



Number 5002

老師的話

Teacher's Words

海華文庫

中華民國僑務委員會印行



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國語日報編輯

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序 言

中華文化源遠流長，更蘊含豐沛人文思想與智慧結晶，傳統文化歷經歲月的薰陶、先賢智慧的累積，文化內涵更趨豐富多元，如何忠實記載博大精深的優良內涵，推展海外僑民教育，更攸關我優質文化扎根與傳承，深具意義且任重道遠。

本會致力於海外華僑文教業務之推展，編印系列華語文教材，旨在增進僑胞對於中華文化的認識，提高華裔子弟之華語文程度，並能從歷史精髓中汲取先人智慧，跨越時空的鴻溝，習得待人處世的哲學，使中華文化歷久彌新，展現動人的光采。

僑務委員會

Foreword

The Chinese have a long history and inherit abundant humanistic thoughts and wisdom. As time progresses, our culture is becoming ever richer and more diverse. Whether Chinese culture can take root and be passed down to future generations depends on whether we are faithfully writing down the vast and profound contents of the culture and promoting the education of overseas Chinese.

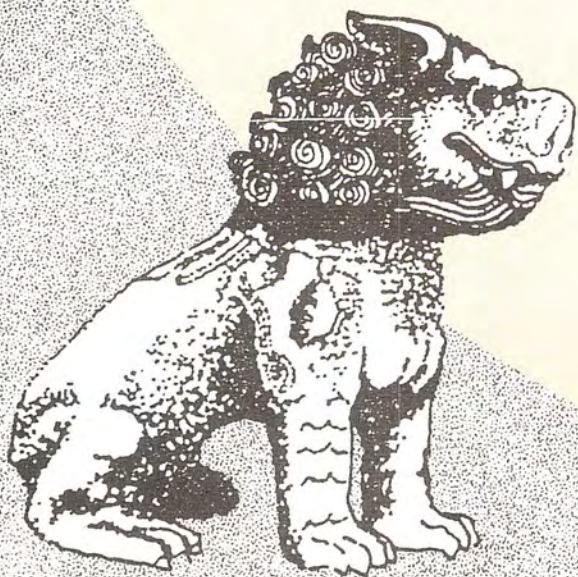
The OCAC has endeavored to sponsor cultural and educational activities in overseas Chinese communities. We have compiled a series of Chinese language textbooks and put them in print. These materials enable overseas Chinese to understand Chinese culture, raise their language abilities. Despite of changes in time, they can still gain ancestors' wisdom from history, and learn the Chinese philosophy of getting along with people.

OCAC ,Republic of China(Taiwan)

從「僑教」創刊以來，「老師的話」這短短幾十個字的專欄，就受到廣大讀者的喜愛。這是一篇篇生動而深入淺出的格言，有些話看來似乎平淡，却包含了大道理，令人省思，受用無窮。

世界上有各種不同勸人爲善向上的書，廣爲流傳，假如大家都能身體力行，必將創造一個美好的人生。「老師的話」告訴我們如何待人、如何做事、如何求學、如何修持品德。道理明白、文字通俗，對小朋友有益，對成人立身處世也會有很大的幫助。現在把它整理後印單行本，放在案頭，隨時翻閱，必能影響深遠，因爲它字字句句都是金玉良言。

編者 / 羊憶玫

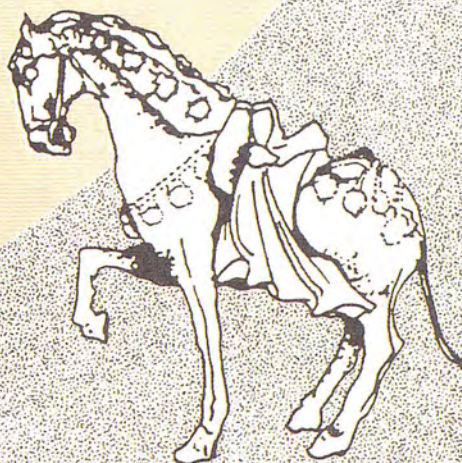


EDITOR'S PREFACE

Ever since "Chiau Jiau" first started publication, the short column "Teacher's Words", of little more than one-hundred words, has been widely praised by our readers. Each issue of "Teacher's words" explains a social maxim in vivid and simple language. Much of it seems very ordinary, and yet it contains great truths, which make us examine ourselves, and from which we can benefit for the rest of our lives.

In the world today, there are all kinds of books which urge people to do good and improve themselves. These books are handed down from generation to generation. If everyone could practice with earnestness the principles advocated in these books, we would certainly create a very beautiful world. "Teacher's Words" tells us how to treat other people, how to do our jobs, how to study, and how to cultivate our moral characters. The ideas are clear and simple, and the language is common. They are beneficial to children, and can also help adults to establish themselves in society. We have now collected "Teacher's Words" and published them in their own separate edition. Place a copy on your desk and read through it now and then. It will certainly have a great influence upon your life, as every word of "Teacher's Words" is invaluable advice.

Yang Yi-may



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難易

DIFFICULT AND EASY



有_レ很_レ多_レ事_ハ情_シ，人_ハ人_ハ知_レ道_ハ很_レ難_シ，一_レ碰_レ到_レ手_ヲ就_レ謹_シ謹_シ慎_シ慎_シ，勤_シ勤_シ懇_シ懇_シ，小_シ心_ヲ翼_ハ翼_ハ地_ニ去_シ做_ス，結_シ果_ヲ得_レ到_レ很_レ滿_シ意_ハ的_ニ成_シ功_ヲ，難_シ事_ハ竟_ニ然_ル變_シ成_シ容_シ易_ハ的_ニ了_シ。

有_レ很_レ多_レ事_ハ，看_シ起_シ來_シ很_レ容_シ易_ハ，以_レ為_シ隨_シ隨_シ便_シ便_シ就_レ可_シ以_レ應_シ付_ス，結_シ果_ヲ竟_ニ然_ル弄_シ糟_ヲ了_シ，連_シ做_ス的_ニ人_ハ自_ハ己_ヲ也_レ不_シ相_シ信_シ有_レ這_ニ樣_ハ的_ニ結_シ果_ヲ，容_シ易_ハ的_ニ事_ハ竟_ニ然_ル變_シ成_シ難_シ的_ニ了_シ。

所_レ以_レ事_ハ情_シ的_ニ難_シ與_シ不_シ難_シ，要_シ看_シ你_ハ怎_ニ樣_ハ去_シ做_ス，做_ス的_ニ時_ハ候_ハ的_ニ決_シ心_ヲ怎_ニ樣_ハ。

角 平 罕

很_シ難_シ very difficult

謹_シ慎_シ diligence

勤_シ懇_シ sincere

小_シ心_ヲ careful

翼_ハ翼_ハ cautious; careful

結_シ果_ヲ as a result; in this way

隨_シ便_シ casually; carelessly

弄_シ糟_ヲ to make a mess

相_シ信_シ to believe

決_シ心_ヲ determination

Everyone knows that many tasks are difficult. Once we start a task, if we approach it with diligence, sincerity and care, we can accomplish it successfully. In this way, a difficult task becomes easy.

Many tasks look easy, but when dealt with carelessly, they can end up in a mess. Even the person who did it can't believe that a dreadful result could have come about. Obviously, even easy tasks can become difficult.

Whether a task is difficult or not depends on how we are going about it and the attitude we hold toward it.





隨時準備

BE PREPARED ALL THE TIME



記得在我幼年時的₁時候₂，母親₃常對₄我們₅孩子₆們₇說₈：『有₉臨時₁₀的₁₁客人₁₂，沒₁₃有₁₄臨時₁₅的₁₆主人₁₇。』意₁₈思₁₉是₂₀要₂₁我₂₂們₂₃警₂₄惕₂₅，不₂₆可₂₇把₂₈屋₂₉子₃₀弄₃₁得₃₂雜₃₃亂₃₄不₃₅乾₃₆淨₃₇，免₃₈得₃₉臨時₄₀來₄₁了₄₂客₄₃人₄₄，沒₄₅面₄₆子₄₇。同₄₈時₄₉還₅₀要₅₁我₅₂們₅₃隨₅₄時₅₅服₅₆裝₅₇整₅₈潔₅₉，不₆₀要₆₁等₆₂有₆₃客₆₄人₆₅來₆₆了₆₇，才₆₈打₆₉扮₇₀自₇₁己₇₂、整₇₃理₇₄房₇₅子₇₆，顯₇₇得₇₈沒₇₉有₈₀禮₈₁貌₈₂。

直₁到₂我₃長₄大₅了₆，到₇社₈會₉上₁₀做₁₁事₁₂，母₁₃親₁₄的₁₅這₁₆個₁₇訓₁₈示₁₉，給₂₀我₂₁很₂₂大₂₃的₂₄幫₂₅助₂₆。許₂₇多₂₈事₂₉情₃₀，常₃₁是₃₂偶₃₃發₃₄的₃₅，但₃₆因₃₇為₃₈隨₃₉時₄₀有₄₁了₄₂準₄₃備₄₄，所₄₅以₄₆應₄₇付₄₈裕₄₉如₅₀，覺₅₁得₅₂輕₅₃鬆₅₄愉₅₅快₅₆。

角 平 采 翠

幼₁年₂的₃時₄候₅ youth; when young

臨₁時₂的₃客₄人₅ unexpected guests

主₁人₂ host

免₁得₂ to avoid

禮₁貌₂ politeness

長₁大₂ to grow up

訓₁示₂ lesson

偶₁發₂ to occur unexpectedly

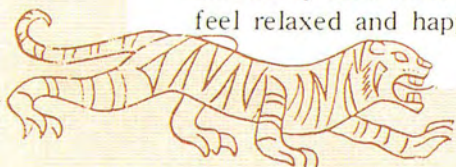
準₁備₂ to prepare

應₁付₂ to deal with

裕₁如₂ to take it easy, be unhurried

My mother used to say when we were young, that while there were unexpected guests, there were no unexpected hostesses. We should keep our house clean and tidy at all times so that we wouldn't be caught by unexpected guests. It was most impolite to tidy our rooms and clean ourselves in their presence.

Even now I remember that lesson. I have to be prepared all the time for unexpected demands, accidents and disappointments so that I can always feel relaxed and happy.





創造

CREATIVITY



開闊自己的途徑，尋找自己的出路，否則，永遠不會在世界上留下些痕跡。

有創造精神的人不怕沒有出路。

每個人都應當以自己的方式，來做他特殊的工_作，這樣工作纔有活力，並且可以積極推進。

社會上最有用的分子，就是有思想、能創造、有推陳出新_的方法和主張的人。

角译平翠

開闊 to broaden; open up

途徑 way; road

出路 an outlet

否則 otherwise

痕跡 a mark

活力 vitality

積極 active

推進 momentum

推陳出新 to find new ways of doing things from old ways

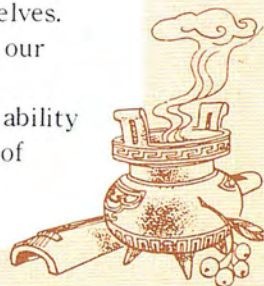
主張 to hold an opinion, view

Broaden your horizons and find a way to express yourself. Otherwise, you will never make a mark in the world.

Creative people have no fear of lacking a way to express themselves.

All of us should draw on our own creative styles in performing our respective tasks. This gives our work vitality and active momentum.

The most useful people in society are those who have ideas, an ability to create, a talent for rejuvenating out-dated practices, and opinions of their own.





注意力

CONCENTRATING YOUR ATTENTION



我們無論做甚麼事，都要集中力量。不然，工作的結果不會理想，甚至可能出差錯，發生危險。

例如在馬路上開車時，如果集中注意力於前面的道路，就可避免在剎車那之間發生悲慘的車禍。

我們要時時刻刻保持自己的目光，注視我們的目標；不要讓那些沒有價值的的事物，分散了我們的注意力。

上課專心聽講，是訓練我們集中注意力的最好方法。

凡事能集中注意力去做，是成功最好的方式。

角字彙

無論 no matter what

集中 to concentrate

甚至 to the point of; even

差錯 error; mistake

注意 attention

悲慘 tragic

車禍 car accident

目標 goal

價值 value

分散 to disperse; distract

No matter what you do, it's important to concentrate your attention. If you don't, the results of your work won't measure up and you may even make mistakes or do something dangerous.

For example, when you're driving a car, you could cause a tragic accident within the span of a few seconds if you don't have your attention focused on the road ahead of you.

You should always observe carefully and focus your attention on your goals. Don't let unimportant things distract you.

In class, it's important to listen attentively. This is an excellent way to develop your ability to concentrate.

Developing the ability to do things with concentration is the best strategy for success.





有頭有尾

A BEGINNING AND AN END



每件事情，到最后完成时的阶段，常常是最艰苦的。

我們開始做一件事時，總是非常熱心，覺得新鮮有吸引力，而且精力充沛。但是過不了不久，往往興趣沒有了，以致半途而廢。

所以在做一件事的開始，我們要堅強信心，立定志願，並且要保持久力，始終如一，忍耐到底，非做到完成不可。

沒有完成的工程，比完全不做它更浪費物質、時間和精力。所以只要要有開頭，就必須有結尾。

角 半 翠

階段 stage

熱心 passionate; excited

新鮮 novel; new

吸引力 attraction

充沛 overflowing

廢 to give up

立定 to fix; to set

毅力 perseverance

忍耐 patience

非...不可 must; by all means

物質 materials

The final stage of a task is often the most difficult. When we begin a job, we usually feel excited and its novelty attracts our interest. We start off full of energy, but it often happens that before long our initial wave of enthusiasm dissipates and we give up halfway down the road.

In light of this, as we begin a task, we need to firmly commit ourselves and fix our resolve. In addition, it is necessary to maintain perseverance and put as much energy into the end of the project as the beginning. Our patience needs to last to the final point, and we must sustain our efforts until everything is complete.

A job half-done is worse than never starting it in the first place because we waste materials, time and energy. Therefore, when we start something, we can demand nothing less of ourselves than to bring it to a successful conclusion.





自動與被動

TAKING THE INITIATIVE VERSUS PASSIVITY



一個^個人^人若^若是^是不^不能^能自^自動^動自^自發^發地^地去^去讀^讀書^書或^或工^工作^作，要^要靠^靠別^別人^人督^督促^促，不^不但^但得^得不^不到^到好^好的^的效^效果^果，而^而且^且雙^雙方^方都^都會^會不^不愉^愉快^快。

一個^個人^人感^感覺^覺到^到讀^讀書^書的^的重^重要^要，工^工作^作的^的需^需要^要，自^自然^然就^就會^會用^用心^心地^地讀^讀書^書，努^努力^力地^地工^工作^作；而^而且^且讀^讀得^得認^認真^真，作^作得^得完^完善^善。

假^假使^使是^是被^被動^動的^的，不^不是^是出^出於^於自^自動^動，那^那麼^麼，偷^偷懶^懶、數^數行^行了^了事^事，種^種種^種壞^壞習^習性^性都^都會^會表^表現^現出^出來^來。而^而且^且好^好像^像老^老牛^牛拖^拖車^車似^似的^的，主^主人^人打^打一^一下^下，纔^纔向^向前^前走^走一^一步^步。不^不但^但教^教人^人看^看了^了難^難過^過，同^同時^時也^也浪^浪費^費自^自己^己的^的時^時間^間，得^得不^不到^到收^收穫^穫。

所^所以^以，不^不論^論做^做甚^甚麼^麼事^事情^情，最^最好^好能^能自^自動^動自^自發^發地^地去^去完^完成^成。

角 斧 采 翠

自^自動^動自^自發^發 self-motivated manner
靠^靠 to depend on, rely on
督^督促^促 direction and encouragement
雙^雙方^方 both sides
用^用心^心 to pay attention
認^認真^真 serious, earnest

被^被動^動 passive
偷^偷懶^懶 lazy
數^數行^行 to procrastinate
拖^拖 to pull
收^收穫^穫 harvest, fruitful result

When a person is unable to motivate himself to learn new things and complete projects, relying on others for direction and encouragement, he will not only fail to obtain positive results, but both sides will be unhappy.

When a person understands the importance of studying and the necessity of hard work, he will naturally concentrate on his studies and work diligently. Moreover, he will study his subject thoroughly and complete his projects to the best of his ability.

When a person is passive and fails to take the initiative, his lazy attitude, procrastination and various other negative habits will eventually show up. Like an old ox pulling a cart, he will only move when his master strikes him. He not only inspires the pity of others, but wastes his own time as well. In the end, he fails to achieve anything worthwhile.

No matter what you do, it's best to take the initiative and bring whatever you undertake to a successful conclusion.





有計畫

HAVING A PLAN



做事一定_レ要有計畫。按照計畫做事，可以_レ把毫無_レ頭緒的事，做得井井有條；不按_レ照計畫做事，可能_レ把井井有條的事，做得毫無_レ頭緒。

最明顯的例子_レ是搬家公司。

一般人搬家的時候，雖然曾經_レ過整理，仍然_レ是大大小小_レ的東西佔_レ很多_レ地方，別_レ人看_レ起來一大卡車也_レ許裝不完；可是_レ經過_レ搬家公司的_レ人一整理，儘量_レ利用_レ空間，大而_レ扁的立_レ起來，小東西_レ放在_レ桌子下面，一部_レ小卡車就_レ夠了，一點兒也_レ不_レ浪費。

做生意_レ是這樣，讀書_レ又何_レ嘗_レ不_レ是_レ？

角译 半翠

計畫 to plan; a plan

按照 according to

毫無_レ頭緒 disorganized

井井有條 neat and orderly

搬家公司 a moving company

整理 to organize

卡車 a truck

儘量 to do one's best

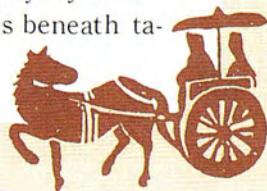
扁的 flat

何_レ嘗_レ how (could it be an exception)?

When we do something, we should have a plan. By doing things according to a plan, we can make a disorganized problem orderly and systematic. If we don't follow a plan, we might make a neat, orderly job into a disorganized mess.

A very clear example is a moving company. When someone moves, even though things have been organized, there are still all kinds of things scattered here and there. To most people, a large truck looks like it probably won't be big enough to hold everything, but once experienced movers have organized things and used all the available space effectively by standing the large, flat objects on end and putting the small things beneath tables, a small truck will do the job and nothing is wasted.

Doing business is like this too. Is studying any different?





親自去做

DOING THINGS ON YOUR OWN



一個少年，他看見一隻蠶蛾，正在掙扎着要破繭而出。他怕那隻蛾掙扎得太痛苦了，於是拿了一把小剪刀，幫蠶蛾把繭剪開。

飛蛾出來了，可是翅膀軟軟的，全身顯得衰弱。不久，蛾就死了。

少年這纔恍然大悟，知道蠶蛾必須掙扎受苦，然後纔能獲得生活的力量。

從這一天以後，任何事，不管多麼艱難困苦，少年都親自去做，為的是要獲得生活的力量。

角译采翠

蠶蛾 a silkworm moth

掙扎 to struggle

繭 cocoon

剪刀 scissors

翅膀 wings

軟 soft; feeble

衰弱 weak

恍然大悟 to come to a realization suddenly

獲得 to gain, obtain

親自 personally; on one's own

A youngster watched as a moth struggled to emerge from its cocoon. He was concerned that the moth's struggle would be too difficult, so he took a pair of scissors and cut the cocoon open.

The moth got out of the cocoon, but its wings drooped and its body looked weak. Before long, it died.

The boy then realized that the moth needed to struggle to gain the strength to live.

From that day forth, the boy did everything on his own, no matter how difficult it was. He knew that this was the source of the strength to live.





