

梁實秋譯 「莎士比亞文集」

肉欲的滿足乃是精力之可恥的浪費；
在未滿足之前，肉欲是狡詐而有禍害，
血腥的，而且充滿了罪，
粗野無禮，窮凶極惡，不可信賴，
剛剛一滿足，立即覺得可鄙；
獵取時如醉如狂；
一旦得到，竟又悔又恨，
像是有人故意，布下了釣餌被你吞掉：
追求時有如瘋癲，得到時也一樣；
已得，正在得，尚未得，都太極端；
享受時恍若天堂；事過後是懊喪；
這一切無人不知；但無人懂得徹底，
對這引人下地獄的天堂加以規避。

The expense of spirit in a waste of shame
Is lust in action; and till action, lust
Is perjured, murderous, bloody, full of blame,
Savage, extreme, rude, cruel, not to trust;
Enjoy'd no sooner but despis'd straight;
Past reason hunted; and no sooner had,
Past reason hated, as a swallowed bait,
On purpose laid to make the taker mad:
Mad in pursuit, and in possession so;
Had, having, and in quest to have, extreme;
A bliss in proof, and proved, a very woe;
Before, a joy proposed; behind, a dream.

All this the world well knows; yet none knows well
To shun the heaven that leads men to this hell.