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匹兹堡大学出版社

章节标题：I

书名：自我发现的头脑
作者：CLIFFORD WHITTINGHAM BEERS
出版社：匹兹堡大学出版社
（1981）

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一个找到自我的心灵

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I

This story is derived from as human a document as ever existed; and, because of its uncommon nature, perhaps no one thing contributes so much to its value as its authenticity. It is an autobiography, and more: in part it is a biography; for, in telling the story of my life, I must relate the history of another self—a self which was dominant from my twenty-fourth to my twenty-sixth year. During that period I was unlike what I had been, or what I have been since. The biographical part of my autobiography might be called the history of a mental civil war, which I fought single-handed on a battlefield that lay within the compass of my skull. An Army of Unreason, composed of the cunning and treacherous thoughts of an unfair foe, attacked my bewildered consciousness with cruel persistency, and would have destroyed me, had not a triumphant Reason finally interposed a superior strategy that saved me from my unnatural self.

I am not telling the story of my life just to write a book. I tell it because it seems my plain duty to do so. A narrow escape from death and a seemingly miraculous return to health after an apparently fatal illness are enough to make a man ask himself: For what purpose was my life spared? That question I have asked myself, and this book is, in part, an answer.

I was born shortly after sunset about thirty years ago. My ancestors, natives of England, settled in this country not long

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这个故事源自于人类历史上最真实的一份文献；由于其罕见性质，可能没有任何一件事物像它的真实性那样对其价值贡献如此之大。这是一部自传，更是：在某种程度上，它是一部传记；因为，在讲述我的生活故事时，我必须讲述另一个自我的历史——一个从二十四岁到二十六岁期间占主导地位的自我。在那个时期，我与过去或现在的自己截然不同。我的自传中的传记部分可以被称为一场精神内战的史实，我独自一人在颅骨范围内的战场上进行了这场战斗。一支由狡猾和背叛的敌人思想组成的“不合理之军”以残酷的持续性攻击我的困惑意识，如果不是最终一位胜利的理性介入并采取了一种优越的策略，从而拯救了我这个不自然的自我，它本将毁灭我。

我讲述我的生活故事，并非只是为了写一本书。我讲述它，是因为我觉得这是我应尽的责任。从死亡边缘的逃脱和看似奇迹般地从看似致命的疾病中恢复健康，足以让人自问：我的生命为何被保留？这个问题我曾问过自己，这本书在某种程度上是对这个问题的回答。

我出生在三十多年前日落不久之后。我的祖先，英格兰本土

after the *Mayflower* first sailed into Plymouth Harbor. And the blood of these ancestors, by time and the happy union of a Northern man and a Southern woman—my parents—has perforce been blended into blood truly American.

The first years of my life were, in most ways, not unlike those of other American boys, except as a tendency to worry made them so. Though the fact is now difficult for me to believe, I was painfully shy. When first I put on short trousers, I felt that the eyes of the world were on me; and to escape them I hid behind convenient pieces of furniture while in the house and, so I am told, even sidled close to fences when I walked along the street. With my shyness there was a degree of self-consciousness which put me at a disadvantage in any family or social gathering. I talked little and was ill at ease when others spoke to me.

Like many other sensitive and somewhat introspective children, I passed through a brief period of morbid righteousness. In a game of "one-old-cat," the side on which I played was defeated. On a piece of scantling which lay in the lot where the contest took place, I scratched the score. Afterwards it occurred to me that my inscription was perhaps misleading and would make my side appear to be the winner. I went back and corrected the ambiguity. On finding in an old tool chest at home a coin or medal on which there appeared the text, "Put away the works of darkness and put on the armour of light," my sense of religious propriety was offended. It seemed a sacrilege to use in this way such a high sentiment, so I destroyed the coin.

I early took upon myself, mentally at least, many of the cares and worries of those about me. Whether in this I was different from other youngsters who develop a ludicrous, though pathetic, sense of responsibility for the universe, I do not know. But in my case the most extreme instance occurred during a business depression, when the family resources were endan-

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2 ~ 克利福德·惠廷厄姆·比尔斯
after the *Mayflower* first sailed into Plymouth Harbor. And the
在五月花号首次驶入普利茅斯港之后。这些祖先的血液，经过时间的流逝和一位北方男子与一位南方女子的愉快结合——我的父母——不可避免地融入了真正的美国血液。