學習愛好工作

LEARN TO ENJOY YOUR WORK



一個_レ人_レ如_レ果_レ需_レ要_レ工_レ作_レ，而_レ又_レ不_レ喜_レ歡_レ這_レ個_レ工_レ作_レ，那_レ遲_レ早_レ是_レ會_レ患_レ情_レ緒_レ引_レ起_レ的_レ疾_レ病_レ的_レ。生_レ活_レ上_レ的_レ一_レ種_レ享_レ受_レ，就_レ是_レ從_レ工_レ作_レ中_レ獲_レ得_レ快_レ樂_レ。一_レ個_レ人_レ有_レ足_レ夠_レ的_レ工_レ作_レ來_レ佔_レ據_レ他_レ的_レ時_レ間_レ，他_レ就_レ不_レ會_レ有_レ時_レ間_レ來_レ思_レ想_レ無_レ謂_レ的_レ事_レ情_レ。工_レ作_レ乃_レ是_レ一_レ種_レ良_レ藥_レ，愛_レ好_レ工_レ作_レ就_レ是_レ防_レ止_レ情_レ緒_レ引_レ致_レ疾_レ病_レ的_レ最_レ好_レ的_レ辦_レ法_レ。

快_レ樂_レ情_レ緒_レ的_レ價_レ值_レ是_レ很_レ大_レ的_レ，可_レ以_レ排_レ除_レ那_レ些_レ有_レ不_レ良_レ影_レ響_レ的_レ不_レ愉_レ快_レ情_レ緒_レ，而_レ發_レ出_レ自_レ身_レ的_レ良_レ好_レ作_レ用_レ，使_レ一_レ生_レ享_レ用_レ不_レ盡_レ。

角_レ平_レ平_レ畢

需_レ要_レ must; to have to
遲_レ早_レ sooner or later
情_レ緒_レ emotion
疾_レ病_レ sickness
享_レ受_レ enjoyment

佔_レ據_レ to occupy
良_レ藥_レ medicine
防_レ止_レ to prevent
價_レ值_レ value; worth
排_レ除_レ to eliminate, get rid of

If we have to work and don't enjoy doing it, sooner or later the distress will cause emotional trouble. The greatest enjoyment in life is to find pleasure in the things one has to do. When we are happily occupied by a demanding job, we will have no time to think about minor irritations. Work is a medicine for the prevention of emotional disturbances.

A happy state of mind is invaluable. It creates a pleasant mood that eliminates tension and enables us to live a full life.





累積

ACCUMULATION



古人說：『千里始足下，高山起微塵。』意思是說，千里路遠，起步於腳下；萬仞高山，是由微塵堆積而成的。

我們做事也是一樣，必須一步一步去進行，然後纔能完成大事。

不論任何事，如果不動手去做，一定不會成功。只有動手去做，即使每天做的不多，只要繼續做下去，終會有做完的時候。

「小莫小於水滴，漸成海汪洋；微莫微於沙粒，漸成地大方。」可見累積的成果多麼大。

角耳半翠

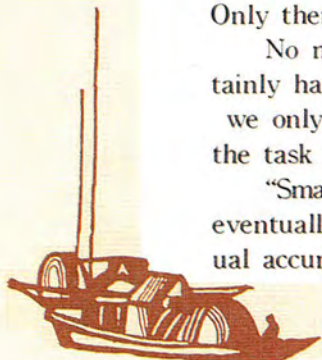
足	foot	即使	even if
塵	dust	終	in the end
仞	a measure of length (approximately a foot)	水滴	drops of water
積	to accumulate	沙粒	grains of sand
動手	to act	累積	gradual accumulation

Ancient people said, "The journey of a thousand li starts with a step. A high mountain begins with a bit of dust." This means that a journey of a thousand li must begin with a single step, and a mountain that reaches to a height of 10,000 'ren' is created from layer after layer of dust.

It is the same when we do things. We must proceed step by step. Only then can we bring a great task to completion.

No matter what, if we don't take action and get to work, we will certainly have no chance of success. All we need to do is take action. Even if we only do a little every day, by continuing to work we will complete the task in the end.

"Small drops of water gradually become an ocean. Tiny grains of sand eventually become a vast land." We can see that the final product of gradual accumulation is impressively large.





重新做起

STARTING ANEW



過去的事，總有不如意的地方，那就讓它過去吧！
我們心中常常存盼望，用喜悅的心重新做起。
每一天、每一星期、每一月、每一年，都是一個新的開始、新的一頁。

每個人都曾經主觀的想過：「我」是最苦的，
為什麼這些不好的事都臨到我身上？

若是我們客觀的觀察，會發現人人都苦處，
自己還算幸福其中幸運的呢！

雨過天晴，彩虹出來了；痛苦過去，生活是美麗光明的。

角半翠

如意 pleasant

盼望 to hope

心情 mood; attitude

主觀 subjective; self-centered

臨到 to come near

客觀 objective

觀察 to investigate; to look into

發現 to discover

幸運 lucky

彩虹 rainbow

There are always some unpleasant things in our pasts. So, let them go!
By keeping hope in our hearts, we can start anew with a positive attitude.

Every day, every week, every month and every year has a new beginning, a new page.

Everyone has had the self-centered experience of thinking, "I'm worse off than anyone else. Why do these terrible things all happen to me?"

If we are able to look at things objectively, we will discover that everyone has troubles and we are lucky in comparison.

When the rain stops, the sky clears and a rainbow appears. Our troubles pass and life is beautiful and bright again.





克服

OVERCOMING



有些人怕蛇、怕老鼠，甚至怕毛毛蟲。而且的確是從心理害怕，並非裝模作樣。但有些人的過份恐懼，而造成不便。

這種心理上的恐懼怕，是可以克服的。克服的方法，就是要有信心，安慰自己，不要害怕。

最好的方法，就是面對這些自己感到害怕的醜陋的動物，事實上，這些不可愛的動物很少會主動攻擊，甚至對你造成傷害。想清楚，也就沒甚麼好怕的了。

無論怕甚麼，不但不要躲避它，反而要面對它，這樣就可克服它了。

角字彙

克服 to overcome

毛蟲 caterpillar

過份 excessive

造成 to create

自信 self-confidence

安慰 to comfort

面對 to face

醜陋 ugly; unattractive

攻擊 to attack

躲避 to evade; to run away from

Some people fear snakes, some fear mice and some even fear caterpillars. These fears all actually originate in their minds. They aren't unreal, but some people are excessively terrified and this creates problems.

This type of fear can be overcome. The way to overcome these fears is develop self-confidence, calm down and don't let fear overtake you.

The best method is to face the things one fears. In reality, very few of the unattractive creatures people fear have any wish to attack, much less to harm. If you think it through clearly, there's nothing to be afraid of.

No matter what, don't evade your fears. Instead, face them. That's how you can overcome them.





了解

UNDERSTANDING



無論多麼聰明的人，如果對一件事情不了解，就很難把這一件事情辦好。

學科學的人，覺得文學深奧，很難了解；但是學文學的人，何嘗不對於科學感覺無從下手？其實學科學、學文學的人，當初都是一步一步向前進，充分了解、學習，等到了解以後，也就沒有甚麼困難了。

我們無論學甚麼，都要用心去了解了，不斷地學習。從學習中再求了解，了解得愈清楚，也就愈喜歡學習了。

角 平 罕

多麼 how much

科學 science

覺得 to feel; to think

深奧 deep; profound; abstruse;

何嘗 how (could it be an exception)?

無從 lacking a place to lay a hand
or begin

一步一步 step by step

充分 fully; sufficient; enough

學習 to study

用心 to be attentive

No matter how smart a person may be, if he confronts something he doesn't understand, he will have great difficulty handling it.

Science students think literature is very abstruse and difficult to understand. On the other hand, how can students of literature fail to feel that they are at a loss as to where to begin when faced with science? Actually, when students of both literature and science start out, they proceed step by step, seeking to fully understand, and keep studying until they do understand. That's really not difficult.

No matter what we study, we should make a determined effort to understand and keep on studying. While we are studying, we should also try to understand. As our comprehension becomes clearer, we will enjoy studying all the more.





愛心的喜樂

THE JOY OF LOVING



愛心好像一把魔術的鑰匙，可以打開各處的门。

過着愛心生活的人，不論對人類、動物或植物，都具有愛心。他們看見人，願意人們過得好；看見動物，願意他們生活得好；看見植物，也願意他們長得美麗。他們經歷極大的快樂，也有了豐富的生生活。

過着愛心生活的人，不論天、地、人、禽獸、花草，都向他們微笑，而他們也向這些東西微笑。

角耳平翠

魔術 magic
鑰匙 key
人類 people; humanity
植物 plants
願意 willing; wishing
長得 to grow to become

經歷 to pass (time)
enjoy; experience
豐富 rich
禽獸 wild animals
微笑 smile

Love is like a magic key that can open every door. Loving people treat other people, animals and plants with affection.

They enjoy a happy, rich life. Loving people are smiled on by heaven, earth, people, animals and plants. They also smile upon each and every one of these things.





培養友誼

CULTIVATE YOUR FRIENDSHIPS



少年₁人₂都₃是₄喜₅歡₆有₇同₈伴₉的₁₀，他₁₁們₁₂極₁₃想₁₄得₁₅到₁₆別₁₇人₁₈的₁₉愛₂₀護₂₁和₂₂了₂₃解₂₄，他₂₅們₂₆常₂₇以₂₈為₂₉凡₃₀是₃₁自₃₂己₃₃所₃₄喜₃₅好₃₆的₃₇，朋₃₈友₃₉一₄₀定₄₁也₄₂喜₄₃好₄₄；所₄₅以₄₆在₄₇他₄₈們₄₉的₅₀心₅₁中₅₂，無₅₃論₅₄有₅₅甚₅₆麼₅₇快₅₈樂₅₉或₆₀苦₆₁惱₆₂，都₆₃要₆₄去₆₅找₆₆知₆₇己₆₈的₆₉朋₇₀友₇₁訴₇₂說₇₃。

所₇₄以₇₅我₇₆們₇₇不₇₈應₇₉該₈₀用₈₁冷₈₂淡₈₃的₈₄態₈₅度₈₆來₈₇傷₈₈朋₈₉友₉₀的₉₁心₉₂，要₉₃知₉₄道₉₅有₉₆時₉₇候₉₈在₉₉我₁₀₀們₁₀₁看₁₀₂來₁₀₃，雖₁₀₄然₁₀₅像₁₀₆是₁₀₇毫₁₀₈無₁₀₉意₁₁₀義₁₁₁的₁₁₂事₁₁₃，在₁₁₄對₁₁₅方₁₁₆看₁₁₇來₁₁₈，也₁₁₉許₁₂₀是₁₂₁極₁₂₂其₁₂₃重₁₂₄要₁₂₅的₁₂₆。對₁₂₇朋₁₂₈友₁₂₉的₁₃₀態₁₃₁度₁₃₂出₁₃₃自₁₃₄熱₁₃₅誠₁₃₆和₁₃₇了₁₃₈解₁₃₉，纔₁₄₀能₁₄₁培₁₄₂養₁₄₃深₁₄₄厚₁₄₅的₁₄₆友₁₄₇誼₁₄₈。

角 平 單

培₁養₂ to cultivate, nurture
同₃伴₄ companion
愛₅護₆ love and care
苦₇惱₈ sorrow
訴₉說₁₀ to confide in

冷₁₁淡₁₂ coldness
態₁₃度₁₄ attitude; manner
傷₁₅ to hurt
毫₁₆無₁₇意₁₈義₁₉ meaningless; unimportant
熱₂₀誠₂₁ warm and sincere

All young people enjoy having companions with whom they can share love and understanding. They want to share their likes and dislikes with their friends, so they confide in their close friends their personal joys and sorrows.

We should not treat such confidence with coldness and thereby hurt their feelings. Sometimes we don't feel the burden of their troubles and treat them lightly, but such problems may weigh very heavily on their young shoulders. Only if we try to be sincere and considerate can we cultivate deep and real friendships.





做人的道理

THE RULES OF LIFE



記得當我六、七歲的時候，父母就教我：對於昆蟲、草木，不可任意傷害；對尊長、親友，務必恭敬。後來漸漸長大，父母又教我答應人的話或事，要切實做到，絕不可以失信；每當我有不對的地方，就嚴厲地責備我，卻又允許我哭。

當時我埋怨父母對我太囉嗦、太嚴厲了。但是現在想起來，父母教我愛護生物，是基於做人的仁性；尊敬親長，是出於禮貌；對人言不爽約，是要信實；罵我而不允許哭，是教我忍耐。這些不都是做人的道理嗎？

角耳釋

務必	must; be sure to	囉嗦	long-winded; wordy
恭敬	respectful	仁性	kindness
失信	to break one's promise; go back on one's word	爽約	to fail to keep an appointment; break an appointment
嚴厲	stern; severe	信實	trustworthy; honest, reliable

When I was six or seven years old, my parents taught me not to willfully hurt plants and insects and to respect my elders, relatives and friends. As I grew older they taught me to live up to all my promises. When I was wrong, I was severely reprimanded, and forbidden to cry.

I hated my parents, then, for being too demanding and so very strict. Now when I think back, I realize that their teaching me to love living things helped me to be kind; respect for my elders made me humble; keeping my promises trained me to be honest; and forbidding me to cry cultivated my tolerance. Aren't these all rules for life?





愛護

LOVE AND PROTECTION



牧羊人用他那長的竿子，攏着羊羣到青草地上吃草，到水邊喝水。

偶爾有幾隻小羊不聽話，牧羊人就竿子輕輕地地點在牠們身上；再不聽話了，就竿子重一點打一下。假使有羊跑遠了，他就用小石子扔過去，打在羊的身上，要牠回來。

竿子、石子打在羊的身上，當然會疼的，但是卻包含着很多愛護的心意。

父母、師長對於孩子們的管教，何嘗不是這樣呢？

角 斗 羣

牧羊人 shepherd

竿子 rod; pole

攏 to gather

偶爾 sometime; occasionally

小羊 a lamb

點 to touch lightly

抽打 to hit with force

扔 to toss, throw

包含 to hold, harbor

管教 to direct and teach; to discipline and educate

A shepherd leads his sheep to water and green pastures with his rod. If a few lambs go astray, he will nudge them with his rod. If they still do not come back to the fold, he will use more force. When they go too far away, he will throw a stone at them to force them back.

The rod and the stone represent painful discipline, but they really mean love and protection.

Isn't this the same kind of discipline given us by parents and teachers?





默默的爱

SILENT LOVE



過去，我常常常感覺，母親最愛小妹妹，總是對她噓寒問暖。其次就是愛大姊了，有時用手摸一摸大姊的頭，又忙別的事去了。母親大概最不喜歡我了，對我總是不聞不問。

後來，長大些了，我纔明白，原來小妹妹多病，母親不能不關照她的寒暖。大姊有點嬌氣，母親在百忙之中，也不能不對她加以愛撫。

在母親的心目中，最健全的是我，所以很放心地不對我做任何表示。但是母親何嘗不是一樣的在默默地愛我呀！

角字彙

默默 silent

過去 in the past

總是 always

噓寒問暖 to show concern for
another's comfort

其次 next (in a series)

不聞不問 to care nothing about; to

fail to maintain communi-
cation with

關照 to take care of

嬌氣 delicate

愛撫 to love and comfort

健全 healthy

放心 at ease; relaxed

When I was young, I felt that my mother loved my little sister most and was always worrying about her. My older sister was her second favorite. My mother would sometimes pat my older sister's head, and then she would busily hurry off to something else. Mother's least favorite seemed to be me. She never asked me how I was doing.

Later, when I grew older, I realized that my mother had to care for my little sister more because she was in poor health and was often sick. My older sister was somewhat delicate and also needed more attention.

In my mother's mind, I was the healthiest and had fewer needs. She did not worry about me and treated me as a normal child. But she silently loved me just the same.





苦與樂

THE HARD TIMES AND THE GOOD TIMES



快樂和痛苦似乎是分不開的。固然不能說，快樂之後就一定痛苦，但是至少在快樂的時候，不可以過於放縱，以免滲入了苦汁。例如，吃所愛吃的東西，感覺到滿足，但是吃得過量，使胃承受不了，那就乏味而且痛苦了。

生活上的痛苦，絕對不會是永遠的。在痛苦中努力掙扎，就是得勝的前奏；戰勝了痛苦，接著來的就是快樂。

角 牛 牛 翠

分不開 inseparable

固然 certainly

放縱 to indulge oneself

滲入 to sink into

苦汁 bitterness

過量 to exceed the limit

乏味 to lose one's appetite

絕對 definitely

前奏 prelude

戰勝 to win a battle

Joy and suffering seem to be inseparable. Certainly it can't be claimed that suffering is sure to follow happiness, but during the good times we should avoid indulging to excess or we may slip into apathy. For example, when we feel sated with the foods we enjoy but continue eating, we overtax our digestive systems, lose our appetites and feel uncomfortable.

Life's difficulties don't last forever. In the midst of hard times, we must dedicate ourselves to the struggle. This is the prelude to success. Once the hard times have been overcome, the good times are just around the corner.



助人為快樂之本

HELPING OTHERS IS THE BASIS OF HAPPINESS

有_一個_老先_生住_在一_所簡_陋的_房子_裏，過_着很_簡單_的生_活。但_是，他_常常_花幾_百塊_錢買_衣服_、鞋_襪、玩_具和_食物_，然_後把_這些_東西_送到_孤兒_院去_，分_送給_貧窮_孤苦_的孩_子們_。

他_雖然_不是_一個_富有_的人_，可_是他_不為_自己_着想_，他_只想_到其_他比_自己_更窮_苦的_人。西_諺說_：

「拋_擲泥_土的_人，手_上難_免不_沾到_泥土_。」同_樣地_，我_們給_予他_人快_樂的_時候_，自_己也_會得_到一_些快_樂。

角斧 斧

簡_陋 humble; lowly
花_費 to spend
鞋_襪 shoes & socks
孤_兒院 _{orphanage}
着_想 for the sake of

西_諺 a western proverb
拋_擲 to throw
泥_土 mud
難_免 difficult to avoid
沾_污 to stain; to dirty

An old man lived a very simple life in a humble house. Every year, however, he spent several hundred dollars on clothing, shoes, toys and food. He distributed these items to the needy children in an orphanage.

Even though he wasn't a rich man, he didn't think of himself. He thought only of those worse off than himself.

A western proverb says, "People who throw mud can't help but muddy their own hands." Similarly, when we give others happiness, we also receive some of that happiness.



喜樂

BEING HAPPY

我們都喜歡晴天，而厭惡陰雨。在陽光明媚的日子，我們的心境上，會感覺到歡暢愉快，反之，換了個陰雨連綿的天氣，就立刻感覺苦惱。

人情也是如此。我們跟別人相處的時候，愁眉苦臉，咳嗽聲嘆氣地對著別人，試問別人會願意跟我們在一起嗎？

所以我們跟別人相處的時候，要盡量輕鬆、愉快，不但使別人喜樂，同時時也要使自己喜樂。

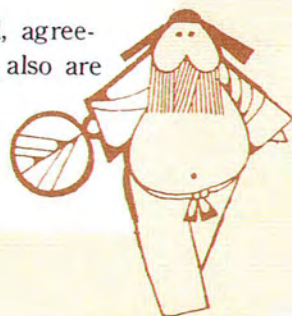
角 半 罕

厭惡	to dislike
明媚	bright and fair
反之	on the other hand
連綿	continuous
人情	human emotions
相處	to live together; to spend time together

愁眉苦臉	a sad look; a distressed expression
咳嗽	an expression of regret
嘆氣	to sigh
輕鬆	relaxed

We all enjoy bright, sunny days and dislike dark, rainy ones. On a sunny day, we feel happy, but when the weather turns rainy, we immediately feel miserable. Human emotions are the same. Will other people enjoy our presence if we wear a sad and gloomy look, and sigh heavily?

So, when with others, we should try our hardest to be relaxed, agreeable and pleasant, so that we not only give pleasure to others but also are happy ourselves.



愉快

A HAPPY MOOD

愉快的心情，可以使我們的情緒和諧，精神振作。

我們的心情愉快，就彷彿插上兩隻輕盈的翅膀，能使一切工作迅速如飛，順利完成。

培養愉快心情的方法，就是拒絕一切叫我們不快樂的思想，而時時把自己環境、生活，所面臨的一切，都當是快樂的。

把愉快的情緒，交織在我們的日常生活之中，那麼我們的生活，必定是美滿與光榮的。

角 平 半 翠

和諧 harmonious

振作 to arise, rise up

插 to stick into; to insert

輕盈 light and nimble

翅膀 wings

迅速 quick; swift; rapid

培養 to nourish

環境 environment

面臨 to encounter, face

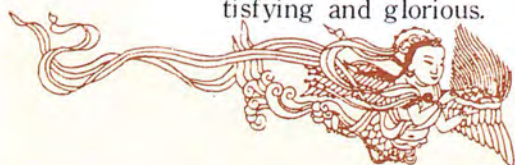
交織 to interlace, to interweave

A happy mood can create harmonious emotions and an invigorated spirit.

When we are in this mood, we feel like flying into the air on a pair of light wings. We can work efficiently and accomplish things.

