Einstein was clearly intelligent, but not outlandishly more so than his peers. "I have no special talents," he claimed, "I am only passionately curious." And again: "The contrast between the popular assessment of my powers ... and the reality is simply grotesque." Einstein credited his discoveries to imagination and pesky questioning more so than orthodox intelligence.

爱因斯坦显然很聪明，但不比他的同龄人超出多少。“我没有什么特别的才能，”他说，“只是我的好奇心非常强烈。”还有：“大众对我能力的评估，和现实之间的差异简直大得荒唐。”爱因斯坦把他的发现更多地归功于想象力和不断提问而不是普通所谓的智慧。

- 22 Later in life, it should be remembered, he struggled mightily to produce a unified field theory, combining gravity with other forces of nature. He failed. Einstein's brainpower was not limitless.

应该记住的是，爱因斯坦在晚年竭尽全力想象提出统一场论，把万有引力和自然界中其他的力结合起来。但他失败了。爱因斯坦的智力不是无限的。

23 Neither was Einstein's brain. It was removed without permission by Dr. Thomas Harvey in 1955 when Einstein died. He probably expected to find something extraordinary: Einstein's mother Pauline had famously worried that baby Einstein's head was lopsided. (Einstein's grandmother had a different concern: "Much too fat!") But Einstein's brain looked much like any other, gray, crinkly, and, if anything, a trifle smaller than average.

爱因斯坦的大脑也是如此。他 1955 年去世的时候，托马斯哈维医生在未经许可的情况下解剖了他的大脑。也许他期盼发现一些惊人的东西。但是爱因斯坦死的大脑看起来和其他人的大脑很相似，灰色，充满沟回的。如果非要说什么不同，那就是他的大脑比正常人的小一点。

Anecdotes about Einstein

A Wastebasket for His Mistakes

When Albert Einstein arrived in America at age 54, pulling into New York Harbor on the ocean liner Westernland on October 17, 1933, an official greeting committee was waiting for him. Einstein and his entourage, however, were nowhere to be found.

1933年10月17日,当54岁的艾伯特爱因斯坦到达美国时,班轮 Westernland 正驶入纽约港,官方欢迎委员会正在等他,但他和他的随行人员不知所踪。

Abraham Flexner, director of the Institute for Advanced Study in Princeton, New Jersey, was obsessed with shielding his celebrity professor from publicity. So he'd sent a tugboat to spirit the great man away from the Westernland as soon as it cleared quarantine. His hair poking out from a wide-brimmed black hat, Einstein surreptitiously disembarked onto the tug, which ferried him and his party to lower Manhattan, where a car would whisk them to Princeton. "All Dr. Einstein wants is to be left in peace and quiet," Flexner told reporters.

新泽西普林斯顿高级研究院的理事 Abraham Flexner 倾向于阻止名人教授的宣传。所以他派拖船在班轮通过检疫时将这位伟人迅速而神秘地从 Westernland 带走。爱因斯坦的头发从黑色的宽檐帽中露了出来,悄悄地下了运送他和他的党员们前往曼哈顿下城的船,那里会有车将他们迅速带往普林斯顿。“爱因斯坦博士想要的只是安静和平。” Flexner 告诉记者。

Winner of the Nobel Prize in 1921 for his contribution to theoretical physics, Einstein was given an office at the institute. He was asked what equipment he needed." A desk or table, a chair, paper and pencils, "he replied. "Oh, and a large wastebasket, so I can throw away all my mistakes."

作为对理论物理有贡献的 1921 年诺贝尔奖得主，爱因斯坦在学院中拥有一间办公室。他被问及需要哪些设备，“一张桌子，一把椅子，一些稿纸和铅笔，”他回答道，“噢，还有一个大的废纸篓，这样我可以把错误的想法都扔掉。”

He and Elsa, his wife, rented a house and settled into life in Princeton. He liked the fact that America, despite its inequalities of wealth and racial injustices, was more of a meritocracy than Europe. "What makes the new arrival devoted to this country is the democratic trait among the people," he would later marvel. "No one humbles himself before another person."

他和他的妻子 Elsa 租了一间房子定居于普林斯顿。他喜欢美国，尽管美国的财富的不平等和种族歧视更像是欧洲的精英体制。“人民的民主特性使这位新来的人致力于这个国家。”之后他对此感到惊奇，“没有人对他人低声下气。”

Not Always an Einstein

Einstein, however, was no Einstein when he was a child. Growing up in Munich, Germany, the first of two children of Hermann and Pauline Einstein, he was slow in learning how to talk. “My parents were so worried,” he recalled, “that they consulted a doctor.”