, not unlike those of
我生命的前几年，在大多数方面，与其他美国男孩并无太大不同，只是因为爱担忧的性格而显得如此。虽然现在对我来说很难相信，我非常害羞。当我第一次穿上短裤时，我觉得全世界的目光都在我身上；为了避开这些目光，我在家里躲在方便的家具后面，据我所知，甚至在我沿着街道走的时候，也会悄悄地靠近栅栏。我的害羞伴随着一种程度上的自我意识，这使得我在任何家庭或社交聚会中都处于不利地位。我很少说话，当别人和我说话时，我会感到不舒服。

像许多其他敏感且有些内省的孩子一样，我经历了一段短暂的病态正义感时期。

f "one-old-cat," the side on which I played was de
在一局“一老猫”游戏中，我所在的队伍被击败了。在比赛发生的场地的一根短梁上，我划下了比分。之后我意识到我的标记可能具有误导性，会让我的队伍看起来像是赢家。我回去更正了这种歧义。在家中的旧工具箱里找到一枚硬币或奖牌，上面写着“摒弃黑暗之作，穿上光明之甲”，这亵渎了我的宗教情感。用这种方式使用如此高尚的情感似乎是一种亵渎，所以我毁掉了这枚硬币。

我早早地承担了许多关于我的烦恼和担忧，至少在心理上是这样。我不知道在这点上我是否与其他年轻人不同，他们虽然荒谬，但又有一种令人同情的对宇宙的责任感。但在我的情况下，最极端的例子发生在商业萧条时期，当时家庭资源处于危险之中。

gered. I began to fear that my father (than whom a more hopeful man never lived) might commit suicide.

After all, I am not sure that the other side of my nature—the natural, healthy, boyish side—did not develop equally with these timid and morbid tendencies, which are not so very uncommon in childhood. Certainly the natural, boyish side was more in evidence on the surface. I was as good a sport as any of my playfellows in such games as appealed to me, and I went a-fishing when the chance offered. None of my associates thought of me as being shy or morose. But this was because I masked my troubles, though quite unconsciously, under a camouflage of sarcasm and sallies of wit, or, at least what seemed to pass for wit among my immature acquaintances. With grown-ups, I was at times inclined to be pert, my degree of impudence depending no doubt upon how ill at ease I was and how perfectly at ease I wished to appear. Because of this constant need for appearing happier than I really was, I developed a knack for saying things in an amusing, sometimes an epigrammatic, way. I recall one remark made long before I could possibly have heard of Malthus or have understood his theory regarding birth rate and food supply. Ours being a large family of limited means and, among the five boys of the family, unlimited appetites, we often used the cheaper, though equally nutritious, cuts of meat. On one occasion when the steak was tougher than usual, I epitomized the Malthusian theory by remarking: "I believe in fewer children and better beefsteak!"

One more incident of my boyhood days may assist the reader to make my acquaintance. In my early teens I was, for one year, a member of a boy choir. Barring my voice, I was a good chorister, and, like all good choirboys, I was distinguished by that seraphic passiveness from which a reaction of some kind is to be expected immediately after a service or rehearsal. On one occasion this reaction in me manifested itself in a fist fight

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gered. I began to fear that my father (than whom a more

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of my nature—

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毕竟，我不确定我的天性——自然、健康、少年气的一面——是否与这些胆怯和病态的倾向一样得到发展，这些倾向在童年时期并不罕见。当然，自然、少年气的一面在表面上更为明显。我在那些吸引我的游戏中，和我的玩伴一样是个好运动者，有机会就去钓鱼。我的同伴们没有人认为我害羞或忧郁。但这是因为我无意识地用讽刺和机智的言辞来掩饰我的烦恼，或者至少在我那些不成熟的朋友看来是机智。面对成年人，我有时会显得有些冒失，我的无礼程度无疑取决于我有多不舒服以及我希望看起来有多自在。正因为这种不断需要表现得比实际更快乐的需求，我发展出了一种用有趣、有时是警句般的方式说话的技巧。我回忆起一句很久以前的话，那时我可能还没有听说过马尔萨斯，也没有理解过他对出生率和食物供应的理论。我们家庭条件有限，五个男孩的胃口却无限，我们经常使用价格较低但同样营养的肉类。有一次，牛排比平时更硬，我通过评论："我相信少生孩子，多吃牛肉！"来概括马尔萨斯理论。"

listinguished by

tha

童年时的一件事或许能帮助读者更好地了解我。在我青少年早期，我曾一年内是一名童声合唱团成员。除了我的嗓音，我是一名优秀的合唱队员，就像所有优秀的合唱团男孩一样，我以那种神圣的被动性而著称，在一场演出或排练之后，人们通常会立即期待某种反应。有一次，这种反应在我身上表现为一场拳击斗殴

with a fellow choir-boy. Though I cannot recall the time when I have not relished verbal encounters, physical encounters had never been to my taste, and I did not seek this fight. My assailant really goaded me into it. If the honors were not mine, at least I must have acquitted myself creditably, for an interested passer-by made a remark which I have never forgotten. "That boy is all right after he gets started," he said. About twelve years later I did get started, and could that passer-by have seen me on any one of several occasions, he would have had the satisfaction of knowing that his was a prophetic eye.