The way to be in a happy mood is to refuse the things that make us unhappy and view our environment, life, and everything we encounter as good and happy.

If we weave a pleasant mood into our daily lives, our lives will be satisfying and glorious.



享受

ENJOYMENT

我家每餐吃飯的時候，一定要「謝飯」。感謝上帝的恩惠，感謝農夫耕種的不易，也安慰自己辛勞。所以雖然是粗茶淡飯，但是吃起來非常舒適，覺得是很好的享受。

我平常很少講話，但是每天清晨，一定要朗讀書籍半小時，讀完之後，好像把要說的話都說完了。然後按部就班，去做一天應做的工。『晨讀』也是我的生活享受之一。

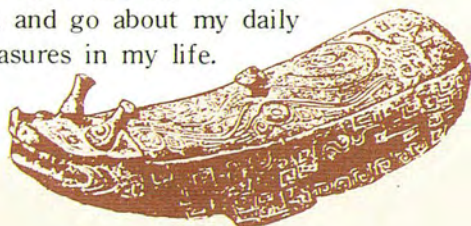
角 半 單

餐 meal
恩惠 kindness
農夫 farmer
耕種 to plow and plant
安慰 to comfort

辛勞 great effort
粗茶淡飯 simple food
舒適 pleasant; comfortable
平常 usually
朗讀 to read aloud

I always give thanks for the food I eat. I am grateful to God for his kindness, I remember the farmers for their labor, and I find comfort in the fact that I have worked hard. Although my food is simple, I enjoy it with contentment and pleasure.

I usually don't talk very much, but every morning I read aloud for half an hour. After I have finished reading, I feel like I have said all I wanted to say. Then, I begin my day in an orderly fashion and go about my daily business. Reading in the morning is one of the pleasures in my life.



分享

SHARING

當我小的時候，媽媽常買玩具給我們玩。

我拿着玩具，獨自一個人在玩，漸漸地玩得興趣索然，就把玩具丟在一邊了。

姊姊卻把玩具跟鄰居的小朋友一起玩，總是玩得很興高采烈，笑聲四起。

後來我也學姊姊的樣子，有了玩具，跟大家一起玩，玩得非常快樂。現在回想起來，才明白，最快樂的人是不自私的人。常常使人快樂，自己也能快樂。

角 羊 羊 羊

每次 each time
漸漸 gradually
興趣 interest in
索然 bored; listless
丟 to drop

一起 together
興高采烈 elated; jubilant; in high spirits
自私 selfish

My mother used to buy a toy for each of us when we were little kids. I played with my toy by myself and gradually lost interest in it.

My sister played with neighboring children. They thought of many ways to use the toy and got more and more excited. Their laughter attracted me to their games.

I learned from my sister and had a lot of fun playing with other children. As I look back now, I realize that happiness lies in sharing and being unselfish.



樂觀的人

OPTIMISTS

樂觀的人，分為聰明的和不聰明的兩種。聰明的人，把自已應盡的本分，做得很完善。例如讀書，專心聽講，認真做功課；別人看了讚美，自己也感覺快樂。

聰明而樂觀的人，有自已的目標，他是勇敢的，有自信的，熱情的；向著真、善、美的路途前進。

樂觀但不聰明的人，對事漫不經心，結果常常是樂極生悲；浪費歲月，老大無成。

我們要做一個樂觀的人，更要做一個樂觀的聰明人。

角译平罕

樂觀 optimistic
分為 to divide into
本分 role; duty
專心 to concentrate, be attentive
讚美 to praise

勇敢 brave; courageous
自信 self-confidence
熱情 enthusiastic
前進 to advance
漫不經心 casually

Optimists can be divided into two groups: smart and foolish. Smart optimists play whatever role they have to the fullest. Take studying for example. They listen attentively to lectures and do their assignments without fail. Others notice and praise them. They feel very happy.

Smart optimists have their own goals. They are courageous, self-confident and enthusiastic. They advance down the road of truth, goodness and beauty.

Foolish optimists approach things casually with the result that their optimism turns into sorrow. They waste time and grow old without achieving anything.

We should be optimists, but even more importantly, we should be smart optimists.



方圓

SQUARE AND ROUND

桌上有_ㄟ一個_ㄟ圓_ㄟ球_ㄟ， 一個_ㄟ方_ㄟ盒_ㄟ子_ㄟ。 圓_ㄟ球_ㄟ總_ㄟ是_ㄟ擺_ㄟ不_ㄟ穩_ㄟ， 一_ㄟ不_ㄟ小_ㄟ心_ㄟ碰_ㄟ到_ㄟ就_ㄟ掉_ㄟ下_ㄟ來_ㄟ了_ㄟ。 方_ㄟ盒_ㄟ子_ㄟ卻_ㄟ是_ㄟ很_ㄟ穩_ㄟ地_ㄟ擺_ㄟ在_ㄟ那_ㄟ裏_ㄟ， 不_ㄟ會_ㄟ改_ㄟ變_ㄟ它_ㄟ的_ㄟ位_ㄟ置_ㄟ，

從_ㄟ這_ㄟ裏_ㄟ可_ㄟ以_ㄟ看_ㄟ出_ㄟ一_ㄟ個_ㄟ道_ㄟ理_ㄟ： 圓_ㄟ滑_ㄟ的_ㄟ人_ㄟ， 善_ㄟ於_ㄟ討_ㄟ好_ㄟ別_ㄟ人_ㄟ， 似_ㄟ乎_ㄟ人_ㄟ緣_ㄟ很_ㄟ好_ㄟ， 但_ㄟ是_ㄟ到_ㄟ最_ㄟ後_ㄟ還_ㄟ是_ㄟ站_ㄟ不_ㄟ穩_ㄟ的_ㄟ。 方_ㄟ正_ㄟ的_ㄟ人_ㄟ， 為_ㄟ人_ㄟ正_ㄟ直_ㄟ， 不_ㄟ會_ㄟ投_ㄟ機_ㄟ取_ㄟ巧_ㄟ， 自_ㄟ己_ㄟ站_ㄟ得_ㄟ很_ㄟ穩_ㄟ。

所_ㄟ以_ㄟ， 不_ㄟ要_ㄟ圓_ㄟ滑_ㄟ去_ㄟ討_ㄟ好_ㄟ別_ㄟ人_ㄟ， 要_ㄟ保_ㄟ持_ㄟ方_ㄟ正_ㄟ， 做_ㄟ個_ㄟ堂_ㄟ堂_ㄟ正_ㄟ正_ㄟ的_ㄟ人_ㄟ。

角 半 翠

擺_ㄟ to place, put
不_ㄟ穩_ㄟ unstable
碰_ㄟ to knock, bump
位_ㄟ置_ㄟ position
道_ㄟ理_ㄟ a general principle
討_ㄟ好_ㄟ to please

人_ㄟ緣_ㄟ personal relations
正_ㄟ直_ㄟ candid and fair
投_ㄟ機_ㄟ to take advantage of
取_ㄟ巧_ㄟ to use clever tricks
堂_ㄟ堂_ㄟ正_ㄟ正_ㄟ dignified and honest

There is a ball and a square box on a table. The ball can never be placed securely. With a careless move, it will be knocked off the table. The square box, on the other hand, is very stable and won't change its position.

From this example, we can see a general principle. Smooth talkers are good at pleasing people. It seems like they are very good at personal relations, but in reality they are very unreliable. Straightforward people are candid and fair. They don't take advantage of people or use clever tricks. They stand firm.

So, let's not be smooth talkers who try to please people. Let's keep ourselves square and straight. Conducting ourselves with dignity and honesty is the best policy.



無愧我心

A CLEAR CONSCIENCE

作人做事，態度一定要正當。任何事情，分辨輕重，盡力去做，直到成功為止。

對人誠懇、正直，即使被人誤會，一時蒙冤，但終於會有澄清的時候。與其跟人妥協，違背自己的意願，不如就事論事，求得自己心安。

是，就說是；不是，就說不是。不阿諛迎合，不強詞奪理，一切按照正道去做，務使無愧於我心。

角耳半翠

正當	proper	澄清	clear
分辨	to distinguish	妥協	to compromise
輕重	light and heavy; relative importance	違背	to go against
誠懇	sincere	阿諛	flattery
蒙冤	to suffer unfairness	迎合	to get along
		強詞奪理	to argue irrationally

In our conduct and our work, our behavior should be proper. Things should be distinguished according to their relative importance. We should put all our energy into our work and stop only when we have finished.

When we treat people sincerely and fairly, even if we are misunderstood by others and sometimes suffer unfairness, there will come a time when things become clear. Compromising with people and going against your own instincts is not as good as discussing the matter and obtaining peace of mind.

If you agree, say so. If you disagree, speak up. Don't use flattery to get along. And don't argue irrationally. Do things fairly and you will be sure to enjoy a clear conscience.



出人頭地

MAKING IT TO THE TOP

西方諺語說：「卑賤是尊貴的基石，低微是高的梯子。」

一般人往往妄想一舉成名，一步登天；不然，就是處在卑賤的地位，心灰意懶，一蹶不振。

其實，由桑蚕變成飛蛾，還要經過一段做蛹的時期，而且牠要靜靜地把自自己關在繭裏，等待翅膀長成，然後才咬破繭皮，鑽了出來。

我們也要站在千萬人的面前，就必須先把自己藏在身後的學識裏，然後才能夠「出人頭地」。

角 羊 羊 羊

卑賤 humility; lowly circumstances

尊貴 noble

梯子 a ladder

心灰意懶 to feel discouraged

一蹶不振 unable to recover from a failure

蠶 a silkworm

蛾 a moth

蛹 a pupa; chrysalis

繭 cocoon

長成 to develop fully

鑽 to crawl through

A popular proverb says: "Humility is a step to nobility; lowliness is the ladder leading to the top."

People usually aim at quick success, hoping to get to heaven in one step. If they can't do it this way, they feel discouraged and are unable to deal with setbacks.

In fact, when a silkworm becomes a moth, it has to be in a cocoon for a period of time until its wings are fully developed. Only then can it break out of its cocoon and fly.

Before we can make it to the top, we have to bury ourselves in knowledge until we are ready to try our wings.



託詞自解

FINDING EXCUSES

我們做了錯事，設法自圓其說，這是人之常情；但是這種掩耳盜鈴的辦法，實在還不如坦率直承認比較好。

「人非聖賢，孰能無過？」有了過錯，要痛下決心，剷除它。盡力去嘗試，洗淨污穢，使自已變成一個潔身無瑕的人。

只要用行為來表現改過，又何必花言巧語來掩飾呢？那不過越描越黑而已。

角字彙

設法 to devise a way
自圓其說 to make one's story sound plausible
常情 common feeling
率直 frank, straightforward
聖賢 saint

孰 who
痛下決心 to sincerely resolve
剷除 to eliminate
洗淨 to wash clean
瑕疵 flaw; fault
花言巧語 fancy, clever words

When we make mistakes, we frequently feel we must find excuses to get ourselves off the hook. This is like covering one's ears while stealing a bell. It is really better to frankly admit one's fault.

A proverb says, "We are not saints. How can we be faultless?" If we commit an error, we should sincerely resolve to rectify it. Making a concerted effort to wash away the blot, we can make our characters clean and spotless.

Only by taking action can we effect change. What good is accomplished by using fancy, clever words? They only make the situation worse.



值得嗎？

NOT WORTH IT

有人問愛迪生，是否認為自己的奮鬥到底是值得的？

愛迪生回答說：『這全看目的的意思。如果目的是追求金錢、權力或名譽，那奮鬥是不值得的。因為當你獲得這些東西之後，會發現它們不過是空殼而已。如果你所從事的是使人快樂的工作，同時你有這種眼光，於是你自己覺得心滿意足，這樣，奮鬥就是值得的。』

朋友！你的奮鬥的目的何在？

角耳 弄筆

愛迪生 (Thomas) Edison

奮鬥 to struggle; to make a strenuous effort

確實 really; actually

值得 worthwhile

全 totally; completely

意義 meaning; significance

權力 power

名譽 fame

空殼 an empty shell

眼光 vision; insight

Someone asked Edison if he found his efforts worthwhile.

Edison answered, "It depends on the purpose. If one's motive is to gain wealth, power or fame, it's not worth the effort. This is because after attaining any one of these, you will find them to be merely empty shells. If your aim is to make people happy, and at the same time, you have the insight and ability to make it a reality, then you will feel happy and satisfied. If this is the case, the effort is worthwhile."

My friends, what is the purpose of your endeavors?



還早哇！

IT'S STILL EARLY!

時₂間₂是₂無₂價₂之₂寶₂。把₂握₂時₂間₂，準₂時₂做₂我₂們₂應₂做₂的₂事₂，達₂到₂我₂們₂預₂定₂的₂目₂標₂，這₂是₂少₂年₂人₂要₂養₂成₂的₂最₂好₂習₂慣₂之₂一₂。

有₂一₂天₂，我₂遇₂到₂一₂個₂乞₂丐₂，我₂和₂他₂攀₂談₂起₂來₂，問₂他₂何₂以₂淪₂落₂到₂這₂個₂地₂步₂？他₂回₂答₂說₂：『是₂「還₂早₂哇₂！」』這₂句₂話₂害₂了₂我₂。我₂一₂向₂用₂這₂句₂話₂推₂諉₂，而₂把₂事₂情₂擱₂置₂下₂來₂。遇₂事₂耽₂擱₂，積₂成₂習₂慣₂，教₂我₂振₂作₂不₂起₂來₂了₂，就₂這₂樣₂毀₂了₂我₂的₂一₂生₂。

「還₂早₂哇₂！」的₂結₂果₂是₂這₂樣₂，我₂們₂能₂不₂趕₂快₂省₂悟₂嗎₂？

角耳手翠

無₂價₂之₂寶₂ a priceless treasure

預₂定₂ pre-set; projected

乞₂丐₂ a beggar

攀₂談₂ to strike up a conversation

淪₂落₂ to sink

推₂諉₂ to shirk; to make excuses

擱₂置₂ to set aside

耽₂擱₂ to delay

振₂作₂不₂起₂ to be unable to act

省₂悟₂ to realize, awaken to

Time is a priceless treasure. One of the most important habits for young people to develop is to use time efficiently in order to complete their work punctually and achieve their projected goals.

I met a beggar one day, and striking up a conversation with him, I asked him how he had sunk to such desperate circumstances. He answered, "Saying 'It's still early!' has brought me to this. In this way I have always put off getting things done and made a mess of my life. Postponing things has become a deeply-rooted habit and has made me unable to take action."

When such a statement as "It's still early!" can have such a result, how can we fail to appreciate its consequences?



不要失望

DON'T DESPAIR

黑雲當空的時侯，要養成一個習慣；去看它銀色的細縫，不要去看它烏黑的——一片。

事情無論怎樣糟糕，都不可落到失望的地步，失望就等於無望，因為一個失望的人，既不能抵擋仇敵的攻擊，又不能挽回過去失去的失敗。

逃避這可怕的仇敵——失望，就如逃避一條致命之毒蛇一般。不要在它前面的慢慢轉身，否則你會一敗塗地。

起先你也許不覺得有甚麼動靜，可是只要決心抵抗，你就會發現黑暗逐漸消失。

角译平翠

當空 to cover the sky

養成 to cultivate

烏黑 raven black

無望 hopelessness

抵擋 to fend off, fight back

攻擊 to attack

逃避 to escape

致命 fatal

一敗塗地 a total defeat

動靜 signs of action (being taken)

When black clouds cover the sky, we need to cultivate the habit of saying, "I always see the silver lining, not the black clouds."

No matter how bad things may be, never let despair get the best of you. Despair simply means hopelessness. Hopelessness saps your strength to fight back and robs you of your chance to transform past defeats into successes.

Avoiding despair is like fleeing a poisonous snake. We don't just slowly turn away unless we're willing to suffer total defeat.

When we're determined to resist despair, we may not feel the difference at first, but the period of darkness will pass.



兩個海

TWO SEAS

在巴勒斯坦境內有兩個海，一個是北部的加利利海，一個是南部的死海。

加利利海（其實是一個湖）的水是清淡水，不鹹的，而且暢流無阻，裏面的魚很多，成為當地居民的資源。

死海卻不同了，它只收收入，卻不付出，不能暢流。所以它的水鹹得發苦，生物不能生存，形成一個死湖。

這正象徵：慷慨的人，他得到也施與，生活是活潑的、快樂的；自私的人，他只得得到而不付出，結果生活是平板的、苦惱的。

角犂 羊羣

境內 within the borders; in the country

加利利海 the sea of Galilee

清淡水 fresh and clear

暢流 flowing freely

資源 natural resource

收入 to take in, collect

生物 living creatures

象徵 to symbolize

慷慨 open-hearted; magnanimous

活潑 active; vital

There are two seas in Palestine. The Sea of Galilee is situated in the north and the Dead Sea lies to the south.

The Sea of Galilee is actually a lake. Its water is fresh and clear, not salty at all. Moreover, the water runs freely, encountering no blockages. Abounding with fish, it is the rich natural resource of the area.

The Dead Sea is different. It only takes in and doesn't give anything back. With no outlet, the water is stagnant. Salty and brackish, it is unable to sustain life-- a dead lake.

These two lakes can symbolize our own lives. Open-hearted people receive and give as well. Their lives are active and happy. Self-centered people only take and don't render any service. As a result, their lives are dull and miserable.



心安理得

PEACE OF MIND

有一位朋友告訴我，他的心情非常輕鬆、愉快，原因：早上买东西的時候，店員多找了他錢給他，他把多錢退還給店員，所以心裏非常高興。

另外一位朋友插嘴說：『就是這麼一點小事嗎？』

我聽了說：『即使是很小的事情，只要做得恰當，確實就會感覺得很快樂。』

不論任何大事或小事，只要做得恰當，所謂「心安理得」，就會心裏舒服，感覺愉快。

角斧 斧

心安理得 carefree; to have peace of mind

輕鬆 relaxed and happy

店員 store clerk

退還 to return

插嘴 to interrupt (verbally)

即使 even if; although

恰當 proper; appropriate; suitable

確實 really; actually

任何 any; whatever

A friend of mine told me that he felt very happy and carefree. That morning he had gone shopping and the clerk had given him too much change. He gave it back to the clerk, and doing this made him feel very happy.

Another friend interrupted and said, "That's such a small thing!"

I said, "Even though it was a small thing, because he did the right thing, he could feel happy."

Large or small, if we do the proper thing, we can enjoy peace of mind. Then our hearts are carefree and we feel happy.



接受批評

ACCEPT CRITICISM

倘若有人批評我們的錯誤，我們應當虛心的接受，不要以為別人在干涉我，覺得討厭。

古人說「聞過則喜」，只怕有了錯誤自己不知道，更擔心別人不加批評。

別人批評我們，正是使我們有改正自己錯誤的機會，應當提高興、感謝都來不及，怎麼能抱怨或討厭人家？

角 平 翠

批評 to criticize
虛心 open-minded ; modest
干涉 to interfere
討厭 to hate ; to detest

聞過則喜 to feel happy when told of
one's errors
擔心 to worry ; to feel anxious
改正 to correct ; to amend
抱怨 to complain

When other people criticize our mistakes, we should accept their criticism with open minds. We should not feel that these people are interfering in our affairs, and get upset with them.

People of ancient times had a saying: "After I know my mistakes, then I am happy." This means that ancient people were afraid that they had made a mistake of which they were unaware, and that other people would not criticize them for it.

When other people criticize us, this is giving us an opportunity to correct our mistakes. We should be happy, and not able to thank them soon enough. How can we complain and be displeased with them?



缺陷

SHORTCOMINGS

有一個女孩子，身材矮小，比普通人矮了許多，她常常因此感到自卑。

她進入大學的第一天，上的第一堂課，進來的教授身材也極其矮小。但是，教授豐富的學識與精湛的口才，博得全班同學的尊敬。女孩子忽然覺悟到，自己也可以成為一個有用的人。

我們不要因為自己的形體缺陷，而感到自卑，我們應該盡自己的力量去努力，把天賦的智能力發揮出來。

每個人都有內在或外在形體上的缺點，但是也有優點，我們只要發揮優點，而不必在意缺點。

角译半翠

學習 to study	教授 professor
不斷的 continuously	口才 eloquence
清楚 clear	覺悟 to realize
缺陷 defect; shortcoming; handicap; inadequacy	形體 bodily appearance
身材 physique; physical build; figure	天賦 natural gifts; God-given talents
自卑 to feel inferior	發揮 to bring into play; to bring out
	在意 to care about; to worry about

A girl who was very short and small felt inferior because she was so much shorter than most people.

