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[https://www.100test.com/kao\\_ti2020/152/2021\\_2022\\_\\_E5\\_A4\\_8D\\_E4\\_B9\\_A0\\_E6\\_8C\\_87\\_E5\\_c67\\_152983.htm](https://www.100test.com/kao_ti2020/152/2021_2022__E5_A4_8D_E4_B9_A0_E6_8C_87_E5_c67_152983.htm) Lesson thirteen How to grow old? 老年人应如何避免变老? Psychologically there are two dangers to be guarded against in old age. One of these is too great an absorption in the past. One should not live in memories, in regrets for the good old days, or in sadness about friend who are dead. One's thoughts must be directed to the future, and to things about which there is something to be done. This is not always easy; one's own past is a gradually increasing weight. It is easy to think to oneself that one's emotions used to be more vivid than they are, and one's mind more keen. If this is true it should be forgotten, and if it is forgotten it will probably not be true.从心理角度来说，老年时期要提防两种危险。一是沉湎于过去。人不应该生活在记忆之中，不要总为一去不复返的好时光而懊丧，不要总为故去的朋友而悲伤。人的思想应该转向未来，应该转向自己还能有所作为的那些事情上去。要做到这一点并非易事；自己的过去逐渐成了精神负担。人很容易自思自量，感到自己的感情不如以往强烈，思维不如以往敏锐。如果真是如此，就别去想它，假如你根本不去想它，也许这就不会成真。The other thing to be avoided is clinging to youth in the hope of finding strength in its vitality. When your children are grown up they want to live their own lives, and if you continue to be as interested in them as you were when they were young, you are likely to become a burden to them, unless they are unusually insensible. I do

not mean that one should be without interest in them , but one ' s interest should be contemplative and , if possible , philanthropic , but not too emotional.另一件要避免的事 , 就是依恋子女 , 希望从他们身上的活力中获取生命的力量。孩子们长大之后 , 想过自己的生活 , 如果你还是像他们小时候那样关注他们 , 你很可能成为他们的负担 , 除非他们十分麻木而感觉不到这一点。我不是说不应该关注他们 , 而是说对他们的关注应该是含蓄的 , 如果有可能还应是宽厚的 , 但感情上不要过于依赖他们。 Don ' t fear to death , the best way to overcome it 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 part of the universal life.不要害怕死亡 , 克服怕死心理的最好办法就是使你的兴趣更加广博 , 更加超脱具体的个人 , 直至包围自我的围墙一点点地消失 , 直至你的生命逐渐溶入整个宇宙之中 , 成为其一部分。 变老阶段的暗喻 An individual human existence should be like a river small at first , narrowly contained within its banks , and rushing passionately past rocks and over waterfalls. Gradually the river grows wider , the banks recede , the waters flow more quietly , and in the end , without any visible break , they become part of the sea , and painlessly lose their individual being. The man who , in old age , can see his life in this way , will not suffer from the fear of death , since the thing he cares for will continue一个人的生命历程应该是像江河一样开始是细小的 , 让两岸紧紧抱住 , 然后奔腾直泻 , 流过山岩 , 飞越瀑布 , 然后河面渐渐变宽 , 堤岸慢慢后退 , 水流趋缓 , 最后不留一丝痕迹地溶入大海 , 毫无痛苦的

失去了自身的存在。垂暮之年这样看待人生的人，是不会因接近死亡而恐惧和烦恼的，因为他喜爱的事业会继续下去。

作者一生三个牵挂

1. The longing for love. He has sought love , first , because it brings ecstasy , next , because it relieves loneliness. Finally , because in the union of love. He has seen , in a mystic miniature , the prefiguring vision of the heaven that saints and poets have imagined.对爱的渴望。他寻求过爱情，首先是因为它使人心醉神迷，其次因为它能使人摆脱孤独。最后，从融洽的爱中他看到了一种奇妙的微观形式，向他预示了圣人和诗人所想象的天堂
2. The search for knowledge. With equal passion he has sought knowledge.对知识的渴求。他以同样的热情寻求知识。
3. Unbearable pity for suffering of mankind. Love and knowledge , so far as they were possible , led upward toward the heavens. But always pity brought him back to earth. He longs for alleviate the evil , but he can not , and he too suffer.对人类苦难的深深同情。爱情和知识在其可能性的范围内把他带到了天堂。但怜悯心总是又把他带回人间。他渴望减少邪恶，但我无能为力，因而他也感到痛苦。

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