然而他不是从小就是拥有高智商的爱因斯坦。他在德国慕尼黑长大，是 Hermann 和 Pauline Einstein 两个孩子中的长子，他在学习说话这方面十分迟钝。“我的父母对此很着急，”他回想着，“于是他们咨询了医生。”

Even when he began using words after age two, he developed a quirk that prompted his nursemaid to dub him the dopey one. “Every sentence he uttered, no matter how routine,” recalled his younger sister, Maja, “he repeated to himself softly, moving his lips.” His slow development was combined with a cheeky rebelliousness toward authority, which led one German schoolmaster to send him packing. Another declared that Einstein would never amount to much.

甚至是当他两岁之后他开始使用语言，发生的怪事令他的保姆称他为笨蛋。“他说的话都十分日常，”他的妹妹 Maja 回想着，“他张开嘴唇，轻声地不断重复。”说话方面缓慢的发展与对权威无礼的反叛导致一位德国校长让他打包回家，另一位则宣称爱因斯坦没什么了不起。

“When I ask myself how it happened that I discovered the relativity theory, it seemed to lie in the following circumstance,” Einstein later explained. “The ordinary adult never bothers his head about the problems of space and time. These are things he has thought of as a child. But I developed so slowly that I began to wonder about space and time only when I was already grown up. I probed more deeply into the problem than an ordinary child would have.”

“我不禁问自己我是如何发现相对论的，它好像就存在于下面这个情况。”随后爱因斯坦解释道。“普通的成人不会为空间和时间的问题操心，这些事是他们作为小孩时思考的。但是我发育缓慢，当我已经长大时我开始思考空间和时间。我探索这个问题比普通小孩更深入。”

A Merry Science

Encouraged by his genial father, who ran a family business, and his music-loving mother, Einstein spent hours working on puzzles and building towers with toys. “Persistence and tenacity were part of his character,” his sister remarked.

父亲经营家族企业，母亲热爱音乐，他们都给了爱因斯坦鼓励，他花了很多时间在拼图和建筑玩具塔上。“坚持不懈是他的性格之一。”他妹妹谈论道。

Once, when Einstein was sick in bed as a preschooler, his father brought him a compass. Einstein later remembered being so excited as he examined its mysterious powers that he trembled and grew cold. The magnetic needle behaved as if influenced by a hidden force field, rather than through a mechanical method of touch or contact. "Something deeply hidden had to be behind things," he said.

有一次，学龄前的爱因斯坦生病在床，他的父亲给他带了一个指南针。之后记起这事的爱因斯坦在检查指南针并发现它奇妙的力量时非常的兴奋，他颤抖着，身体发冷。有磁性的小针的表现好像被一种隐藏的强势区域所影响，而不是通过机械的触碰。“这背后藏着很深的东西。”他说。

He marveled at magnetic fields, gravity, inertia and light beams. He retained the ability to hold two thoughts in his mind simultaneously, to be puzzled when they conflicted and to delight when he saw an underlying unity. "People like you and me never grow old," he wrote a friend years later. "We never cease to stand like curious children before the great mystery into which we were born."

他对磁场、重力、惯性、线偏振光束十分惊奇。他保留同时在脑海中持有两个想法的能力，当这两种想法起了矛盾冲突时他十分困惑烦恼，而令他高兴的则是当他看到这两者之间潜在的统一。“像你和我这样的人是不会变老的。”多年以后他给一位朋友这样写道。“在我们出生的神秘世界面前，我们永远表现的像个好奇的孩子。”

Contrary to widespread belief, Einstein excelled at math. By the age of 13, “he already had a predilection for solving complicated problems in applied arithmetic,” his sister recalled. An uncle, Jakob Einstein, an engineer, introduced him to the joys of algebra, calling it a “merry science,” and whenever Einstein triumphed, he “was overcome with happiness.”

与普遍的信仰相悖，爱因斯坦擅长数学。在他 13 岁时，“他偏爱用应用算法解决复杂的问题，”他的妹妹回忆着。他的叔叔 Jakob Einstein，是一位工程师，向他介绍了代数的有趣之处，并称之为“快乐的科学”，每当爱因斯坦取胜时，他“快乐的不得了”。

From his reading of popular science books, which showed him that “much in the Bible could not be true,” Einstein developed a resistance to all forms of dogma. As he wrote in 1901, “A foolish faith in authority is the worst enemy of truth.”

他阅读了流行的科学书籍，这些书表明了《圣经》中大部分内容都不是真的，爱因斯坦开始抵制所有形式的教条。就像他在 1901 年写得那样，“愚蠢的信仰权威是真理最大的敌人。”

A Proud America

At age 15, Einstein left Germany for northern Italy, where his parents relocated their business, and at 16, he wrote his first essay on theoretical physics.