On her first day at the university at her first class, the professor who entered the room was also extremely short. But the professor was highly knowledgeable and impressively eloquent, winning the respect of all the students in the class. The girl suddenly realized that she could also become a useful person.

We shouldn't feel inferior just because of some physical shortcoming we may have. Instead, we should put all our energy into the things we do and bring our God-given talents into play.

Everyone has inner and outer shortcomings, but we have positive qualities as well. If we can just bring out our strong points, we won't need to worry about our inadequacies.



美德

VIRTUE

有些美德，不經過考驗，是永遠不會顯現的。
你可知道，「美德」在你得意的時候，是不如
在你失意時候所表現的偉大。

「美德」好比螢火蟲，除非在黑暗包圍之中，
不然顯現不出多少光明來。「美德」又像一顆星，
在光天化日之下，見不到它的蹤影，只有在黑
暗的夜晚纔會顯現。

痛苦是黑暗的底板，用它來鑲嵌「美德」的寶石，
會顯得更光耀燦爛。

角 半 翠

美德 virtue
顯現 to appear, come forth
得意 pleased
螢火蟲 firefly
光明 light; brightness

蹤影 a trace, track
底板 backdrop
鑲嵌 to inlay; to enhance
寶石 precious stone
光耀燦爛 brilliance

There are some virtues that can never be brought forth until they are tested. While things are going well, our finest virtues don't show their greatness as well as they do when times are difficult.

These virtues are like a firefly's light that glows only in the dark. They are like a star that can't be seen in the light of day, only shining at night.

Hardship is the dark backdrop that enhances the excellence of these virtues and often adds to their brilliance.



感謝

KINDNESS

大多數人都都是「這樣」，別的人對我們有十件好處，都很容易忘記。而別的人對我們一次不好，就記在心裏，甚至永遠都不忘記。

就是連對父母也是「這樣」。父母養育我們、照顧我們，不知道費了多少多少心血。我們都視為理所當然。但是父母如果說我們一句或管教一番，我們聽了就不高興，還可能發脾氣，在心裏生氣好幾天。

我們假使能反過來，忘記別的人對我們不好的地方，而記住他對我們的好處，常常存感恩的念頭，我們的心就充滿了喜樂。

角半半

養育 to raise (children)

心❤血❤ love and concern

視 to view, consider

理之所當然 a matter of course; to
take it for granted

發脾氣 to throw a temper (tantrum)

反過來 to reverse, turn around

記住 remember

存 to maintain

感恩 magnanimity

念頭 idea, thought

Most people are basically the same. When others consistently treat us well, we easily forget their kindness, but if they treat us badly just once, we harbor it in our hearts and never forget it.

It is the same with our parents. They raise us and care for us. We'll never know how much they've sacrificed for us, and we view it as a matter of course. Yet, when our parents say one thing wrong or tell us what to do, we get angry. We may even throw a temper tantrum and stay angry for days.

If we could turn this around, we would forget the times people treat us badly and remember all the kindness they show us. When we can maintain a magnanimous outlook, our hearts will overflow with happiness.



自持

SELF-CONTROL

自_レ然_二科_一學_二家_一阿_ハ班_ニ西_一費_レ了_二二_ハ十_ノ年_ノ的_二工_一夫_ニ，收_レ集_二天_一象_ニ和_二氣_一候_ニ觀_レ察_二的_二材_一料_一。一_一天_ニ，一_一個_ニ新_一來_二的_二女_一僕_ニ打_レ掃_二他_一的_二書_一房_ニ，等_レ他_レ回_レ到_二書_一房_ニ，問_二桌_一上_ニ所_レ有_二的_二紙_一張_ニ都_レ到_二那_一裏_ニ去_レ了_二？女_一僕_ニ回_レ答_二：『我_レ把_二紙_一都_レ燒_レ了_二，因_レ為_二我_レ看_二這_一些_ニ紙_一太_レ髒_ニ太_レ佔_二地_一方_ニ了_二。』

試_レ想_二這_一一_一個_ニ科_一學_二家_一當_二時_一的_二心_一情_ニ是_レ怎_レ麼_ニ樣_一的_二？

但_レ是_レ阿_ハ班_ニ西_一咬_レ緊_二牙_一關_ニ，安_ニ閒_一地_ニ對_二那_一個_ニ女_一僕_ニ說_二：

『這_レ是_レ我_レ二_ハ十_ノ年_ノ以_レ來_二工_一作_二的_二結_一果_ニ。以_レ後_ニ，這_レ間_ニ屋_一裏_ニ的_二東_一西_ニ，請_レ你_レ不_レ要_二再_一動_二。』阿_ハ班_ニ西_一自_レ持_二的_二風_一度_ニ，足_レ夠_二做_二為_二我_レ們_一的_二模_一範_ニ。

角_ニ平_一平_ニ翠_一

自_レ持_二 self-control

自_レ然_二科_一學_二家_一 a natural scientist

天_ニ象_一 celestial phenomena

觀_レ察_二的_二材_一料_一 data

燒_二 to burn

試_レ想_二 to imagine

咬_レ緊_二牙_一關_ニ to grit one's teeth

安_ニ閒_一地_ニ calmly; composed

風_ニ度_一 manner; style

模_ニ範_一 model; example

The natural scientist, Abansit di Ginevra, spent twenty years collecting data on celestial phenomena and weather conditions. One day, a new maid tidied up his study. When he went into his study, he asked where the papers that had been on his desk were.

The maid said, "I thought they were too dirty and taking up too much space, so I burned them.

Can you imagine how the scientist felt at that moment? However, he gritted his teeth and, with great composure, said to the maid, "Those papers were the result of twenty years of work. In the future, please don't touch anything in this room."

Abansit di Ginevra's self-control is an example to us all.



忍耐

PATIENCE

幾乎每天都會有意外料不到的事情發生。有時我們以為沒有問題，卻又產生許多枝節，真是由不得我們自己；但是，有一件事能由自己控制，就是忍耐。

立定脚跟，隨便別人怎麼樣爭吵和刺激，我們卻處以忍耐，從不跌倒。

從忍耐中纔能得到鎮定和自制。保持沈著、果決的態度、溫柔、平和的情緒。這樣忍耐，沒有痛苦，只會擁有愉快和安全的感覺。

角译平翠

意外料 to guess

以為 to (mistakenly) assume

枝節 complications

由不得 unable to do anything about

立定 to set firmly

刺激 to provoke

跌倒 to fall, be defeated

鎮定 composed, calm

沈著 calm and steady; slow but sure

果決 daring and determined

Almost every day something unexpected happens. Sometimes we think it's a minor problem, but instead it causes all kinds of complications. We really can't do anything about it, but there is one aspect we can control--our patience.

We can dig in our heels, and no matter whether others try to quarrel with us or provoke us, we can handle it all with patience and never feel defeated.

Patience can help us achieve composure and self-control. We should maintain a calm mood, a determined attitude, a gentle disposition and an equable temper. If we can be patient, we won't feel troubled and we will be able to attain a happy and peaceful state of mind.



毅力

PERSEVERANCE

——一個人只要有理想^{理想}和目的^{目的}，還需要^{需要}有毅力^{毅力}去追求^{追求}。
堅強^{堅強}的毅力^{毅力}是成功^{成功}的資本^{資本}，不要^{不要}在做^做事^事開始^{開始}時^時，
估量^{估量}人^人的價值^{價值}；不要^{不要}在競爭^{競爭}開始^{開始}時^時，評定^{評定}第一^{第一}。
做事^{做事}是^是否^否有^有始^始有^有終^終，達到^{達到}目的^{目的}的^的，才^才是^是測驗^{測驗}一個^{一個}
人^人的^的人格^{人格}的^的標準^{標準}。

有人^{有人}說^說：『金錢^{金錢}、地位^{地位}、勢力^{勢力}，都^都不^不是^是毅力^{毅力}的^的
對手^{對手}。』一個^{一個}人^人固然^{固然}需要^{需要}有^有理想^{理想}，有^有目的^{目的}，但^但是^是
更^更需要^{需要}有^有堅強^{堅強}的^的毅力^{毅力}，才^才能^能達到^{達到}成功^{成功}。

角译

堅強^{堅強} firm

資本^{資本} capital

估量^{估量} to estimate, calculate, conjecture

競爭^{競爭} competition

評定^{評定} to judge and decide; to rate

測驗^{測驗} to test, examine; a quiz or a
test

人格^{人格} character; personality

對手^{對手} competition; opponent

固然^{固然} certainly; no doubt

達到^{達到} to reach; to realize (a goal)

It is not enough to have an ideal and a purpose; you must have perseverance to go with them. Perseverance is the source of success. Don't judge a person's efficiency at the start of his work and don't decide who is going to get first prize at the beginning of a competition. The final result of reaching the goal and having a good ending as well as a good beginning should be the standards of judgement.

Someone said, "Money, position, and power are inferior competitors to perseverance." No doubt we need ideals and goals, but we also need determination to carry our plans to completion.



不慌張

BE CALM

「能力」不在喧擾中，乃在安靜中產生。湖水必須極其平靜，才能在上頭映照出美麗的天空來。

我們遇到災難急迫的事，必須先鎮靜下來，細想這事的根源，要如何解決這困難去應付，才有挽救的希望。不然，吵吵嚷嚷，慌慌張張，不但對事無補，反而促成失敗。

角耳平聲

能力 energy; ability; capability
喧擾 noise; uproar
映照 to reflect
災難 disaster
急迫 emergency; urgency

細想 to think over carefully
根源 source; basis
吵嚷 to make a lot of noise
慌張 nervous and excited
促成 to help to materialize

Strength does not come from excitement, but from calmness. Water in a lake must stay motionless in order to reflect the beauty of the sky.

When a disaster or emergency occurs, we have to first calm our hearts and discover the cause, the solution, and the way to deal with the problem in order to save the situation. Otherwise, we create a lot of noise and excitement without getting anything done, and this may also result in complete failure.



勇敢

COURAGE

勇敢不是粗暴。勇敢是我們不怕困難的做事態度。

勇敢的人，他不怕強暴，也不會欺侮弱小。

勇敢的人，他喜歡參加競爭比賽。他是憑着自己的本領和人競爭，絕不運用手段，陷害別人。

勇敢的人，不怕失敗。他會再接再厲，直到成功。

勇敢的人，受了不正當的攻擊，決不灰心。事實勝於雄辯，他用事實澄清別人的污蔑。

勇敢也就是我們不怕困難的做事態度。

角译平舉

粗暴	violent	再接再厲	to forge ahead in spite of
強暴	violent; fierce		repeated discouragement
欺侮	to mistreat	成功	to succeed
手段	means; a way of dealing with something	勝於	to overcome
陷害	to harm another with slander or trumped-up charges	雄辯	forceful debate
		污蔑	defamation

Courage is not force or violence. It is a daring attitude to overcome difficulty without fear.

A courageous person is not afraid of tyranny and does not mistreat anyone who is weaker.

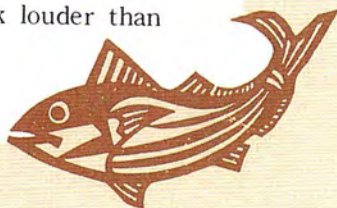
A courageous person likes to participate in competitive activities. He enters a competition on the basis of his own ability, and never uses low means to take an advantage.

He is not afraid of defeat. He will try again and again until he succeeds.

He is not discouraged when treated unfairly. Facts speak louder than words.

He uses facts to clear himself of any defamation.

Courage is a daring attitude to solve life's problems.



奮鬥的勇氣

THE COURAGE TO STRUGGLE

記得_レ幼_レ小_レ的_レ時_レ候_レ， 每_レ當_レ夏_レ夜_レ在_レ院_レ子_レ裏_レ乘_レ涼_レ， 祖_レ父_レ總_レ愛_レ撫_レ摸_レ我_レ的_レ頭_レ， 不_レ厭_レ其_レ煩_レ， 重_レ覆_レ地_レ說_レ：

『那_レ年_レ我_レ包_レ運_レ木_レ材_レ的_レ生_レ意_レ， 因_レ為_レ山_レ洪_レ暴_レ發_レ， 全_レ部_レ失_レ敗_レ了_レ， 我_レ顏_レ廢_レ到_レ了_レ極_レ點_レ， 一_レ天_レ， 無_レ聊_レ極_レ了_レ， 在_レ屋_レ裏_レ看_レ着_レ你_レ學_レ走_レ路_レ， 搖_レ搖_レ擺_レ擺_レ地_レ， 一_レ下_レ子_レ跌_レ倒_レ了_レ， 又_レ勉_レ強_レ爬_レ起_レ來_レ再_レ走_レ， 這_レ樣_レ走_レ了_レ七_レ八_レ次_レ。 你_レ和_レ普_レ通_レ嬰_レ兒_レ不_レ一_レ樣_レ， 不_レ但_レ沒_レ有_レ哭_レ， 而_レ且_レ笑_レ嘻_レ嘻_レ的_レ。 於_レ是_レ， 你_レ給_レ了_レ我_レ重_レ建_レ事_レ業_レ的_レ勇_レ氣_レ。』

其_レ實_レ， 祖_レ父_レ一_レ生_レ的_レ奮_レ鬥_レ精_レ神_レ， 何_レ嘗_レ不_レ也_レ給_レ了_レ我_レ無_レ限_レ的_レ勇_レ氣_レ！

角 平 翠

重_レ覆_レ to repeat

包_レ運_レ shipment; transport

洪_レ flood

暴_レ發_レ to burst

顏_レ廢_レ to despair

搖_レ擺_レ to wobble

勉_レ強_レ to force oneself

重_レ建_レ to re-establish

奮_レ鬥_レ to struggle

無_レ限_レ unlimited

I remember, as a small child, I would sit in the garden on summer nights to cool off. My grandfather liked to stroke my head and never tired of telling me, "That year I lost my whole shipment of lumber in a flood from the mountains, I was in deep despair. One day, I was feeling particularly discouraged when I saw you learning to walk, wobbling back and forth. Suddenly, you fell and sat on the floor, but you struggled to stand up and walk again. You did this seven or eight times. Unlike other children, you didn't cry, but laughed instead. You gave me the courage to start over again."

As a matter of fact, grandfather's fighting spirit was an undying source of inspiration to us all.



逞能與勇敢

RECKLESSNESS OR COURAGE

有一天，我沿着鐵路線走，看見一列火車正在前進，車裏突然有一個賣報的男孩子跳了下來。當時我很震驚。

我又往前走了一會兒，看見路軌中間有一個八九歲的小女孩兒要穿過，這時眼看一列火車來了，那小女孩兒還是不懂得躲開。我和路旁人都都驚喊起來，只見一個少年縱身跳下去，把她拉開了。

以上這兩個例子，一個是有勇氣從飛馳的火車裏跳下來，一個是有勇氣在自己可能撞傷的情況下救人。比較之下，前者是逞能，後者纔是真正勇敢。

角解平舉

鐵路 railroad

突然 suddenly

賣報的男孩子 newspaper boy

震驚 startled; astonished

穿過 to thread through

躲開 to dodge out of the way

縱身 to move one's body forward
with full force

飛馳 speeding; moving

撞傷 to bump and injure

逞能 foolhardy

One day, as I was walking along a railroad track, I watched a string of rail-road cars moving toward me. Suddenly, a newspaper boy leaped from one of the cars. I was astonished.

Walking on for awhile, I spied a girl of about eight or nine on the tracks. I saw a train approaching, but the girl didn't know enough to get out of its path. Along with the other people on the road, I stood there horrified. Then, I saw a young fellow dash over and pull the girl off the tracks.

One boy recklessly jumped off a moving train, while the other risked his life to rescue someone in danger. One was foolhardy. The other displayed true courage.



正直

UPRIGHTNESS

一個人的姿勢要正確，不要彎腰駝背。坐姿要直，站得也要直，走路也要挺直。姿態美好，不但身體健康，而且給別人良好的印象。

一個人的思想要正直，不要有偏邪的念頭，常保善念，去除惡念。這樣，心情會溫柔、慈善，不會暴躁、兇狠。

身體正直，思想正直，都是培養完美、健全人格的必要條件。

角 平 罕

正直 upright

正確 proper; correct

駝背 hunch; slouch

印象 impression

偏邪 bias

去除 root out, eliminate

暴躁 to be irritable

兇狠 ill-tempered

培養 to cultivate

條件 necessary elements or qualities

A person's posture should be straight and tall. We shouldn't slump or slouch. It's best to sit up straight, stand erectly and walk with our heads up. An attractive bearing not only reflects a healthy body, but gives others a favorable impression.

Our thinking should be upright. We should avoid bias, always seeking to preserve a healthy outlook and root out negativity. If we can do this successfully, our thoughts and feelings will be gentle and kind-hearted and we won't give in to irritability and ill-temper.

When we hold our bodies straight and our thoughts are upright, we are cultivating the elements necessary to a wholesome and healthy character.



朝氣

A REFRESHING SPIRIT

- 我_們的_身體_要健_康，動_作要_敏捷_，思_想要_純正_，
 在_身體_魄方_面表_現出_朝氣_來。
 我_們的_服裝_要整_潔，態_度要_端莊_，對_人要_親切_，
 在_儀表_方面_表現_出朝_氣來_。
 我_們的_談吐_要大_方，語_氣要_適當_，意_思要_誠懇_，
 在_說話_方面_表現_出朝_氣來_。
 我_們對_時間_要確_守，讀_書要_認真_，工_作要_切實_，
 在_行動_方面_表現_出朝_氣來_。

角 平 聲

朝_氣 fresh spirit
 敏_捷 alert, sharp
 體_魄 body and soul
 表_現 to express
 端_莊 dignified

儀_表 appearance and deportment
 談_吐 words spoken
 大_方 elegant and composed
 適_當 proper
 確_守 to follow precisely

We want our bodies strong, our actions prompt, thoughts clean, and our spirits refreshed.

We want our attire refined, attitudes dignified, and our dealings sincere. In short: a refreshing appearance.

We want our words honorable, expressions polite, ideas genuine, and our presentation refreshing.

We should use our time profitably, study diligently, work industriously, and give our actions a refreshing quality.



名譽

REPUTATION

名譽等於一個人的生命，沒有美好的名譽，這個生命也就沒有甚麼價值。比如一棵果樹，總結不出好的果實，那麼這棵樹就不被人民重視。

名譽的發揚，好比河水流，愈散布愈廣，所以美名、惡名，全在自私自己好自為之。

我們愛好自私自己的名譽，同時更要尊重別人的名譽。西工諺曾說：「傷人的名譽，和殺人相等。」我們要牢牢記住這句話。

角译举翠

名譽 reputation
等於 is the same as
生命 life
價值 value
重視 to view as valuable or important

發揚 to spread
散布 to spread, extend (out over an area)
惡 bad
尊重 to respect
牢牢 firmly

Reputation is life. If one's reputation is questionable, life loses its value. When a tree bears rotten fruit, people don't think much of it.

Reputation spreads like a river flowing far and wide. A person's reputation, good or bad, is entirely his own creation.

We value our good name, and, at the same time, we should respect that of other people. "To ruin a person's reputation is as reprehensible as committing a murder," is a saying we should well remember.



改造

RIGHTING ONES MISTAKES

一個_人不可_能不_犯過_錯，有時_犯了_過錯_誤，自己_不知_道，直_到發_現的_時候_纔後_悔，可惜_已經_來不_及了_了。

所以_我們_要聽_從父_母師_長愛_我們_的人_的忠_告，不_受壞_人的_誘惑_惑，分_辨是_非，去_惡就_善，把_握自_己。

一個_人第_一次_犯過_錯，可_能是_因為_受了_別人_的誘_惑，那是_自己_糊塗_塗、不_小心_心；如_果第_二次_再犯_過錯_誤，那就_是自_己的_不對_對；假_使第_三次_又犯_過錯_誤，那就_是自_己毀_了自_己。

古_人不_貳過_過，是_值得_我們_效法_法的_的。

角 半 羣

犯_犯 to commit (an offense)
過_錯 a mistake
發_現 to discover, find out
後_悔 to regret
誘_惑 lure, entice
分_辨 distinguish

去_惡就_善 get rid of the bad, move
toward the good
把_握 to control
糊_塗 confused
效_法 to model, emulate

A person can't help making mistakes. Sometimes we make mistakes without realizing it. When we discover that we've made a mistake, we may feel regret, but it's already too late.