At the usual age, I entered a public grammar school in New Haven, Connecticut, where I graduated in 1891. In the fall of that year I entered the High School of the same city. My school courses were completed with as little trouble as scholastic distinction. I always managed to gain promotion, however, when it was due; and, though few of my teachers credited me with real ability, they were always able to detect a certain latent capacity, which they evidently believed would one day develop sufficiently to prevent me from disgracing them.

Upon entering the High School I had such ambitions as any schoolboy is apt to have. I wished to secure an election to a given secret society; that gained, I wished to become business manager of a monthly magazine published by that society. In these ambitions I succeeded. For one of my age I had more than an average love of business. Indeed, I deliberately set about learning to play the guitar well enough to become eligible for membership in the Banjo Club—and this for no more aesthetic purpose than to place myself in line for the position of manager, to which I was later elected.

In athletics there was but one game, tennis, in which I was actively interested. Its quick give-and-take suited my temperament, and so fond was I of it that during one summer I played not fewer than four thousand games. As I had an aptitude for

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with a fellow choir-boy. Though I cannot recall the time when

与一位合唱团男孩。虽然我无法回忆起我没有享受过言语交流的时间，但身体接触从未是我的喜好，我也不寻求这场战斗。我的攻击者真正地激怒了我。如果荣誉不是我的，至少我必须表现得体面，因为一位感兴趣的过路人说了一句我永远难忘的话。“那个男孩一旦开始，就没事了，”他说。大约 12 年后，我确实开始了，如果那位过路人能在任何几次场合看到我，他会满意地知道他的眼睛具有预言性。

在通常的年龄，我进入了康涅狄格州纽黑文的公立文法学校，1891 年毕业。那年秋天，我进入了同一城市的中学。我的学校课程以尽可能少的麻烦和学术成就完成。然而，每当该晋升时，我总能成功晋升；尽管我的老师中很少有人认为我有真正的能力，但他们总能察觉到一种潜在的才能，他们显然相信这种才能有一天会发展到足够的地步，防止我让他们丢脸。

the fall of

进入高中时，我有着任何学校男孩都可能有的抱负。我希望能够当选一个特定的秘密社团；当选之后，我希望成为该社团出版的一份月刊的商业经理。在这些抱负中，我取得了成功。对于我这个年龄的人来说，我对商业的热爱超过了平均水平。事实上，我特意开始学习弹吉他，足够好以至于有资格加入班卓琴俱乐部——这并非出于更多的审美目的，只是为了让自己有资格担任经理一职，后来我当选了这一职位。

become business

在田径运动中，我只对一项运动感兴趣，那就是网球。它的快速交替符合我的性格，我对它如此着迷，以至于在一个夏天我玩了不止四千场。由于我具有天赋，

tennis and devoted more time to it than did any of my schoolmates, it was not surprising that I acquired skill enough to win the school championship during my senior year. But that success was not due entirely to my superiority as a player. It was due in part to what I considered unfair treatment; and the fact well illustrates a certain trait of character which has often stood me in good stead. Among the spectators at the final match of the tournament were several girls. These schoolmates, who lived in my neighborhood, had mistaken for snobbishness a certain boyish diffidence for which few people gave me credit. When we passed each other, almost daily, this group of girls and I, our mutual sign of recognition was a look in an opposite direction. Now my opponent was well liked by these same girls and was entitled to their support. Accordingly they applauded his good plays, which was fair. They did not applaud my good plays, which was also fair. But what was not fair was that they should applaud my bad plays. Their doing so roiled my blood, and thanks to those who would have had me lose, I won.

In June, 1894, I received a high school diploma. Shortly afterwards I took my examination for Yale, and the following September entered the Sheffield Scientific School, in a non-technical course.