爱因斯坦 15 岁时离开了德国去往北意大利，在那里他父母重新安置了产业，在他 16 岁时，他写了理论物理学的第一篇论文。

Einstein’s discovery of special relativity, after he graduated from the Zurich

Polytechnic in 1900 when he was 21, involved an intuition based on intellectual as well as personal experience. He developed the theory starting in 1905, after taking a job at the Swiss patent office. But his theory was not fully accepted until 1919, when observations made during a solar eclipse confirmed his prediction of how much the gravity of the sun would bend light beams.

1900 年 21 岁的爱因斯坦从苏黎世理工大学毕业，他发现了相对论，涉及到直觉知识和个人经验。1905 年他在瑞士专利局工作并开始发展相对论，但他的理论没有被完全接受，直到 1919 年，日食的观测证实了他的预言：太阳引力能够使光线弯曲。

At age 40, in 1919, Einstein was suddenly world famous. He was also married to Elsa his second wife, and was the father of two sons from his first marriage.

By spring 1921, his exploding global fame led to a grand two-month visit to the United States, where he received so warm a welcome that he would evoke mass frenzy wherever he went. The world had never seen such a scientific celebrity superstar.

1919 年，爱因斯坦 40 岁时，他突然成为了举世闻名的人物。他也和他的第二任妻子 Elsa 结婚了，同时是第一任婚姻中两个儿子的父亲。

1921 年的春天，他名声大噪，前往美国为期两个月的盛大参观，在那儿他受到了热烈的欢迎，他所到之处都引起了群众的疯狂。这个世界从未出现过有着这样名声的科学名人明星。

Einstein loved America, appreciating that its bursts of exuberance were the

result of freedom and individualism. In March 1933, with Hitler in power in Germany, Einstein realized he could no longer live in Europe. By that fall, he'd settled in Princeton, and by 1940, he was a naturalized citizen, proud to call himself an American.

爱因斯坦热爱美国，欣赏其繁荣是自由和个人主义的成果。在 1933 年 3 月，随着希特勒对德国的掌权，爱因斯坦意识到他不能继续生活在欧洲了，那个秋天，他定居于普林斯顿，到 1940 年，他入籍美国，自豪地称自己为一名美国公民。

The Harmony of Nature and Math

His first Halloween living in America, Einstein disarmed some astonished trick-or-treaters by serenading them at the door with his violin. At Christmas, when members of a local church came by to sing carols, he stepped outside, borrowed a violin and merrily accompanied them.

爱因斯坦在美国的第一个万圣节他搞定了那些在他家门前伴着小提琴唱小夜曲的捣蛋鬼们。圣诞节时，当地教堂成员经过他家唱着颂歌，他站在门外，借了一把小提琴愉悦地为他们伴奏。

Einstein soon acquired an image, which grew into a near legend, of being a kindly professor, distracted at times but unfailingly sweet, who rarely combed his hair or wore socks. "I've reached an age when, if somebody tells me to wear socks, I don't have to," he told some local children.

爱因斯坦很快有了这样一个传奇人物的形象，一位和蔼的教授，有时烦躁但一直很亲切，很少梳头，很少穿袜子。“我已经到了一个别人叫我穿袜子而我偏偏选择不穿的年纪。”他这样对当地的孩子们说。

He once helped a 15-year-old student, Henry Rosso, with a journalism class. Rosso's teacher had offered a top grade to anyone scoring an interview with the scientist, so Rosso showed up at the Einstein home, only to be rebuffed at the door. The milkman gave him a tip: Einstein walked a certain route each morning at 9:30. Rosso snuck out of school and accosted him.

他曾经帮助过一个 15 岁的孩子，Henry Rosso，接受了他的采访。Rosso 的老师提出采访科学家可以取得高分，所以 Rosso 去爱因斯坦的家找他，没想到竟被拒之门外。送奶员给了他一个小提示：爱因斯坦每天早晨 9 点半会走一段固定的路线，于是 Rosso 溜出学校跟着爱因斯坦。

But the student, suddenly all confused, didn't know what to ask. So Einstein suggested questions about math. "I discovered that nature was constructed in a wonderful way, and our task is to find our[its] mathematical structure," Einstein explained about his own education. "It is a kind of faith that helped me through my whole life."

The interview earned Henry Rosso an A.

但是这位学生，突然很困惑，他不知道该问些什么。于是爱因斯坦建议他提了一些关于数学方面的问题。“我发现自然是以一种美好的方式建造的，我们的任务是找到其中数学结构。”爱因斯坦解释着他的教学观念，“它是一种帮我度过一生的信念。”

这篇采访使 Henry Rosso 的成绩取得了 A。