We should listen to the advice our parents, teachers and loved ones give us. We should resist the lure of bad company and distinguish between right and wrong. By rooting out the bad and moving toward the good, we can exercise self-control.

When a person makes a mistake it may be because he has been tempted by someone. This is because he has been acting in a confused and careless manner. If he makes the mistake again, this is his own fault. If he makes the mistake a third time, this is self-destructive.

Ancient people who didn't make the same mistake twice are models worth emulating.



效率

EFFICIENCY

脫下外衣，隨手把它掛起來，只費一次的事；假使脫下外衣，扔到牀上，等有空的時侯，再掛起來，那就要費兩次的事了，而且破壞了房間的整潔。

看完了書，隨手放回原處，比放在桌上或其他的地方整齊得多，而且再閱讀時，也容易找到。如果書是借來的，看完了，隨手就還，下次再借也並不難。

像這一類的事，實在很多，這也就告訴我們：隨手做自己應該做的事，才可以達到最好的效率。

角半翠

脫 to take off; to remove
隨手 immediately; readily
掛 to hang up
扔 to toss; to throw
破壞 to destroy; to ruin

整潔 neat; orderly
原處 original place
閱讀 to read
效率 efficiency

Taking off your coat and hanging it up at the same time is a single action. If you take off your coat and throw it on your bed, waiting until later to hang it up, it becomes two actions. In addition, you have messed up your room.

When you finish reading a book and put it back in its original place, things are much neater than if you leave it on your desk or somewhere else. Besides, if you want to read it again, it will be easy to find. If you've borrowed it, borrowing another book will be much easier if you return it promptly.

There are lots of things like this, which should tell us that when we do things as we should, we can be very efficient.



念舊

REMEMBERING THE OLD

人常常會_レ有_レ念_レ舊_レ的_レ心_レ理_レ，例如_レ：搬_レ了_レ新_レ家_レ，無_レ論_レ新_レ家_レ多_レ麼_レ好_レ，也_レ會_レ時_レ常_レ想_レ念_レ舊_レ家_レ，甚至_レ會_レ想_レ要_レ再_レ回_レ舊_レ家_レ看_レ看_レ。

我_レ們_レ買_レ了_レ新_レ的_レ用_レ具_レ，時_レ常_レ還_レ忘_レ不_レ了_レ舊_レ用_レ具_レ的_レ優_レ點_レ。我_レ們_レ穿_レ新_レ衣_レ服_レ、新_レ鞋_レ子_レ，卻_レ總_レ覺_レ得_レ不_レ如_レ舊_レ衣_レ服_レ、舊_レ鞋_レ子_レ那_レ麼_レ舒_レ服_レ。

對_レ事_レ物_レ如_レ此_レ，對_レ人_レ更_レ是_レ這_レ樣_レ。我_レ們_レ時_レ常_レ想_レ起_レ老_レ同_レ學_レ，老_レ同_レ事_レ、老_レ朋_レ友_レ，希_レ望_レ有_レ機_レ會_レ大_レ家_レ再_レ聚_レ在_レ一_レ起_レ。

念_レ舊_レ是_レ一_レ種_レ美_レ德_レ，也_レ是_レ一_レ種_レ不_レ忘_レ本_レ的_レ精_レ神_レ。

角译 采翠

例如_レ for example

搬_レ家_レ to move to a new house

無_レ論_レ no matter (what, how)

用_レ具_レ a tool; an appliance; an implement

事_レ物_レ things; objects

同_レ事_レ co-workers

機_レ會_レ a chance; an opportunity

聚_レ to gather

美_レ德_レ fine virtue

People often think of the old. For example, when they move to a new house, no matter how nice it may be, they often think of their old house. They may even want to go back to the old house to look around.

When we buy a new appliance, we usually can't forget the good aspects of the old appliance. When we wear new clothes or new shoes, we feel that they aren't as comfortable as our old clothes and shoes.

Feeling this way about things, our attitude toward people is even more so. We often think of old classmates, old co-workers and old friends, wishing for an opportunity to get together with everyone again.

Remembering the old is a fine virtue. It is also the spirit of not forgetting our roots.



感恩

THANKFULNESS

早晨，空氣清新，作一次深呼吸，是非常舒服的。

於是，我想起一首感恩的詩，詩的大意是這樣的：「跟着每一呼吸，我們領受兩種很大的福氣。吸入空氣是一種福氣，它使我們的生命注入新的活力；呼出空氣是第二種福氣，它使我們精神清爽。這樣，誰能不傾心感謝上帝呢！」

的確，空氣、陽光、美景……，大自然的一切，給予我們的實在太多了，我們領受之下，該如何答謝呢！

角 平 平 聲

感恩 to be grateful; to feel thankful
空氣 air
呼吸 to breathe
想起 to think of; to remember
大意 the main idea

領受 to receive; to enjoy
注入 to pour into
清爽 refreshing
傾心 to admire wholeheartedly
的確 certainly; surely

Early in the morning when the air is fresh, taking a deep breath feels great.

This reminds me of a thanksgiving poem. The main idea of the poem is that with each breath, we receive two tremendous blessings. Inhaling is the first blessing because a renewed life force pours into our bodies. Exhaling is the second blessing because it recharges our energy. In view of this, how can we fail to thank heaven with all our hearts?

The air, the sunlight and the beauty of our surroundings - - all of nature - - give us so much. How can we ever express our thanks for what we receive?



整潔爲強身之本

NEATNESS AND CLEANLINESS
ARE THE FOUNDATION OF A STRONG BODY

整潔，就是乾淨俐落。

整潔，表現在形體上，就是一個人的穿著整齊，顯得有精神，有禮貌：

整潔，表現在思想上，就是純潔。一個人的思想純潔，沒有雜念，不胡思亂想，見解趨於清明、高尚、整潔。

整潔，表現在行為上，就是廉潔。一個光明磊落的人，心胸是坦然的、愉快的。

如果一個人能夠保持外表、思想、行為上的整潔，那麼他的心情怎會不開朗？身體怎會不健康？

角 半 罕

俐落 clean-cut; trim and tidy

形體 physical appearance

禮貌 courteous; polite; displaying propriety

雜念 random or petty thoughts

胡思亂想 aimless, undisciplined thinking

高尚 refined; noble

廉潔 honest; incorruptible

光明磊落 straightforward and upright

坦然 at ease

開朗 happy; open-hearted

Being neat and clean means that we are trim and tidy.

When we keep our appearance neat and clean, we dress in an orderly fashion, displaying smartness and a sense of propriety.

When our thoughts are neat and clean, we are pure and incorruptible. A person whose thinking is pure and clean doesn't have petty thoughts or indulge in undisciplined daydreaming. Such a person's views tend to be clear and refined.

When our behavior is neat and clean, we are honest. An upright, straightforward person is completely at ease and happy.

If a person is able to maintain neatness and cleanliness in his appearance, his thinking and his behavior, how can his heart be unhappy or his body be unhealthy?



行善最樂

DOING GOOD IS THE GREATEST PLEASURE

行善最樂。遇到別人有困難的時候，盡力幫助，不但解決了別人的困難，看到別人化愁眉為笑，逐漸開顏，使我們心中也感到無限快樂。

行善之後，不必細想，對方是不真是真的需要幫助？還是故意欺騙？因為假使發現對方並不是真的困難，那豈不是讓自己煩惱。事情已經做了，就當對方是千真萬確的需要，不必猜疑，這樣才不會攔阻我們行善。

行善總能得到對方的好感，對於我們實在是件樂事。

角 斧 采 翠

遇到 to encounter; to meet
盡力 to do one's best; to make an effort
愁眉苦臉 a worried look
無限 unbounded; limitless
細想 to think over carefully; to dwell on

故意 purposely; intentionally
欺騙 to fool; to cheat
懊惱 to feel remorseful and angry
千真萬確 very real; absolutely true
攔阻 to obstruct; to block

Doing good is the greatest pleasure. When we come across someone in trouble and do our best to lend a helping hand, we not only solve a problem, but we also feel an indescribable happiness in our hearts upon seeing his worried face replaced by a happy smile.

After we've done something good, we shouldn't dwell on it too much, wondering if the person really needed help or purposely played us for a fool. If we discover that the person really wasn't in trouble, we will feel unhappy. The deed has already been done, so it isn't necessary to speculate about whether or not the person was truly in need. If we adopt this policy, we won't feel inhibited about doing good things.

Doing good always enables us to gain people's good will and that is truly a happy result.



生活的安排

HARMONIZING OUR DAILY LIVES

有一次，我看見一個人在畫黑點，我看了半天，看不出來是什麼意思。後來，他畫了幾條直線，加上幾個停音符，在開頭的地方加上一個音部記號，那時我才看出這些黑點，原來是音樂上的音符。

我們的生活上，也免不了會有些黑點——不如意的事。如果能把黑點按照適當的方法安排起來，畫上一些直線，再在適當的地方加上一些停音符，豈不就像從我們生活的黑點裏，編出了一首美麗和諧的樂曲嗎？

角 平 半 罕

畫 to draw

看不出來 unable to figure out

幾條直線 several straight lines

停音符 musical notation signs

免不了 unable to avoid

不如意 unpleasant

安排 to arrange

豈 How can it be that?, Is this not ?

編 to compose, make

和諧 harmonious

I once saw a man making black dots on a piece of paper. I watched him for a long time but could not figure out what he was doing. Later he drew in some straight lines and added some stop notes. At the beginning, he added a clef sign. I saw then that it was a composition of music.

In our daily lives, we seem to make black dots indicating our unhappy experiences. But if we arrange them appropriately and draw in a few straight lines, then we can add some stop notes. Isn't this taking our black dots and creating a beautiful and harmonious symphony?



今天

TODAY

有兩個日子，我從來不懷念它，不關心它，也不因為它而產生甚麼懼怕。

這兩個日子，一個是昨天。昨天的心事、痛苦、錯誤，都消失在我回憶之圈外了，因為我無法消除已經做了的事，我也無法收回吐出的言語。另外我不掛慮的是明天，在明天可能有的不幸、擔負、憂傷、失敗、錯誤，或是幸福交運，都遠非我所能管理。

只有今天才是我的，我快樂地盡今天應盡的責任。

角半半

關心 to be concerned about

產生 to produce

心事 worries

回憶之圈 the circle of one's memory

無法 unable to

消除 to undo

掛慮 to be worried or anxious about

擔負 burden

交運 to have everything going one's way

責任 duties; responsibilities

There are two days about which I neither pine about nor feel concern, and of which I have no fear.

One of them is yesterday. Yesterday's worries, sufferings and mistakes all disappear beyond the circle of my memory, because I can not undo things. I can not retrieve my words already spoken.

The other day is tomorrow. Tomorrow's misfortunes, burdens, sorrows, failures, mistakes, prosperity or good luck are all beyond my control.

Only today belongs to me. I happily fulfill all my duties of the day.



晚餐

THE EVENING MEAL

晚餐的時分間，可以說是在每個家庭一天中最快樂的時刻了；因為在這個時候，在外面工作的人回到家了，上學的也回到家了，一家人聚在一起，圍坐著吃一頓晚餐，真是幸福啊！

吃飯本來就是一種享受，不管飯菜的豐富或粗淡，只要我們能有快樂的心情，同時懂得細嚼慢嚥，就能夠吸收營養，以補償我們一天的辛勞。

在餐桌上面，大家還可以輕鬆愉快地談天說笑，在溫馨和樂的氣氛下進食，這樣，對身體、心理的健康，都是非常有益的。

角字彙

圍坐 to sit in a circle

本來 originally

粗淡 simple

細嚼慢嚥 to chew carefully and slowly

吸收 to absorb

營養 nourishment

補償 to restore

輕鬆 relaxed

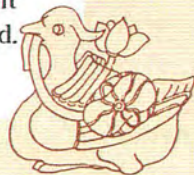
溫馨 warm

氣氛 atmosphere; environment

The evening meal is probably the happiest time of the day in every family. It's the time when everyone comes home from work and school. A family sitting around the table to eat a meal together is truly a blessing.

Eating is basically a kind of enjoyment. It doesn't matter if the food is elaborate or simple. When we can chew our food carefully and slowly in a pleasant atmosphere, we can absorb proper nourishment and restore our energy after a day's work.

When everyone can talk and laugh in a relaxed, congenial environment at the dinner table, eating is very beneficial to the health of body and mind.



充實生活

ENRICHING OUR LIVES

一個人的最苦悶的事，是生活空虛，沒有希望，自己覺得前途茫茫。

我們對於每天的生活，要充滿濃厚興趣，並且努力學習，增加經驗，使自己在各方面都有進步。多參加活動，多觀察新的事物，對任何新的知識，都充滿好奇並求了解，這樣就可以充實自己的生活。

整個世界，無時無刻不在進步中，假使停止學習，缺乏興趣，生活就會落伍；所以我們要振作精神，提起興趣，確立正確目標，充實自己的生活。

角解平翠

苦悶 miserable

茫茫 bleak

濃厚 rich

觀察 to examine, explore

好奇 curious

充實 enrich

落伍 to deteriorate

振作 to energize

提起 to raise, stimulate

確立 to set up firmly

The most miserable thing a person can face in life is emptiness, hopelessness and the prospect of a bleak future.

It is best to meet each day full of curiosity and with a willingness to work hard and learn new things. Broadening our experience helps us progress in every aspect of our lives. If we participate in activities, explore new things and approach new knowledge full of excitement and the desire to understand, we can enrich our lives.

The world is always moving forward. If we stop learning and lose interest in things, the quality of our lives will deteriorate. If this happens, we need to make an effort to energize our spirits, stimulate our interests and set up some solid goals. This is the best way to enrich our lives.



緊張與勤勞

BUSTLING AND DILIGENCE

緊張與勤勞不同。一個人緊張，忙得不得了，可能沒有甚麼成果；但是，一個勤勞的人，忙得不得了，卻很有收穫。

緊張，白白造成對自己的威脅，使得精神不安，精力低落；勤勞，雖然辛苦，但是除了身體勞累外，心情是穩定的，快樂的。

把心情放輕鬆，不要憂慮，不要做無謂的緊張；專心致力於獲得有效成果，勤勞，一定能得到勝利。

解平聲

緊張 nervous; bustling

勤勞 diligence

成果 results achieved; achievement

收穫 results; fruit (of one's efforts)

白白 vain; wasted

威脅 threat

低落 to lower; to drop

辛苦 difficult

穩定 settled

無謂 meaningless; senseless

Bustling and diligence are not the same. A person who bustles about is very busy, but he isn't likely to see much in the line of results. A diligent person is also busy, but produces significant results.

Bustling is a vain attempt to rally oneself, but it disrupts your energy and saps your strength. Even though working diligently is difficult and can make your body weary, your mind will be stable and happy.

You won't get diverted into meaningless bustling if you relax and stop worrying. If you focus your energy on achieving effective results, diligence is sure to make you a winner.



果子

FRUIT

果子是甚麼呢？它是從樹上結出來的，能供給營養。

果子不是為樹自己用的，乃是供人們吃的。果子熟了，樹就不留它。所以許多熟的果子，都從樹枝上掉下來。已經成熟了的果子，不再需要營養了，任它們墜地，留下空枝，預備下季再結新的果子。

果樹結果的最大目的，就是任人們吃它，吐出核來，讓果核發芽生長，再長成一棵樹，枝頭又會長滿了果子。

角字彙

果子 fruit

供給 provide

熟 ripe

留存 to keep

掉 to fall

墜 to drop, fall

下季 the next season

核 core (of seeds)

發芽 to sprout

生長 to grow to maturity

What is fruit? It is produced on trees and possesses the quality of providing nourishment.

Fruit is not meant to be used by the tree and is provided for people to eat. When fruit ripens, the tree doesn't keep it. Therefore all the ripened fruit drops from the tree. Fruit which has already ripened doesn't require further cultivation. When it falls, it leaves an empty branch, ready to produce fruit again the following year.

The ultimate purpose of fruit is to be eaten by people. The core is discarded and allowed to sprout and grow into another fruit tree. This tree's branches will also be able to bear fruit.

蠶的一生

THE LIFE OF THE SILKWORM

觀看蠶的一生變化，常給人以留下深刻印象的印象。

蠶吃桑葉，一口接着一口，那麼細小的——隻蠶，卻可以很快地把一片葉子吃個精光。

成熟了的蠶會吐絲，不眠不休，直到吐完，把自已包裹成一個繭為止。

蠶成蛹以後，並沒有死去，它會再變成蛾，破繭而出。

蛾產卵生子，繁殖後代，而後死去。

蠶孜孜不倦地完成一生的工作，從不停歇。

角 平 平 平

觀看 to observe

一生變化 life cycle

難忘 difficult to forget

印象 impression

成熟 mature

包裹 to wrap

繁殖 to multiply by reproduction

後代 succeeding generation

孜孜不倦 to work diligently and tirelessly

歇 to rest

Observing the life cycle of the silkworm often makes a profound and unforgettable impression on people.

The silkworm eats mulberry leaves. Bite after bite, a very tiny silkworm spits out silk strands. It doesn't sleep or rest. When it has spit out all its silk, it wraps itself up in a cocoon and stops.

After the silkworm has become a crysalis, it doesn't die. It will become a moth and emerge from its cocoon.

The moth lays eggs and produces another generation of silkworms. Only then does it die.

The silkworm works tirelessly throughout its entire life without ever stopping to rest.