The last week of June, 1894, was an important one in my life. An event then occurred which undoubtedly changed my career completely. It was the direct cause of my mental collapse six years later, and of the distressing and, in some instances, strange and delightful experiences on which this book is based. The event was the illness of an older brother, who, late in June, 1894, was stricken with what was thought to be epilepsy. Few diseases can so disorganize a household and distress its members. My brother had enjoyed perfect health up to the time he was stricken; and, as there had never been a suggestion of epilepsy, or any like disease, in either branch of the family, the

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tennis and devoted more time to it than did any of my schoo-
网球，并且比我的任何同学都投入了更多的时间，因此我在高三时赢得校际冠军并不令人惊讶。但那次成功并非完全归功于我在球场上的优越性。部分原因是我认为不公平的待遇；这一点很好地说明了某种性格特征，这种特征经常让我受益。在锦标赛决赛的观众中，有几个女孩。这些住在附近的同班同学，将我那种几乎无人认可的少年羞涩误认为是势利。我们几乎每天都会相遇，我和这群女孩之间的相互识别只是一个相反方向的眼神。现在，我的对手受到这些女孩的喜爱，并有权得到她们的支持。因此，她们为他出色的表现鼓掌，这是公平的。她们没有为我出色的表现鼓掌，这也是公平的。但不公平的是，她们为我糟糕的表现鼓掌。她们这样做激怒了我，多亏了那些希望我失败的人，我赢了。

1894 年 6 月，我获得了高中文凭。不久之后，我参加了耶鲁大学的入学考试，并在当年的 9 月进入了谢菲尔德科学学校，攻读非技术课程。

1894 年 6 月的最后一周对我来说非常重要。那时发生了一件无疑彻底改变了我职业生涯的事情。这件事是我六年后精神崩溃的直接原因，也是本书所基于的令人痛苦、在某些情况下奇怪而愉快的经历。这件事是哥哥生病，1894 年 6 月底，他被认为患有癫痫。很少有疾病能如此扰乱家庭并使家庭成员痛苦。在我哥哥发病之前，他一直享有完美的健康，而且，在家族的任何一支中，都从未有人提到过癫痫或类似的疾病，因此

affliction came as a bolt from a clear sky. Everything possible was done to effect a cure, but without avail. On July 4th, 1900, he died, after a six years' illness, two years of which were spent at home, one year in a trip around the world in a sailing vessel, and most of the remainder on a farm near Hartford. The doctors finally decided that a tumor at the base of the brain had caused his malady and his death.

As I was in college when my brother was first stricken, I had more time at my disposal than the other members of the family, and for that reason spent much of it with him. Though his attacks during the first year occurred only at night, the fear that they might occur during the day, in public, affected my nerves from the beginning.

Now, if a brother who had enjoyed perfect health all his life could be stricken with epilepsy, what was to prevent my being similarly afflicted? This was the thought that soon got possession of my mind. The more I considered it, the more nervous I became; and the more nervous, the more convinced that my own breakdown was only a matter of time. Doomed to what I then considered a living death, I thought of epilepsy, I dreamed epilepsy, until thousands of times during the six years that this disquieting idea persisted, my overwrought imagination seemed to drag me to the very verge of an attack. Yet at no time during my life have these early fears been realized.

For the fourteen months succeeding the time my brother was first stricken, I was greatly harassed with fear; but not until later did my nerves really conquer me. I remember distinctly when the break came. It happened in November, 1895, during a recitation in German. That hour in the class room was one of the most disagreeable I ever experienced. It seemed as if my nerves had snapped, like so many minute bands of rubber stretched beyond their elastic limit. Had I had the courage to leave the room, I should have done so; but I sat as if paralyzed until the class was dismissed.

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6 Clifford Whittingham Beers

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affliction came as a bolt from a clear sky. Everything possible

afHiction 如晴天霹雳般降临。为了治疗，已经尽力而为，但无济于事。1900 年 7 月 4 日，他在经历了六年的疾病后去世，其中两年在家中度过，一年在帆船上环球旅行，剩余的大部分时间在哈特福德附近的一个农场。医生们最终决定，大脑底部的肿瘤导致了他的疾病和死亡。

other members of the family.

当我哥哥第一次发病时我还在上大学，我比家里的其他成员有更多的时间可以利用，因此大部分时间都和他在一起。尽管他第一年的发作只在夜间发生，但担心它们可能在白天、在公共场合发生，从一开始就影响了我。

现在，如果一个一生都享有完美健康的人突然患上癫痫，那我为什么会避免类似的命运呢？这就是很快占据我脑海中的想法。我越想这个问题，就越紧张；越紧张，就越确信我的崩溃只是时间问题。注定要经历我那时认为的活着的死亡，我想到了癫痫，我梦到了癫痫，直到在这六年里这个令人不安的想法持续存在期间，我过度紧张的想法似乎把我拖到了攻击的边缘。然而，在我的生活中，这些早期的恐惧从未成真。

