

第二十四篇：Work and Pleasure 工作和娱乐

Work and Pleasure

To be really happy and really safe, one ought to have at least two or three hobbies, and they must all be real. It is no use starting late in life to say: "I will take an interest in this or that." Such an attempt only aggravates the strain of mental effort. A man may acquire great knowledge of topics unconnected with his daily work, and yet hardly get any benefit or relief. It is no use doing what you like; you have got to like what you do. Broadly speaking, human being may be divided into three classes: those who are toiled to death, those who are worried to death, and those who are bored to death. It is no use offering the manual laborer, tired out with a hard week's sweat and effort, the chance of playing a game of football or baseball on Saturday afternoon. It is no use inviting the politician or the professional or business man, who has been working or worrying about serious things for six days, to work or worry about trifling things at the weekend.

It may also be said that rational, industrious, useful human beings are divided into two classes: first, those whose work is work and whose pleasure is pleasure; and secondly, those whose work and pleasure are one. Of these the former are the majority. They have their compensations. The long hours in the office or the factory bring with them as their reward, not only the means of sustenance, but a keen appetite for pleasure even in its simplest and most modest forms. But Fortune's favored children belong to the second class. Their life is a natural harmony. For them the working hours are never long enough. Each day is a holiday, and ordinary holidays when they come are gruded as enforced interruptions in an absorbing vacation. Yet to both classes the need of an alternative outlook, of a change of atmosphere, of a diversion of effort, is essential. Indeed, it may well be that those whose work is their pleasure are those who most need the means of banishing it at intervals from their minds.

译文：

工作和娱乐

要想真正生活得幸福和平安，一个人至少应该有两三种业余爱好，而且必须是真正的爱好。到了晚年才开始说“我要培养这个或那个兴趣”是毫无用处的，种这种尝试只会增加精神上的负担。在与自己日常工作无关的领域中，一个人可以获得渊博的知识，但却很难有所收益或得到放松。做自己喜欢的事是无益的，你得喜欢自己所做的事。广言之，人可以分为三个类别：劳累而死的人，忧虑而死的人和无聊而死的人。对于那些体力劳动者来说，一周辛苦的工作使他们精疲力竭，因此在周六下午给他们提供踢足球或者打棒球的机会是没有意义的。对于政界人士，专业人士或者商人来说，他们已经为棘手的事务操劳或者烦恼了六天，因此在周末请他们为琐事劳神同样毫无意义。

或者可以这么说，理智的，勤奋的，有用的人可以分为两类：对第一类人而言，工作就是工作，娱乐就是娱乐；对于第二类人而言，工作和娱乐是合二为一的。很大一部分人属于前者。他们可以得到相应的补偿。在办公室或工厂里长时间的工作，不仅带给他们维持生计的金钱，还带给他们一种渴求娱乐的强烈欲望，哪怕这种娱乐消遣是最简单，最淳朴的方式进行的。而第二类人则是命运的宠儿。他们的生活自然而和谐。在他们看来，工作时间永远不够多，每天都是假期；而当正常的假日到来时，他们总会抱怨自己有趣的休假被强行中断。然而，有一些东西对于这两类人来说都十分必要，那就是变换一下视角，改变一下氛围，尝试做点不同的事情。事实上，那些把工作看作娱乐的人可能是需要以某种方式将工作不时地驱赶出自己的大脑。

学英语，练听力，上听力课堂！