還是那個樣子

JUST SO SO

當兩個^{ㄌㄨˊ ㄉㄨˊ}人^{ㄖㄣˊ}見^{ㄐㄧㄢˋ}面^{ㄇㄧㄢˋ}的^{ㄉㄜˊ}時^{ㄕㄨˊ}候^{ㄏㄠˋ}， 彼^{ㄅㄟˊ}此^{ㄘㄩˊ}寒^{ㄏㄢˊ}喧^{ㄒㄨㄢˊ}， 聽^{ㄊㄧㄥˊ}到^{ㄊㄠˋ}的^{ㄉㄜˊ}總^{ㄓㄨㄥˊ}是^{ㄕㄨˊ}「還^{ㄩㄢˊ}是^{ㄕㄨˊ}那^{ㄋㄚˊ}個^{ㄍㄜˊ}樣^{ㄩˋ}子^{ㄘㄩˊ}」， 表^{ㄅㄞˊ}示^{ㄕㄨˊ}生^{ㄕㄨㄥˊ}活^{ㄏㄨㄛˊ}如^{ㄌㄨˊ}常^{ㄘㄨㄥˊ}， 沒^{ㄇㄟˊ}有^{ㄩˊ}甚^{ㄕㄨˊ}麼^{ㄇㄛˊ}進^{ㄇㄣˊ}展^{ㄓㄢˊ}的^{ㄉㄜˊ}意^{ㄩˋ}思^{ㄕㄨˊ}。

細^{ㄒㄩˊ}想^{ㄒㄧㄥˊ}起^{ㄘㄩˊ}來^{ㄌㄞˊ}， 這^{ㄓㄜˊ}話^{ㄏㄨㄚˊ}雖^{ㄕㄨㄟˊ}是^{ㄕㄨˊ}客^{ㄎㄜˊ}氣^{ㄕㄩˊ}， 其^{ㄕㄨˊ}實^{ㄕㄨㄢˊ}表^{ㄅㄞˊ}示^{ㄕㄨˊ}沒^{ㄇㄟˊ}有^{ㄩˊ}出^{ㄔㄨˊ}息^{ㄒㄩˊ}。 因^{ㄩˊ}為^{ㄨㄟˊ}一^{ㄧˊ}個^{ㄍㄜˊ}人^{ㄖㄣˊ}永^{ㄩㄥˊ}遠^{ㄩㄢˊ}「還^{ㄩㄢˊ}是^{ㄕㄨˊ}那^{ㄋㄚˊ}個^{ㄍㄜˊ}樣^{ㄩˋ}子^{ㄘㄩˊ}」， 那^{ㄋㄚˊ}麼^{ㄇㄛˊ}， 他^{ㄊㄚˊ}就^{ㄕㄨˊ}一^{ㄧˊ}直^{ㄓㄩˊ}沒^{ㄇㄟˊ}有^{ㄩˊ}進^{ㄇㄣˊ}步^{ㄅㄨˊ}， 事^{ㄕㄨˊ}實^{ㄕㄨㄢˊ}上^{ㄕㄨˊ}， 一^{ㄧˊ}個^{ㄍㄜˊ}人^{ㄖㄣˊ}每^{ㄇㄟˊ}天^{ㄊㄩㄢˊ}即^{ㄐㄧˊ}使^{ㄕㄨˊ}做^{ㄉㄨㄛˊ}不^{ㄘㄩˊ}了^{ㄌㄞˊ}甚^{ㄕㄨˊ}麼^{ㄇㄛˊ}， 也^{ㄕㄨˊ}應^{ㄩㄣˊ}該^{ㄍㄞˊ}學^{ㄒㄩㄝˊ}習^{ㄩˊ}一^{ㄧˊ}些^{ㄒㄩㄝˊ}甚^{ㄕㄨˊ}麼^{ㄇㄛˊ}， 即^{ㄐㄧˊ}使^{ㄕㄨˊ}學^{ㄒㄩㄝˊ}不^{ㄘㄩˊ}到^{ㄊㄠˋ}甚^{ㄕㄨˊ}麼^{ㄇㄛˊ}， 也^{ㄕㄨˊ}應^{ㄩㄣˊ}該^{ㄍㄞˊ}想^{ㄒㄩㄝˊ}到^{ㄊㄠˋ}一^{ㄧˊ}些^{ㄒㄩㄝˊ}甚^{ㄕㄨˊ}麼^{ㄇㄛˊ}。

如^{ㄌㄞˊ}果^{ㄍㄨㄛˊ}我^{ㄨㄛˊ}們^{ㄊㄣˊ}不^{ㄘㄩˊ}斷^{ㄉㄨㄢˊ}地^{ㄉㄜˊ}擴^{ㄎㄨㄢˊ}大^{ㄉㄞˊ}自^{ㄘㄩˊ}己^{ㄐㄩˊ}的^{ㄉㄜˊ}生^{ㄕㄨㄥˊ}活^{ㄏㄨㄛˊ}圈^{ㄎㄨㄢˊ}子^{ㄘㄩˊ}， 充^{ㄕㄨˊ}實^{ㄕㄨㄢˊ}自^{ㄘㄩˊ}己^{ㄐㄩˊ}， 那^{ㄋㄚˊ}麼^{ㄇㄛˊ}當^{ㄉㄨㄢˊ}我^{ㄨㄛˊ}們^{ㄊㄣˊ}見^{ㄐㄧㄢˋ}到^{ㄊㄠˋ}了^{ㄌㄞˊ}朋^{ㄆㄥˊ}友^{ㄩˊ}的^{ㄉㄜˊ}時^{ㄕㄨˊ}候^{ㄏㄠˋ}， 就^{ㄕㄨˊ}不^{ㄘㄩˊ}會^{ㄕㄨㄟˊ}再^{ㄘㄩˊ}說^{ㄕㄨㄢˊ}「還^{ㄩㄢˊ}是^{ㄕㄨˊ}那^{ㄋㄚˊ}個^{ㄍㄜˊ}樣^{ㄩˋ}子^{ㄘㄩˊ}」了^{ㄌㄞˊ}。

角 平 半 翠

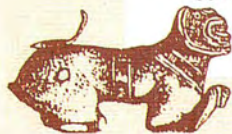
寒^{ㄏㄢˊ}喧^{ㄒㄨㄢˊ} to talk about the weather (in a conversation)
如^{ㄌㄞˊ}常^{ㄘㄨㄥˊ} as usual
進^{ㄇㄣˊ}展^{ㄓㄢˊ} improve; improvement
細^{ㄒㄩˊ}想^{ㄒㄧㄥˊ} to think carefully
出^{ㄔㄨˊ}息^{ㄒㄩˊ} profit; promise (of result)

一^{ㄧˊ}直^{ㄓㄩˊ} always; constantly
事^{ㄕㄨˊ}實^{ㄕㄨㄢˊ}上^{ㄕㄨˊ} Actually; In reality
擴^{ㄎㄨㄢˊ}大^{ㄉㄞˊ} to extend, enlarge
圈^{ㄎㄨㄢˊ}子^{ㄘㄩˊ} boundary
當^{ㄉㄨㄢˊ}……時^{ㄕㄨˊ}候^{ㄏㄠˋ} when

When two people run into each other, we often hear, "just so so," a phrase meaning that life is the same and hasn't improved in any way.

Considered more carefully, although this comment may be a form of polite conversation, it actually reveals that the speaker hasn't been accomplishing much. If people are always "just so so," they never make any progress. Even if we don't accomplish something every day, we should learn how to do something or at least apply our minds to some topic.

If we persistently extend the boundaries of our lives, enriching ourselves, when we encounter friends, we will no longer say "just so so."



舒適的生活

A PLEASANT LIFE

舒適的生活，不一定就是奢華的；簡樸的生活，可能覺得更心安理得。

生活應當有目的、志向和熱誠，朝著自己所訂的目標去努力。

外界的阻礙，朋友讚美或詆毀，都是無關緊要的事，主要的是自己過的生生活，並不要傷害到別人或自己，而且是有意義的生生活。

做正當的和適合自己的工作，可以使自己的生生活美滿、切實、寧靜，這就就是舒適的生活。

角 平 翠

奢華 luxurious; showy
心安理得 carefree; to have peace
of mind
志向 ambition; purpose
外界 the outer world; the environ-
ment
阻礙 obstacle; barrier

詆毀 slander; destructive criticism
無關緊要 unimportant; of no conse-
quence
傷害 to harm
正當 proper
切實 real; sound

A pleasant life is not necessarily luxurious. Living simply can be much more peaceful and carefree.

Our lives should have a purpose. We should move diligently toward the goals we have set with ambition and sincerity.

Obstacles in our environment, as well as both the praise and the discouragement we receive from our friends, are all things we shouldn't allow to distract us. What is important is the lives we lead. We shouldn't harm others or ourselves. Our lives should have meaning.

When we do work that properly suits our nature, our lives can be happy, sound and peaceful. This is a pleasant life.





教與學

TEACHING AND LEARNING



我家有一對鸚鵡，牠們孵出了一隻小鸚鵡。

有一天，只見那兩隻大鸚鵡把小鸚鵡舉起來，抬到窩門口，猛然把牠推下去，試試看小鸚鵡有沒有飛的能力，結果小鸚鵡摔在鳥籠的底板上面。兩隻大鸚鵡立刻飛了下來，把小鸚鵡救護在自已的翅膀底下，慢慢地把牠抬到窩門口，又猛然推下去。連續做了好幾次，小鸚鵡就會飛了，而且樣子非常振奮。

我看到這一幕，對於大鸚鵡這樣耐心地教，和小鸚鵡這樣勇敢的學，非常欽佩。

角 平 翠

一對 a pair
鸚鵡 parrot
孵 to hatch
窩 nest
猛然 abruptly

摔 to fall
籠 cage
救護 to rescue
翅膀 wing
振奮 fortitude

My family has a pair of parrots which had a baby parrot.

One day, I saw the two adult parrots raise the baby parrot up to the edge of the nest. Suddenly, they pushed it out to see if it could fly. The baby parrot fell toward the bottom of the cage. The parents immediately dove down and caught it on their wings. Once again, they slowly raised the baby parrot to the edge of the nest and pushed it out. By repeating this many times, the baby parrot learned how to fly. Moreover, its manner was very spirited.

Witnessing this little scene, I truly admired how the parents taught so patiently and how the baby learned its lesson with such fortitude.





深處

DEEP PLACES



打井的人知道，井挖得愈深，水愈清涼甘美。
捕魚的人知道，離岸愈遠，水愈深的地方，纔可找到大魚。

交朋友，情感愈深厚，了解得愈多。深交的朋友，纔是真正的知己。

我們做學問，研究得愈深，懂得愈多；愈往深處發掘，所獲得的寶藏愈多。

往深處去，所獲得的必是豐富，成就也高。

角 平 聲

打井 to dig a well

挖 to dig

甘美 sweet

捕魚 to fish

岸 shore

情感 feeling

知己 a confidant; a true friend who understands you

發掘 to unearth, dig out, excavate

寶藏 treasure

成就 accomplishment

Well diggers know that the deeper you dig a well, the clearer and sweeter the water will be. Fishermen know that the further from shore you go and where the water is deepest, you will find the big fish.

In friendships, the deeper the feeling you share, the more you understand one another. Friends you can relate to on a deep level are your confidants.

When we study, the more deeply we delve into a subject, the better we understand it. As we dig deeper and deeper, we reap greater and greater rewards. As we work toward deeper levels, we are sure to be rewarded with rich treasures and our accomplishments will be enhanced.





不滿意

DISSATISFACTION



不滿意，是進步的原動力。

如果滿意了，自己的一切，就很容易被停留在一個階段上，而不求進步。

不滿意已經有的，就要建立更高的目標，這不僅是對個人而言，對一個團體，對整個社會、國家，都應是如斯。能不不斷建立更高的目標，纔會有不斷的進步。

不滿意的时候，不怨天尤人，只是努力改進，以求滿足自己，同時也會造福別人。

角字半翠

滿意 satisfied

停留 to stop and tarry

階段 stage

求 to seek

建立 to establish

團體 a group

怨 to blame, rail against

尤 to blame

改進 to reform

造福 to create benefit

Dissatisfaction is an aid to making progress. If we are satisfied with everything about ourselves, it is very easy to stop in one place and fail to strive to progress.

If we are dissatisfied, then we should establish some goals. This refers not only to individuals, but to groups, social organizations and nations as well. If we are able to keep setting higher goals for ourselves, we will continue to make progress.

When we are dissatisfied, we shouldn't rail at heaven or blame others. If we just work energetically to reform our ways and strive toward self-fulfillment, we will benefit others at the same time.



求學與責任

LEARNING AND RESPONSIBILITY

學問是個標誌，不是裝飾品！我們做學生的，一步步把學識求到了，充實了自己，然後身體力行，把所學所知做的出來。

求學不僅是一種享去，也是一種責任。國家培育我們，我們也要貢獻力量報效國家，使我們的文化、科學、政治、經濟……一切蒸蒸日上，這些都是我們每個人的責任。

我們懂得為甚麼求學，我們知道有那麼大的責任，那麼我們就會為自己慶幸了。

角译 半翠

標誌 a mark; a symbol

裝飾 ornament

力行 to practice or perform energetically

貢獻 to contribute

報効 to work for; to repay another's kindness by working hard for him

文化 culture

政治 politics

經濟 economics

蒸蒸日上 getting more and more prosperous

慶幸 to congratulate oneself

Learning is a mark of distinction, not an ornament. As students, learn bit by bit to enrich ourselves, so that we can act and transfer our learning into deeds.

It is not only an enjoyment. It is also a responsibility. We learn in order to work for our country, protect her and improve our culture, science, politics, economics, etc. Such are our responsibilities.

When we understand why we study and learn and realize the immensity of the responsibility, we appreciate the opportunity to carry it out.





書與我

BOOKS AND I



我們讀書，可以從書中獲得快樂、勉勵和安慰。無論是在疲倦時、清醒時或病痛時，都可以從書裏得到益處。

愛好書本而得到的最大收穫，是把一些不同的事物，帶到了我們平凡而單調的生活裏，使我們獲得知識和能力。

歌德說：『當你讀書的時候，你並不知道變得怎麼樣，但當你確實是改變了。』這就是在說，在書本的智慧把我們提升到跟作者一樣的境界時，我們的個性確實也隨之發展和擴大了。

角平半翠

勉勵 to encourage, urge, rouse to action
疲乏 weary; tired
益處 benefit
平凡 ordinary
單調 uneventful

提升 to lift up; transport
作者 author
境界 world
個性 individuality; personality
隨 to follow
擴大 to broaden

We can derive pleasure, inspiration and consolation from reading books. No matter whether we are weary, wide-awake or even ill, we can benefit from books.

The enjoyment of books and the rewards we receive from them bring an incredible variety of information into our ordinary, uneventful lives, bestowing us with knowledge and power.

Goethe said, "When you read, you aren't aware of it, but you have changed." The wisdom contained in a book transports us into the author's world and our individuality is advanced and broadened.





讀書最樂

THE JOY OF READING



朋友們！你們享受過讀書的樂趣嗎？

在你讀書的時候，千百年前英雄，在你心靈上重新現出來；有名思想家，他們的哲理使你流連；有名詩人，他們的詩歌讓你重唱；藝術的天才創作，怡悅你的眼睛，這些典雅的享受，只有讀書的人纔能得到。

總歸一句話：讀了書之後，最偉大的人，他們的思想和藝術，又都在你的心靈中重生。

角 彙 萃

重現 to reappear
思想家 thinker; philosopher
哲理 doctrine; philosophy
流連 reluctant to leave; to tarry
詩 poets

重唱 to savor anew
天才 wondrous; genius
怡悅 to delight
典雅 fine
重生 to live again

Young friends, have you experienced the joy of reading?

When you read, heroes of ancient days live again in your imagination, the ideas of famous thinkers linger in your mind, the lyrics of bygone poets are savored anew, and the great masterpieces of art delight your eyes. These are the finer pleasures available to those who read.

In brief, reading brings the great figures of history, their thoughts and artistic accomplishments to life in our imaginations once more.



讀書的樂趣

THE JOY OF READING

讀書的樂趣，是在現實環境以外，開闢了一個美妙的境界。

例如一個科學家，在他小小的實驗室裏，甚至一個小小的試管裏，由於書本給予他的知識，他就可能探求出天高、海深的無量數的物資。他的愉快，不是別人所能體會到的。

一個文學家更是這樣。由於讀書，變換了他的氣質，豐富了他的思考，使他浴在知識的大海裏。那份快樂，真是無上的享受。

角译平翠

現實 reality; things as they are
開闢 to open up
實驗室 laboratory
試管 test tube
探求 to explore
無量 limitless; boundless

體會 to appreciate, understand
變換 to transform, to convert; to switch
氣質 disposition; temperament
無上 matchless

The joy of reading extends beyond the sphere of material reality and opens up a marvelous new world.

For instance, a scientist, in his small laboratory, or even with his test tube, can explore, with his knowledge, things high up in the sky or deep down beneath the sea. His joy can hardly be appreciated by other people.

A literary person, from reading, can improve his spiritual nature, enrich his thinking, and swim in the sea of knowledge. That kind of pleasure is the greatest enjoyment.



興趣和信心

INTEREST AND CONFIDENCE

我們的能力的大小，勇氣的多寡，都是靠我們對於這件事情的興趣和信心而定。

譬如學習游泳，要相信教練的指導，把全身肌肉放鬆，等到身體果能浮起來的時候，心中自然生起喜歡游泳的念頭。有了興趣，也就有信心，有信心更有興趣，兩者互為因果，促使我們成功。

游泳是這樣，學習任何事情也都是這樣。自己已有興趣和信心，再加上相信別人的經驗和指導，一步一步向前進，那麼離成功就不遠了。

角译采翠

多寡 plentitude or lack; amount,
degree
靠 to depend on
定 to set down; to establish
教練 coach
指導 instruction; guidance

肌肉 muscle
浮 to float
自然 naturally
互為因果 interrelated
促使 to inspire, urge

The degree of our ability and daring depends on the level of our interest and confidence in a project.

Consider learning to swim, for instance. You must believe in your coach and relax all the muscles of your body. Then your body can float and you will naturally experience the joy of swimming. With an interest, you will have confidence. With confidence, your interest will be even greater. The two are interrelated and inspire us to succeed.

Swimming is like this and learning is the same. When we have interest and confidence in an endeavor, along with a belief in other people's experience and guidance, we can advance step by step. Then we are not far from success.



嚴慈

STRICT YET KIND



我_的父_親管_{兒女}最_嚴，但_也最_仁慈_。記_得小_時候_，有_一次_，我_鬧脾_氣，父_親打_了我_，我_哭着_哭着_就睡_着了_。父_親打_完我_，又_過意_不去_，拿_了白_薯要_餵我_吃，我_被搖_醒了_，但_是閉_着眼_睛，心_裏感_到父_親真_是愛_我。

還_有一_次，頑_強的_弟弟_被父_親處_罰關_在一_間小_屋裏_，弟_弟生_氣，不_肯睡_去；父_親為_了兒_子的_悖逆_很傷_心，也_不睡_着覺_。最_後父_親起_身到_小屋_裏去_陪弟_弟，他_告訴_弟弟_說：『你_做錯_事，所_以我_罰你_；但_我仍_然愛_你，所_以來_跟你_做伴_。』

角 半 單

管_： to manage, handle

鬧_脾氣_： to throw a temper tantrum

過_意不_去 to feel sorry

搖_醒 to shake awake

閉_： to close

頑_強 stubborn

悖_逆 to rebel

起_身 to get up

陪_： to accompany

做_伴 to keep (someone) company

My father was very strict in disciplining his children, yet he was also kind. Once he spanked me for throwing a tantrum. Later I cried myself to sleep. My father felt sorry for me and brought me a sweet yam to eat. I woke up and realized that my father loved me.

Another time, my father confined my stubborn brother to a small room. My brother was angry and refused to go to sleep. Because of his son's rebelliousness, my father couldn't sleep either. Finally, he got up and went to my brother in the small room. He said, "You did something wrong. That was why I punished you. But I still love you so I have come to keep you company."



母親的教訓

MOTHER'S LESSON

記得小時候，有一次，我正坐在書房裏，母親對我說：『請你倒一杯茶給我。』

『姊姊，幫我過去倒一杯茶，好嗎？』我對姊姊說，『我正在看書，正看到有趣的地方。』

但是姊姊不去，她說媽媽不是叫她去的。於是我只只好放下書本，慢慢地站了起來，勉強移動身子，倒了一杯茶給母親。

母親沒有接受，她責備我不甘心樂意做的。從那一次以後，無論母親有甚麼吩咐，我總是很樂意地說：『媽！我馬上就做。』

角彳采翠

倒 pour
放下 to put down
勉強 to force oneself to do
(something)
移動 to move
接受 to accept

甘心 to be willing
無論 no matter what
吩咐 request
總是 always
馬上 right away

I remember a time when my mother asked me to pour her a cup of tea.

I said to my sister, "Hey sis, would you pour a cup of tea for mother. I'm reading a book and I've just come to a good part."

But my sister wouldn't go, saying that mother hadn't asked her. So I had to put aside my book. I stood up slowly and reluctantly went to pour my mother a cup of tea.

Disappointed because I didn't do it willingly, my mother refused the tea.

Thereafter, whenever my mother wanted me to do anything, I would say cheerfully, "Okay, I'll do it right away."





訓練

TRAINING



常人_レ所_レ認_レ為_レ平_レ凡_レ的_レ事_レ物_レ，從_レ你_レ的_レ眼_レ中_レ看_レ去_レ，你_レ會_レ看_レ到_レ其_レ中_レ有_レ不_レ可_レ思_レ議_レ的_レ奇_レ異_レ光_レ輝_レ嗎_レ？

在_レ常_レ人_レ所_レ認_レ為_レ絕_レ望_レ的_レ情_レ形_レ中_レ，你_レ能_レ尋_レ找_レ出_レ無_レ限_レ的_レ希_レ望_レ嗎_レ？

我_レ們_レ應_レ當_レ訓_レ練_レ自_レ己_レ：從_レ黑_レ暗_レ中_レ看_レ出_レ光_レ明_レ，從_レ軟_レ弱_レ中_レ看_レ出_レ力_レ量_レ，從_レ平_レ淡_レ中_レ看_レ出_レ人_レ間_レ的_レ奇_レ寶_レ，從_レ絕_レ望_レ中_レ奮_レ起_レ！

角_レ牟_レ半_レ翠

平_レ凡_レ ordinary; common
不_レ可_レ思_レ議_レ unimaginable
奇_レ異_レ unique; unusual
光_レ輝_レ glimmer
絕_レ望_レ hopeless; futile

無_レ限_レ unlimited
訓_レ練_レ to train
軟_レ弱_レ weakness
平_レ淡_レ ordinary
奇_レ寶_レ special potential

Can you see the glimmer of undiscovered and unique qualities in things most people view as commonplace?

Can you find hope in situations that most people view as futile?

We should train ourselves to see the light in the darkness, strength in weakness and the unique in ordinary life. And very importantly, we should train ourselves to struggle even in our moments of discouragement.