在哥哥首次发病后的十四个月里，我深受恐惧的困扰；但直到后来，我的神经才真正屈服。我清楚地记得崩溃的时刻。那是在 1895 年 11 月，在一次德语朗诵课上。在那个教室里的那个小时是我经历过的最不愉快的一小时。我的神经似乎已经断裂，就像许多细小的橡皮筋被拉伸到弹性极限之外。如果我有勇气离开教室，我会这么做；但我像瘫痪了一样坐着，直到课程结束。

That term I did not again attend recitations. Continuing my studies at home, I passed satisfactory examinations, which enabled me to resume my place in the class room the following January. During the remainder of my college years I seldom entered a recitation room with any other feeling than that of dread, though the absolute assurance that I should not be called upon to recite did somewhat relieve my anxiety in some classes. The professors, whom I had told about my state of health and the cause of it, invariably treated me with consideration; but, though I believe they never doubted the genuineness of my excuse, it was no easy matter to keep them convinced for almost two-thirds of my college course. My inability to recite was not due usually to any lack of preparation. However well prepared I might be, the moment I was called upon, a mingling of a thousand disconcerting sensations, and the distinct thought that at last the dread attack was at hand, would suddenly intervene and deprive me of all but the power to say, "Not prepared." Weeks would pass without any other record being placed opposite my name than a zero, or a blank indicating that I had not been called upon at all. Occasionally, however, a professor, in justice to himself and to the other students, would insist that I recite, and at such times I managed to make enough of a recitation to hold my place in the class.

When I entered Yale, I had four definite ambitions: first, to secure an election to a coveted secret society; second, to become one of the editors of the *Yale Record,* an illustrated humorous bi-weekly; third (granting that I should succeed in this latter ambition), to convince my associates that I should have the position of business manager—an office which I sought, not for the honor, but because I believed it would enable me to earn an amount of money at least equal to the cost of tuition for my years at Yale; fourth (and this was my chief ambition), to win my diploma within the prescribed time. These four ambitions I fortunately achieved.

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That term I did not again attend recitations. Continuing my

那个术语我再也没有参加朗诵。继续在家学习，我通过了令人满意的考试，这使得我能够在下一个月恢复我在教室的位置。在大学剩余的时间里，我很少带着除了恐惧之外的其他感觉进入朗诵室，尽管我绝对确信我不会被要求朗诵，这多少减轻了我某些课程中的焦虑。那些知道我的健康状况及其原因的教授们始终以考虑周到的态度对待我；尽管我相信他们从未怀疑过我的借口的真实性，但保持他们几乎在大学课程的三分之二时间内相信我的借口并非易事。我无法朗诵通常不是因为准备不足。无论我准备得多好，一旦我被要求朗诵，就会突然出现成千上万令人不安的感觉，以及一个清晰的想法，即可怕的攻击终于要来了，这会突然使我失去除了说“没准备好”之外的所有能力。我的名字旁边会连续几周没有任何记录，除了零分，或者一个空白，表示我根本就没有被要求朗诵。然而，偶尔，为了对自己和对其他学生公平，一位教授会坚持让我背诵，在这种情况下，我设法背诵得足够好，以保持在班级中的位置。

succeed in

当我进入耶鲁时，我有四个明确的抱负：首先，争取进入一个备受推崇的秘密社团；其次，成为《耶鲁记录》的编辑之一，这是一份插图幽默的周刊；第三（假设我能在后者成功），说服我的同伴们我应该担任商业经理的职位——这个职位我追求的不是荣誉，而是因为我相信它能使我赚到的钱至少等于我在耶鲁几年的学费；第四（这是我的主要抱负），在规定的时间内获得我的文凭。

8 ‡ Clifford Whittingham Beers

A man's college days, collectively, are usually his happiest. Most of mine were not happy. Yet I look back upon them with great satisfaction, for I feel that I was fortunate enough to absorb some of that intangible, but very real, element known as the "Yale spirit." This has helped to keep Hope alive within me during my most discouraged moments, and has ever since made the accomplishment of my purpose seem easy and sure.

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8 † Clifford Whittingham Beers

8 :/:克利福德·惠廷厄姆·比尔斯

A man's college days, collectively, are usually his happiest.

M一个男人的大学生涯通常是他最快乐的时光。

大多数我不满意。然而，我回顾它们时感到非常满足，因为我感觉我有幸吸收了一些无形但非常真实的元素，即所谓的“耶鲁精神”。这帮助我在最泄气的时候让希望在我心中保持活力，并且从那时起，使我的目标的实现看起来既容易又确定。