

小汤米和苹果

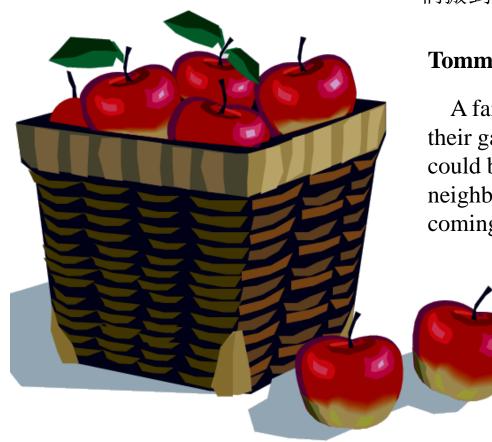
有一家人的花园尽头长了几棵苹果树。树上 结的果子多得一下子吃不完,即使送邻居仍有 剩余,因此需要储存一些供以后几个月食用。

小汤米终于长大到可以帮母亲储藏苹果了。 苹果已经摘下来,被小心地码在篮子里。若不 小心,让苹果受伤,会很容易坏。现在要把它 们搬到地窖的贮存架上。

Tommy and the Apples

A family had a few apple trees at the bottom of their garden. The trees yielded more fruit than could be eaten immediately or given to neighbors, so some needed to be stored for the coming months.

> Little Tommy was finally big enough to help his mother store the apples. They had been picked and piled up in a basket with care, as bruised apples will spoil. Now it was time to transfer them to storage racks in the cellar.



急于帮助的汤米,抱起一大抱发 亮的苹果,想把它们放到架子上。 令他惊慌的是,苹果一个接一个从 他怀里滑落下来,全都掉在了地板 上。

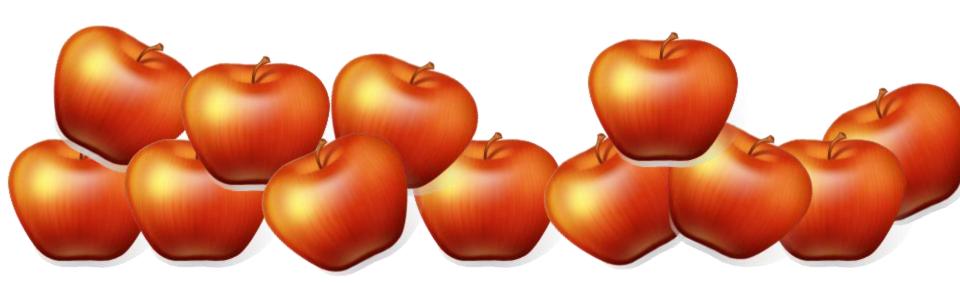
他的母亲并没有很不高兴。"来, 我教你怎么做。"她温和地说,同 时拿起一个苹果。"拿着这个,把 它放上去,然后,再来拿另一个。"

我们不能一下子承担未来的所有忧虑,但如果我们只在每个挑战出现时,才去面对它,我们可以做得到。

Tommy, eager to help, put his arms around a dozen shiny apples and tried to carry them over to the rack. To his dismay, one by one the apples dropped out of his arms until they were all on the floor.

His mother wasn't too worried. "Here, let me show you," she said gently as she put his hands around one apple. "Take this one and put it over there, and then come back and get another one."

We aren't equipped to carry all of our future cares at once, but we can if we face each challenge as it comes.





一堂别开生面的课

一位小学教师带她的学生到会议大厅, 去上一堂别开生面的课。站在会议大厅舞 台的台阶下,她问:"有谁擅长跳?" 不少小手举了起来。

"好,"她继续说,"你们中有谁可以 从地板这里跳到舞台上?" 这次没有人举手。

A Lesson with a Difference

A teacher took her primary school students to the assembly hall for a lesson with a difference. Standing at the foot of the steps leading up to the stage, she asked, "Is anybody good at jumping?"

Quite a few young hands shot up.

"Well," she continued, "could any of you jump from the floor here up onto the stage?" No hands went up this time.

"我可以,"教师说: "现在我就跳给你们看。"从台阶前的地板开始,她跳到第一个台阶上,然后再跳到第二个台阶上,这样一步一步地,她一直跳到了舞台上。

很多事情只能一点一点、一步一步地 去完成。当一件工作看来令人畏惧或前 面的路看来太陡时,就一次一个台阶地 去完成吧。

"I can," said the teacher, "and I'll show you how." Beginning at the foot of the steps leading up to the stage, she hopped onto the first step. From there she hopped onto the second, and so on until she reached the top.

Many things can only be accomplished little by little, step by step. When a task looks daunting or the way ahead too steep, just take it one step at a time.





新年像是摆在我们面前 未写过字的空白书页。 让我们每天写些在年底 回顾时会令我们高兴而 不是遗憾的事吧。

The New Year is set before us like an unwritten volume, all of its pages blank. Let us write upon each day's page things that at the end of the year we will look upon with rejoicing rather than regret.

生活就象一盒巧克力。每一块巧克力都是生活的一个部分。它们有的松脆,有的带有坚果,有的甜,有的韧,不过全都各有各的美味。少了哪一个,生活都不完满。

Life is like a box of chocolates. Each chocolate is like a portion of life. Some are crunchy, some are nutty, some are sweet, some are chewy, but all are delicious in their own way. Without each one, life would not be complete.