發掘才能

DISCOVER YOUR TALENT



一個_レ人_レ不_レ能_レ把_レ世_レ界_レ上_レ每_レ一_レ件_レ事_レ都_レ做_レ一_レ番_レ， 所_レ以_レ必_レ須_レ發_レ掘_レ自_レ己_レ的_レ才_レ能_レ， 看_レ自_レ己_レ在_レ何_レ種_レ工_レ作_レ上_レ最_レ為_レ擅_レ長_レ， 然_レ後_レ集_レ中_レ自_レ己_レ的_レ精_レ力_レ， 專_レ心_レ做_レ那_レ一_レ種_レ工_レ作_レ。 這_レ樣_レ的_レ辦_レ法_レ， 能_レ使_レ一_レ個_レ人_レ得_レ到_レ最_レ高_レ的_レ發_レ展_レ。

過_レ去_レ成_レ功_レ的_レ人_レ， 就_レ是_レ由_レ於_レ他_レ們_レ在_レ年_レ幼_レ或_レ少_レ年_レ時_レ， 發_レ現_レ了_レ自_レ己_レ最_レ喜_レ歡_レ的_レ工_レ作_レ， 知_レ道_レ自_レ己_レ有_レ做_レ某_レ種_レ工_レ作_レ的_レ才_レ能_レ， 於_レ是_レ開_レ始_レ發_レ展_レ， 以_レ致_レ成_レ功_レ。

少_レ年_レ朋_レ友_レ們_レ， 你_レ們_レ何_レ不_レ想_レ一_レ想_レ自_レ己_レ最_レ適_レ合_レ於_レ那_レ一_レ種_レ工_レ作_レ， 而_レ努_レ力_レ從_レ事_レ這_レ一_レ種_レ工_レ作_レ呢_レ？

角 釋 羣

發_レ掘_レ to find out

才_レ能_レ talent; aptitude; natural gift

擅_レ長_レ to excel at

集_レ中_レ to gather, concentrate

辦_レ法_レ method; way

成_レ功_レ to succeed

某_レ種_レ工_レ作_レ a certain line of work

以_レ致_レ until

適_レ合_レ suitable; appropriate

努_レ力_レ energetically

One cannot try out every occupation the world offers. Therefore we should find out what our natural gifts or talents are and concentrate on developing them to the full. In this way, we can reach our fullest potential.

People who have succeeded in their work have often done so because they discovered their favorite pursuit in their youth. Recognizing their own aptitude for a certain line of work, they started to work on it until they succeeded.

My young friends, why don't you think about what kind of work you are naturally suited for and then energetically apply yourself to it?



習慣的養成

DEVELOPING HABITS

一個畢業幾年後的學生這樣說：『在學校時，我常常以讀書為苦；現在，讀書卻是我的享受。』

原來在學校的時候，天天花許多時間讀書，覺得很辛苦。現在畢業了，因為養成習慣，所以仍然天天念書，可是如今天不為應付考試而讀書，於是體會出讀書的樂趣，覺得是一種享受。

好習慣常常是從困苦中養成，因為不堅強努力，不去實行，就很難成為自己所必須遵循的道路。

角 半 翠

畢業 to graduate

以...為 to regard (something) as

卻是 on the contrary

花 to spend (money, time)

習慣 a habit

應付 to deal with

體會 to realize, understand

堅強 firmly

實行 to put into action

遵循 to follow

Several years after graduating from school, someone observed, "While I was in school, I often felt reading was a torture. Now I consider it a pleasure."

While he was in school, he had to spend a lot of time reading every day and felt overburdened. Now that he has graduated, he still reads every day because he has developed the habit. But now he doesn't read for exams, so he understands the joy of reading and finds it a pleasure.

Good habits are often developed during times of difficulty. This is because when we don't act with determination and effort, it is very hard to follow the path we should.





能力

HIDDEN TALENTS



每個人都都有自己潛在的力量，到某種情況下，纔被自己或是別人發現。

磨練自己，就會產生連自己也想不到的能力，這種力量是越磨練越堅強的。

地球上的任何資源，都有用完的時候。唯有我們潛在的能力，在每一個人的身上，隨自己發掘，力量源源不絕。

我們不要低估人潛在的能力，更不要忽視自己擁有的潛在能力；任何人都不發揮潛能力，都是可惜的事。

角译采萃

潛在 hidden; latent

情況 conditions; situation

磨練 to discipline and train

產生 to develop

資源 natural resources

源源不絕 to continue without end

低估 underestimate

忽視 neglect

擁有 to possess, have

可惜 regret

Everyone of us has some hidden abilities. Under certain conditions, we either discover them for ourselves or someone else recognizes them.

If we discipline and train ourselves, we can develop abilities that even we didn't know we had. These abilities become more stable and steadfast as we continue to discipline ourselves.

While the world's natural resources can be used up eventually, only those hidden abilities that we all possess and can bring out will never be exhausted.

We shouldn't underestimate other people's hidden abilities, and even more importantly, we shouldn't neglect our own hidden abilities. It is truly regrettable when people don't bring out their hidden talents.



趁早準備

PREPARE WHILE IT IS STILL EARLY

一個孩子跑得滿頭大汗，趕到車站，想要搭火車。他跑到月臺的時候，火車剛剛開動，他只慢了一點兒。

旁邊一個人看見了，就和他說：『你如果用全力跑，再跑快一點兒，那就行了。』

『不！』孩子回答：『我已經盡了我最大的力量，這是我最高的速度。錯處不在我跑得慢，是在我動身太遲了。』

許多人在年少時期不努力，以為時候還早，不必着急，結果往往就錯過了機會。等到他們明白了事情的重要，卻已經太遲了。

角耳半翠

搭 to catch (a train or bus)
月臺 boarding platform
旁邊 next to; beside
用全力跑 to run as fast as possible
速度 rate of speed

錯處 where the error lies
時期 time period
以為 to mistakenly believe
著急 worry
機會 opportunity

A little boy was out of breath when he got to the station. The train had just left. Someone nearby said to him, "You should have run a little faster. You have just missed it."

"No," the boy said, "I ran as fast as I could. That was my highest speed. It wasn't that I didn't run fast. I just didn't start early enough."

Many young people don't work hard, and regret it later when the opportunity is gone. They only realize it when it is too late.



達到目的

ATTAINING YOUR GOALS

少年朋友們！你們知道求學的目的到底是甚麼嗎？

也許你們會趾高氣揚地回答說：『我要做一個科學家』、『我要為人類社會謀福利』、『我要成功種種偉大的事業』。

是的，你們的目的都是很很好的；但是你們要注意，你們所學的，是否足以使你們勝任那個工作？達到那些成就？

目的不必好高騖遠，主要的還是定了一個目的，就要達到這個目的；像登階梯一般，一級一級地走上來，一直達到最高的那一層。

角 平 舉

趾高氣揚 elated and proud; smug

科學家 a scientist

人類 humanity

福利 benefit

達到 to reach, attain

好高騖遠 to aim high, but disregard the fundamentals

定 to establish

登 to climb

級 stage—here, rung

層 level

My young friends, what is your goal of studying? You may answer me very proudly, "I want to be a scientist," "I want to work for the welfare of society," or "I want to accomplish many kinds of extraordinary things".

Yes, all these goals are excellent, but you must pay attention to what you have learned and ask yourselves what kind of job it would be adequate for. Will it help you to attain your goals?

Your goals need not be very high. The most important thing is to be able to reach them. It is like climbing a ladder - - rung by rung until you reach the very top.





讀書四要

FOUR STUDY TIPS



讀書要認真，下列四點讀書的方法，很值得學習。

虛心：讀書不可虛心，好比水澆石頭，不能滲透。這也就可以說是說，讀書不可自滿，虛心才能學得多，滿足就容易不下甚麼了。

領悟：不能領悟就不能吸收書中意義，而無法加以運用。

體認：不能體認就等於空談道理，對實際毫無用處。

實踐：我們認真讀書，必須反應到自己身上來，一面思索，一面反省，實際做到，這樣才能真能得到讀書的益處。

角平半翠

認真 serious; earnest

虛心 humility

滲透 to penetrate

容 to contain

意義 meaning; significance

運用 to apply

體認 to perceive; perception

實踐 to apply; application

反應 response; reflex

反省 reflection; self-examination

Studying requires a serious attitude. Here are four approaches to studying that are worth learning.

Humility. Studying without a sense of humility is like pouring water over a stone - there's no penetration. This means that we shouldn't allow ourselves to be self-satisfied when we study. We learn more with a humble attitude, while satisfaction makes it difficult to hold onto anything.

Alertness. If you're not alert, you won't be able to absorb the material in your textbooks. Then you won't be able to apply it.

Perception. Lack of perception results in empty rationalizing. It has no practical use.

Application. When we study seriously, we must allow what we learn to affect us. We mull it over and reflect on it. By actually putting it into practice, we can truly obtain the benefits of studying.



及時

THE RIGHT TIME

有很多青少年在求學的時分，很不喜歡讀書，恨不得不要讀書才好。

畢業以後，走入社會，這時才感到學識不夠，於是後悔當初在學校的時分，為什麼不多學一些；但是，時過境遷，想要學習，已經沒有那樣的環境和機會了。

「少壯不努力，老大徒傷悲。」這是一句很普通的話，但也被很多人忽略。要記住，不及時為學，錯過了機會，到了後悔的時分，再學就太晚了！

角解平舉

及時 at the right time; on time; in time
恨不得 to wish that one could (do something not suitable)
畢業 to graduate

機會 opportunity
努力 to work hard
普通 common
忽略 to neglect; disregard
記住 to remember; to pay attention

Many young people don't enjoy studying while they are in school and wish they didn't have to study at all.

After they graduate and enter the work world, they realize that their knowledge is insufficient and regret that they didn't study harder in school. Time passes and things change. They may want to study now, but the conditions and opportunities are already gone.

"If we aren't hardworking in youth, we will feel the negative effects in old age." This is a common saying, but it is disregarded by many people. We should remember that we are giving up an opportunity when we don't study at the right time. By the time we come to regret it, it's too late to start over.





心中明燈

THE HEART'S SHINING LAMP



常常可以看到幼稚園的小朋友表演，用小手指比着，表示自己的心是一盞燈，一盞明亮亮的燈。

心像一盞明亮亮的燈在點着。這樣的心是火熱的、明亮亮的、爽朗的。

燈舉得越高，它的光照得越廣越遠。

心越善良，說的話越仁慈，越感動人。

假使每一個人的心，都像小朋友所表演的燈一樣，舉得高高的，照亮自己，也照亮別人。到處是一片光明、歡樂、和諧，那該有多好啊！

人人都有一顆玲瓏的心，都像一盞明亮亮的燈，普照着大地，使大地的一切感到溫暖。

角 平 采 翠

幼稚園 kindergarten
表演 performance
點 to light (a flame)
火熱 fiery
爽朗 direct

舉 to raise
感動 to move or affect (people)
玲瓏 bright; fine
普 to spread
溫暖 mild and warm

We often see kindergarten children give performances. They use their little hands to express the lamps that shine in their hearts.

The heart is like a lamp, shining and burning. This kind of heart is fiery, bright and direct. The higher a lamp is raised, the further its light shines. The kinder one's heart is and the more compassionate one's words are, the more they affect other people.

If everyone's heart was like a child's heart, raised up high, we would shine light on both ourselves and others. Brightness, happiness and harmony would be everywhere. That would be wonderful!

Everyone has a bright heart, just like a shining lamp. We can spread our light over the earth to make this world a warmer place.



一把鑰匙

A KEY

一個人的生活在这个世界上，總有他的意義和作用的；好像鑰匙是用來開鎖的，棟樑是支撐一座大廈的。支撐大廈的棟樑，固然早有人以為那是大材料，但是——一把小小鑰匙，它的作用也是不可忽視的。沒有鑰匙，鎖就沒有辦法打開。

少年朋友們！不要去理會別人把我們看成怎麼樣的人或物，我們該理會的是自己，是不成是成材料，做個有用的。

像一把鑰匙，給自己打開知識的鎖，也給社會人類類打開寶藏箱子。

角译半译

意義 meaning; significance

作用 purpose

開鎖 to open a lock

棟樑 a supporting beam

支撐 to support, hold up

固然 certainly

大材料 an important material

理會 to understand, comprehend

成材料 to become a useful person

寶藏的箱子 a treasure chest

Everyone has a meaning and purpose in life. Take for example, a key that opens a lock or a beam that supports a roof. Some people think that the beam which can support a large structure is the most important part, but even a small key has its function and can not be overlooked. Without the key, the lock can't be opened.

Young friends, don't pay attention to what others think you should become, but rather develop your own abilities and make yourself into a useful person.

Like a key, you can open the door to knowledge and open up a treasure chest that can benefit society.



錯了方向

THE WRONG DIRECTION

我讀了一個寓言，覺得很有意思。

古時候，有一個人要到楚國去，楚國在南方，他的車子卻向北走。有人提醒他走錯了方向，他却分辯說：『我的馬好，能走很遠的路；我的錢多，足夠到各處旅行；我的車夫很聰明，可以和我合作。』他的條件雖然很好，但是因為錯了方向，所以，始終沒有到達楚國。

我們每一個人都，不管條件有多好，但是如果錯了做事的方向，聰明的少年朋友，你們知道結果是怎麼樣的嗎？

角 平 舉

寓言 an allegory

楚國 the state of Ch'u

向 to go forward

提醒 to bring to one's attention

方向 direction

分辯 to argue

車夫 coachman

合作 to cooperate

條件 conditions

始終 from start to finish

I once read a very interesting allegory.

A person once wanted to go to the state of Ch'u. Very confident of reaching his destination, he said, "I have a good horse that is tireless. I have enough money for my travelling expenses and my coachman is clever and cooperative." But he never arrived at Ch'u. This was because Ch'u was in the south and he headed north.

No matter how positive the circumstances, if we don't face the right direction, we will never achieve our desired goal.



機會

OPPORTUNITY

拉丁語諺言很有趣，它說：「機會的頭頂上有頭髮，腦後沒有毛。在它的前面，可以一把將它抓住，但是——經逃走，就無法捉回來了。」

每個人都有很多很好的機會，但許多人都遇不到機會卻不知道。

機會是珍貴的，聰明的人警覺地體會到，決不輕易讓它從身邊走過去。

勇敢的人去找機會，懦弱的人等候機會，愚笨的人錯過機會。時常說沒有機會的人，是最沒有出息的人。

角耳半羣

拉丁語 Latin
諺言 a proverb, saying
頂 top
一把 to grab, seize
抓住 to get hold of
珍貴 precious

警覺 vigilant; watchful; alert
走過去 to pass by
勇敢 brave
懦弱 timid; shy
出息 promise of success

There is great wisdom in a Latin proverb, it say, "Opportunity has hair on the front of his head, but not on the back. Facing him, you can catch him by seizing his hair, but when he runs away, you can not catch him."

Everyone has many wonderful opportunities, but many people don't realize this until it is too late.

Opportunities are very precious. Smart people don't let them slip away easily.

Brave people look for opportunities, shy people wait for them, and foolish people lose them. There is no future for people who always say, "I have no opportunities."





停滯

PROCRASTINATION



有一次，我在郊外養病，陪伴我的朋友聽醫師的囑咐，一定要我時常登山。

第一天早晨上山的時候，只見濃霧密密地包圍四周，我的心情很不喜悅，就停止上去了。第二天、第三天，仍是這樣。

第四天，那個朋友非扶我上去不可，我勉強跟他走去，到了山頂，往下一看，看到的不但是八方才那令人憎厭的濃霧，而是美麗悅目的雲彩了。假使我不能闖過濃霧前進，永遠看不見這美景的。

角 釋 義

郊外 the countryside
養病 recuperating from an illness
陪伴 to accompany
囑咐 to order
濃霧 dense fog
停止 to stop, halt

扶 to support (another person) by the shoulders
勉強 to force oneself
憎厭 to feel oppressed by
闖 to push through

Once, while I was in the country recuperating from an illness, my companion, following doctor's orders, was determined that I frequently climb a mountain.

The first morning I was to go up the mountain, it was surrounded by a dense fog. I felt greatly discouraged and cancelled my trip. The second and third days were the same.

On the fourth day, my friend insisted that I go and I forced myself to set off with him. Upon reaching the summit, I looked down. The oppressively thick fog was gone, replaced by brilliant sunshine and splendid clouds. If I hadn't pushed through the fog, I would never have seen that magnificent sight.



莫躊躇

DON'T HESITATE

有一個少年朋友告訴我，今年夏天，他就又要考中學學了。他還告訴我，他聽到一個戰士的談話，很受感動。

那個戰士說：『在戰場的前線，正當勝敗的緊要關頭，如果你躊躇一下，就會貽誤自己的神聖使命。如果你束手不動，就會失去得勝的機會；所以，你絕對不能耽擱……』

於是這個少年便感覺到，自己漸漸地走上應試的前線，接近勝敗的緊要關頭，不能躊躇，更不能應該耽擱，只有把握時間，努力用功，纔能夠得勝。

角斧半翠

戰場 a battlefield

前線 the frontline

關頭 crucial moment

躊躇 to hesitate

貽誤 to cause delay or hindrance

使命 mission

束手 to have one's hands tied

絕對 absolutely

耽擱 to delay

把握 to grasp firmly

A young friend told me that this summer he would be taking the high school entrance exam. He also told me that he had been inspired by the words of a soldier.

This soldier had said, "At the crucial moment on the frontline of battle, if you hesitate you may fail in your mission. If you don't act, you may lose your chance for victory. Therefore you must not delay."

My young friend realized that he was gradually nearing a frontline of test and would soon approach the crucial point when he could not falter. Without delay, he had to grasp the moment and work energetically to secure a victory.



因果

CAUSE AND EFFECT

人不能離羣獨居，那麼彼此之間總得有交往；如果相處不好，必定是有因果。

西諺說：「你用甚麼量器量給人，人也會用甚麼量器量給你。」這也就說：仇恨只能生出仇恨來，論斷只能生出新的論斷來。相反地，慈悲生出慈悲來，謙卑生出謙卑來，愛心生出愛心來……那棵樹是怎麼樣的，果子也是怎麼樣的。

解釋

羣 the group
交往 to interact
相處 to spend time together
因果 cause and effect
西諺 a western proverb

量器 measuring instrument
論斷 arbitrary judgement
相反地 on the contrary
謙卑 humility

People cannot live apart from society. We must continually interact with one another, and if our relationships are troublesome, there must be a cause.

A western proverb says, "The measure you give will be the measure you get back." This suggests that hatred can only produce hatred, arbitrary judgement results in more arbitrary judgement, kindness gives rise to kindness, humility brings forth humility, and love fosters love. The fruit is determined by the tree that bears it.



他更知道

HE KNOWS BEST

昨天，我到山上去，看見一個小孩子坐在路旁，手裏有隻受傷了翅膀的小鳥。

我走上前去說：『小朋友，把這受傷的小鳥放了！』

他搖搖頭說：『不，我剛把它撿起來，我會照顧牠的。』

說着，他站起來走了。原來這孩子是箇瘸子，而且一隻腿上還綁着石膏呢。

這時，我恍然大悟：「有病患的人，更知道創傷的痛苦。」他是更知道愛護這小鳥的。

角译半翠

翅膀 wing

放 to release; to let go

撿 to pick up (from the ground)

照顧 to take care of

原來 it turned out that

瘸子 a cripple

綁 to bandage

石膏 a plaster cast

恍然 suddenly

大悟 to realize

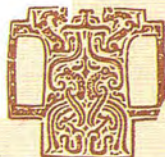
Yesterday, I went up into the mountains where I saw a small boy sitting at the side of the road. He was holding a little bird with an injured wing.

Walking up to him, I said, "Young fellow, you should let the injured bird go."

He shook his head and said, "No! I have just picked it up and I'm going to take care of it."

He stood up and I saw that the boy was crippled. One of his legs was bandaged.

At that moment, I suddenly realized that a person who has been ill understands better than others the pain of an injury. This boy would know best how to care for the little bird.



真正了解

TRUE UNDERSTANDING

當我母親去世的時候，我感到非常悲傷，對工作失去了興趣，也懶得接受來賓的慰問。

有一天，忽然來了一個朋友的朋友，她說：『我雖然沒見過你，但是我覺得如果我能夠來到你家，告訴你說，我明白你的傷痛，我想對於我們兩個或許都會有益。因為我的父母也是最近相繼去世了。』

真的，我們見面之後，雙方都得到了幫助。因為我們所遭遇的苦難，彼此都能真正了解，互相安慰。

角耳 半翠

去世 to die
悲傷 to be griefstricken
懶得 to be reluctant
接受 to receive
慰問 to express sympathy
見過 to have met

相繼 in close succession; one after another
真的 truly
雙方 both sides
互相 mutual

When my mother died, I was griefstricken. I lost interest in my work and was reluctant to see people who came to express their sympathy.

One day, an acquaintance of one of my friends arrived to see me unexpectedly. She said, "Even though I have never met you before, I felt that if I came to see you and told you that I understand your sorrow, it would help us both. You see, my father and mother both died recently."

Truly, we both felt better after our meeting. We could understand each other because we had suffered a similar loss. We found comfort in other's company.



從困惑中尋找光明

CREATING ORDER OUT OF CONFUSION

你曾看過一幅美麗的刺激嗎？上面有山、水、花、木、鳥、獸、蟲、魚，奕奕有神，精采異常，教人嘆服刺繡人的心細手巧。然而你沒有翻過那副錦繡的另一面？那就不是太好看了。那些繡線有時上，有時下，忽東忽西，看起來亂七八糟。但是，就是因為這樣，手能織出豔麗奪目的圖案。

人生何嘗不是這樣？我們要在困難複雜的生活中，鍛鍊我們的身心，尋找人生正當的指標，然後才能成就燦爛光明的前途啊！

角 半 譯

刺繡 embroidery
精采 grand and graceful;
異常 unusual; unique
嘆服 to praise and admire
翻 to turn over; reverse

織 to stitch, sew
奪目 eye-catching
圖案 a pattern; a design
鍛鍊 to discipline
燦爛 brilliant

Have you ever looked at a piece of beautiful embroidery? On one side, there is a pattern - mountains and rivers, flowers and trees, birds and beasts, insects and fish. Everything looks so real and exquisite. We marvel at the skill of the artist. But on the other side, you see nothing but stitches on top of each other and going in every direction. Out of this mess, a pattern is produced.

Our private lives are similar to this handiwork. We discipline and direct our instincts and desires to cultivate a purpose or ideal by which we build our future.



對比

COMPARISONS

任何事情都是相對的，苦與樂當然也是相對的。甚麼是苦？甚麼是樂？要靠我們去比較。一個聰明人懂得把目前的情況和過去的不愉快經驗做對比，就會覺得眼前是美好的，是快樂的了。

我們每天工作，纔顯週末、週日休息的可貴。如果天天是假期，到了禮拜日也就不會覺得有甚麼樂趣了。

我們的生生活都遵守規律，隨時克制自己，偶爾輕鬆一下，就會覺得格外愉快。

角 平 平 聲

相對 opposite
目前 the present; now
經驗 experience
休閒 to relax
可貴 valuable; precious

假期 vacation period
遵守 to follow
規律 routine; procedure
克制 to control
偶爾 occasionally

Everything has its opposite. Suffering and happiness are natural opposites. What is suffering? And what is happiness? We must rely on comparisons. A smart person knows how to compare his present situation with unhappy experiences of the past so that he feels today is beautiful and joyous.

We go to work every day, and then the weekend comes. The time to relax on the weekend seems very precious. If we were always on vacation, when Sunday arrived, we wouldn't be able to feel so happy.

We all observe routines in our lives. We usually control ourselves, so that when we relax occasionally, we feel especially happy.



餘香在手

THE FRAGRANCE REMAINS

有_レ一_レ個_レ少_レ年_レ朋_レ友_レ告_レ訴_レ我_レ， 他_レ每_レ逢_レ做_レ了_レ一_レ件_レ善_レ事_レ， 好_レ幾_レ天_レ心_レ裏_レ總_レ是_レ充_レ滿_レ快_レ樂_レ。

因_レ而_レ我_レ想_レ起_レ了_レ一_レ件_レ事_レ來_レ： 當_レ我_レ在_レ小_レ學_レ讀_レ書_レ的_レ時_レ候_レ， 有_レ一_レ個_レ美_レ國_レ老_レ師_レ， 她_レ總_レ喜_レ歡_レ告_レ訴_レ我_レ們_レ美_レ國_レ的_レ諺_レ語_レ， 同_レ時_レ還_レ作_レ實_レ驗_レ。 有_レ一_レ天_レ， 她_レ說_レ了_レ一_レ句_レ： 『你_レ給_レ人_レ家_レ一_レ朵_レ玫_レ瑰_レ， 而_レ那_レ玫_レ瑰_レ的_レ餘_レ香_レ， 總_レ是_レ留_レ在_レ你_レ的_レ手_レ裏_レ。』說_レ完_レ了_レ， 她_レ分_レ給_レ每_レ人_レ一_レ朵_レ玫_レ瑰_レ， 叫_レ我_レ們_レ去_レ送_レ給_レ別_レ人_レ。

我_レ把_レ玫_レ瑰_レ送_レ給_レ了_レ我_レ最_レ愛_レ的_レ祖_レ母_レ， 不_レ但_レ全_レ家_レ喜_レ樂_レ， 而_レ且_レ那_レ玫_レ瑰_レ香_レ味_レ真_レ的_レ留_レ在_レ我_レ手_レ裏_レ， 久_レ久_レ不_レ散_レ。

角译半翠

每_レ逢_レ every time; whenever

充_レ滿_レ full

玫_レ瑰_レ a rose

餘_レ香_レ remaining fragrance

留_レ to remain; to linger

分_レ給_レ to distribute

送_レ給_レ to give (as a gift)

香_レ味_レ fragrance; aroma

散_レ to disperse

A young friend told me that whenever he does something good, he feels happy for many days.

This reminded me of something that happened when I was in the elementary school. An American teacher used to tell us proverbs, and had us try them out. One day she said, "When you give away a rose, the fragrance remains on your hands." Then she gave us each a rose and asked us to give it away.

I gave it to my beloved grandmother. It not only gave pleasure to everyone in the family, but the fragrance stayed with me for a long long time.



雨後

AFTER THE RAIN

很少人歡迎雨，因為雨使人掃興，雨使道路泥濘，雨攔阻你的買賣，雨破壞你的計畫，雨使人煩愁，下雨使人覺得無聊。

雨，不是你的好朋友！

可是，你要記得雨後美麗的虹，雨後清新空氣，雨後像鑲了鑽石的花草，雨後帶朝氣的鳥。植物因雨的滋潤而生長，大自然因雨的洗濯而嫵媚。沒有雨，你決不能享受這般享受。

解字

掃興 to feel discouraged
泥濘 muddy
攔阻 to obstruct; to impede
煩愁 to feel gloomy
無聊 dull; bored

虹 rainbow
鑲 to set, inlay (with jewels)
朝氣 fresh spirit
滋潤 nourishment
嫵媚 to be attractive

Very few people welcome rain, because it is depressing. Rain makes the road muddy, hurts business, spoils plans, makes you feel gloomy and creates dullness.

Certainly the rain is not a good friend. But don't forget the rainbow after the rain; the clean air, the flowers with shining diamonds, and the songs of refreshed birds after the rain. Plants grow with nourishment provided by the rain and nature is washed clean by the rain and becomes more attractive. If there were no rain, you certainly couldn't find such enjoyment!



奇妙的倉庫

THE MYSTERIOUS STOREHOUSE

世界上_レ最_レ奇_レ妙_レ的_レ倉_レ庫_レ，就_レ是_レ我_レ們_レ的_レ頭_レ腦_レ。我_レ們_レ看_レ，它_レ能_レ容_レ納_レ多_レ少_レ東_レ西_レ呀_レ！知_レ識_レ、經_レ驗_レ，所_レ有_レ的_レ事_レ情_レ都_レ可_レ以_レ儲_レ藏_レ在_レ這_レ奇_レ妙_レ的_レ倉_レ庫_レ裏_レ，而_レ且_レ可_レ以_レ隨_レ時_レ取_レ出_レ來_レ應_レ用_レ。

在_レ每_レ一_レ個_レ城_レ市_レ裏_レ，都_レ有_レ一_レ些_レ倉_レ庫_レ。裏_レ面_レ的_レ存_レ貨_レ，有_レ的_レ價_レ值_レ高_レ貴_レ，很_レ有_レ用_レ處_レ；有_レ的_レ卻_レ腐_レ臭_レ刺_レ鼻_レ，毫_レ無_レ用_レ處_レ。

所_レ以_レ每_レ個_レ人_レ要_レ時_レ常_レ檢_レ查_レ自_レ己_レ這_レ個_レ奇_レ妙_レ的_レ倉_レ庫_レ，儲_レ藏_レ一_レ些_レ有_レ價_レ值_レ的_レ、中_レ用_レ的_レ貨_レ品_レ；剔_レ除_レ那_レ些_レ腐_レ朽_レ的_レ、不_レ中_レ用_レ的_レ廢_レ料_レ。善_レ自_レ儲_レ藏_レ，並_レ且_レ應_レ用_レ，纔_レ不_レ辜_レ負_レ我_レ們_レ這_レ奇_レ妙_レ的_レ倉_レ庫_レ。

角 釋

奇_レ妙_レ mysterious

倉_レ庫_レ storehouse

儲_レ藏_レ to deposit

價_レ值_レ value

腐_レ臭_レ deteriorated

檢_レ查_レ to examine

剔_レ除_レ to reject

腐_レ朽_レ decay

廢_レ料_レ useless or discarded material

辜_レ負_レ to fail to live up to (another's expectations); to let someone down

The most mysterious storehouse in the world is the human mind. Just think of how much it contains! Knowledge and experience — all of it is deposited in this mysterious storehouse. We can draw upon it whenever we want to use it.

Every large city has storehouses. Some of the things inside them are valuable and very useful, while others have deteriorated and lost their usefulness.

We should examine the contents of our mysterious storehouses from time to time. Let's keep the valuable, useful items and get rid of what has decayed and become useless. Using the good we have kept will do justice to this mysterious storehouse.





畫喻

THE WAY OF PAINTING



報上登載：喜歡畫西洋畫的美國總統艾森豪，曾和工於中國水墨畫的蔣夫人談論繪畫的技巧。蔣夫人說，中國畫的確很難，一下筆之後，就只好比許下了終身，不能更改。

中國畫最能代表中國人的性格，具備了謹慎、嚴肅、非常有規律、有始有終，種種的美德。

做人處事更像一幅中國畫一樣，下筆很難；但是佈局好了，小心謹慎地去畫，就能畫出很像樣的景物來。

角 斧 斧 翠

登載 to publish

水墨畫 Chinese brush and ink painting

技巧 technique

代表 to represent

性格 character

具備 to encompass

謹慎 prudence

規律 discipline

美德 fine virtue

像樣 presentable; acceptable

A newspaper ran an article about the late American president, Eisenhower, who enjoyed painting in the western style, discussing painting techniques with Madame Chiang, who was skilled in Chinese brush and ink painting. Madame Chiang said that Chinese painting was quite difficult because, after making one stroke, like making a life-long commitment to marriage, it can't be altered.

Chinese painting best characterizes the Chinese people, encompassing the fine virtues of prudence, self-restraint, exacting discipline, and perseverance.

Getting along with others and managing our lives is much like painting a Chinese picture. Making the brushstrokes is difficult, but when the pattern is laid out, and we proceed to paint carefully and fastidiously, we can create a fine piece of work.





聯絡站

MAKING CONNECTIONS



有一次，我下了火車，在聯絡站上要改乘另一列火車到一個遊覽區去。可是我因事離站，遲了幾分鐘，沒趕上車，只好在車站裏枯坐着，等候下一班火車。本來很快就可以到達那風景優美的地方，但是我現在卻守候在灰塵飛揚，人聲吵雜的處所。原因為是我錯過了一班火車。

在人生旅程上，也有許多聯絡站。我們若不注意，稍一疏忽，失去了聯絡，就需要等候，而且要受苦。

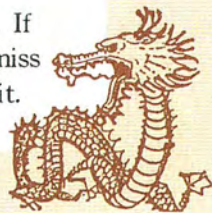
角解釋

聯絡站 transfer point (on a bus or train trip)
遊覽區 scenic spot
趕上 to catch
枯坐着 to sit alone doing nothing
守候 to wait; to bide one's time

灰塵 dust
飛揚 to rise up and fly about
旅程 journey
稍 slightly
疏忽 careless; negligent

I once got off a train at a transfer point where I was to catch another train that would take me to a scenic spot. I left the station for something, but returned a few minutes late and missed the train. I had to sit idly in the train station while I waited for the next train. I could have quickly reached my scenic destination, but instead had to wait in a smoky, noisy place simply because I had missed my chance to connect with the earlier train.

On our journey through life, there are also many connecting points. If we don't pay attention or even happen to be slightly careless, we may miss our connections. Then, we will end up waiting around or suffering for it.



金門窗

DOORS AND WINDOWS OF GOLD

有_ㄅ一_ㄟ個_ㄅ住_ㄅ在_ㄅ鄉_ㄟ下_ㄟ的_ㄅ小_ㄟ朋_ㄟ友_ㄅ， 每_ㄟ天_ㄅ早_ㄟ晨_ㄅ太_ㄟ陽_ㄟ一_ㄟ出_ㄟ來_ㄅ， 他_ㄅ就_ㄅ抬_ㄟ頭_ㄅ觀_ㄟ望_ㄟ山_ㄟ上_ㄟ的_ㄅ一_ㄟ座_ㄅ洋_ㄟ房_ㄟ， 門_ㄟ窗_ㄟ都_ㄅ像_ㄟ黃_ㄟ金_ㄟ製_ㄟ造_ㄟ的_ㄅ， 那_ㄟ麼_ㄟ光_ㄟ輝_ㄟ燦_ㄟ爛_ㄟ。

他_ㄅ要_ㄅ母_ㄟ親_ㄅ帶_ㄟ他_ㄅ上_ㄟ山_ㄟ看_ㄟ個_ㄅ究_ㄟ竟_ㄟ。 一_ㄟ天_ㄅ下_ㄟ午_ㄅ， 他_ㄅ的_ㄅ母_ㄟ親_ㄅ真_ㄟ帶_ㄟ他_ㄅ上_ㄟ山_ㄟ去_ㄟ， 走_ㄟ近_ㄟ那_ㄟ洋_ㄟ房_ㄟ一_ㄟ看_ㄟ： 磚_ㄟ牆_ㄟ、 木_ㄟ框_ㄟ、 玻_ㄟ璃_ㄟ門_ㄟ窗_ㄟ， 跟_ㄟ普_ㄟ通_ㄟ的_ㄅ房_ㄟ屋_ㄟ沒_ㄟ有_ㄟ兩_ㄟ樣_ㄟ。

他_ㄅ們_ㄅ下_ㄟ山_ㄟ的_ㄅ時_ㄟ候_ㄟ， 孩_ㄟ子_ㄅ驚_ㄟ叫_ㄟ起_ㄟ來_ㄅ， 山_ㄟ下_ㄟ他_ㄅ自_ㄟ己_ㄟ的_ㄅ家_ㄟ， 門_ㄟ窗_ㄟ也_ㄟ像_ㄟ是_ㄟ黃_ㄟ金_ㄟ製_ㄟ造_ㄟ的_ㄅ一_ㄟ般_ㄟ。 原_ㄟ來_ㄟ， 這_ㄟ時_ㄟ候_ㄟ夕_ㄟ陽_ㄟ正_ㄟ照_ㄟ射_ㄟ在_ㄟ他_ㄅ家_ㄟ的_ㄅ門_ㄟ窗_ㄟ上_ㄟ。

這_ㄟ正_ㄟ如_ㄟ西_ㄟ諺_ㄟ所_ㄟ說_ㄟ： 「接_ㄟ受_ㄟ光_ㄟ的_ㄅ， 就_ㄟ必_ㄟ光_ㄟ輝_ㄟ燦_ㄟ爛_ㄟ。」

角 半 翠

鄉_ㄟ下_ㄟ the countryside

觀_ㄟ望_ㄟ to gaze at; to look at

製_ㄟ造_ㄟ to make; to produce

帶_ㄟ to take

究_ㄟ竟_ㄟ the truth

磚_ㄟ牆_ㄟ brick-wall

木_ㄟ框_ㄟ wooden frame

沒_ㄟ有_ㄟ兩_ㄟ樣_ㄟ no difference

驚_ㄟ叫_ㄟ to cry out in surprise

夕_ㄟ陽_ㄟ the setting sun

照_ㄟ射_ㄟ to shine on

Every morning when the sun rose, a little country boy would look up at a Western-style house on a mountain. Its doors and windows glistened as if they were made of gold.

He begged his mother to take him up the mountain to look at the house more closely. One afternoon, his mother did take him up the mountain to get a closer look. Its brick walls and wooden frames, as well as its glass doors and windows were no different from any other house.

As they came down the mountain, the boy cried out in surprise. The doors and windows of their house at the foot of the mountain glittered like gold. The evening sun was shining on their own house.

According to a Western proverb, "That which reflects light will itself shine."



水泉

• A FOUNTAIN

有一天，我看見一棵小樹，生長在光禿禿的石巖裏。它的樹根夾在石頭縫裏，好像接觸不到一點兒泥土，但是樹葉仍舊欣欣向榮，長得青綠茂盛。

我伏下身，把耳朵貼近地面傾聽，聽見裏面有細小的水流聲。

原來，樹就是這樣獲得生命中需要的水泉。

我們應當向它學習，去尋找那「知識」的水泉，而扎根、生長。

角耳平翠

禿	bare	茂盛	thick and rich (in growth)
縫	crack; fissure	伏	to bend or lie face down
接觸	to touch; to contact	貼	to attach; to press against
仍舊	still; as always	水流	flowing water
欣欣向榮	flourishing		

One day, I saw a sturdy young tree growing from a large bare rock. Its root came from a crack in the rock and didn't seem to be touching any soil, yet its leaves were surprisingly green and healthy.

I knelt down and put my ear to the ground to listen. I heard a small stream flowing below.

This was how the tree got the water it needed for life. We can learn from the tree to seek the source of wisdom in life and grow by it.



真偽

TRUE AND FALSE

塑膠工廠做了許多假花，摻上了各種香水，希望以假亂真。

這些假花，也曾引來蝴蝶或蜜蜂，可是，牠們找不到花蜜，也就飛走了。

倒是另一棵杜鵑花上，不斷有蜜蜂和蝴蝶飛繞着，尋找牠們喜歡的，用以維持生命的蜜汁。

真理終歸是真理，它的光與熱是永遠存在的。

虛偽的外表，只能蒙蔽一時，又怎麼能維持長久。

角 彳 彳 彳

塑膠 plastic
香水 perfume
希望 to hope
花蜜 nectar
倒是 actually; really

杜鵑花 azalea
飛繞 to fly around
蜜汁 nectar
終歸 to end in
蒙蔽 to deceive

A plastics factory made lots of artificial flowers and put perfume on them in the hope of fooling people into thinking they were real.

These artificial flowers also attracted butterflies and bees, but they did not find any nectar and flew away.

Meanwhile, bees and butterflies kept flying around an azalea. They were looking for what they liked - the nectar that would support their lives.

In the end, the truth is the truth. Its brightness and warmth exists forever.

A false exterior can only deceive for a while. How could it possibly last for long?

串起全球僑胞的心



LINE官方帳號



YouTube頻道



僑務電子報

僑胞卡

Overseas Compatriot Card (OCC)

線上申辦好便利



申辦中文版傳送門



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Application Online



中華民國僑務委員會

僑生服務專區



網址：Students.Taiwan-World.Net ， QRcode

臺灣是東西文化交流薈萃之地，具備優質的教育環境與完善的教育制度，為鼓勵全球各地更多優秀僑生來臺升學，培育成為海外僑臺商企業及當地產業所需之技術人才，僑委會除專為僑生辦理大學先修教育外，近年亦加強推廣3+4僑生技職專班及海外青年技術訓練班，針對僑生提供完善的在學輔導措施與照護，如新僑生接機、僑生社團補助、工讀金及學習扶助金、獎助學金、醫療急難救助、僑保及健保補助等，讓海外家長放心將小孩送到臺灣讀書及學習。

為提供僑生來臺就學相關資訊，僑委會於官方網站闢建「僑生服務專區」，只要以手機掃描下方QRcode即可瞭解相關就學資訊。

一、海外僑生來臺就學管道

國小



國中、高中、高職、五專



大學及研究所



二、僑生申請來臺就讀3+4產學攜手合作僑生專班

東南亞地區(越南、印尼、馬來西亞、緬甸、泰國、柬埔寨、菲律賓)招生簡章及宣傳摺頁



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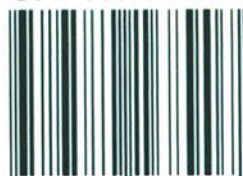
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