

給孫輩的信(To grandchildren) 2001年 第五封 (五月份) GRCH-15F
5/22/01

親愛的孫輩們 (Dear grandchildren)

我們退休生活中最大樂趣之一是不時從你們父母處得到些關於你們向上發展的好消息。近一月又聽到了一些，全是令人高興的好事。你們個個都非常美好。我們常以有你們而驕傲。

(your parents informing us about your progress or achievements is one of the happiest things in our retirement life. Recently in a month we have got a lot such good news of you. We are so happy and proud of you all.
)

這個月要和你們談的是如何維持好的體型和視力。我們二人成長的時代物質條件遠比你們享受的為差。但是我們不曾有聳肩駝背跛足的不良姿態，也沒有近視。原因是我們從小養成良好習慣。光線不好時不長時間閱讀小字書報。閱讀時保持12吋左右的明視距離。坐，站，臥，走路 都注意姿態。當然並非完全出於自動，而已是通過邊人的糾正。那時長輩們規定幼年時的我們要：''立如松"，"坐如鐘"，"臥如弓"。平時走路也最好保持良好姿態，抬頭挺胸；不可 輕飄搖擺。我還記得在十來歲時，偶然坐或走路時垂首駝背，我姐姐常常在我後頸上或背上猛打一拳。使我立即糾正姿勢。當時我甚感不快，現在想起，非常感激他們。這事似乎是小事一宗。主要是因為 儀態和視力，如果年輕時不注意，將來吃虧還是自己，後悔莫及。此外，和人談吐的儀態也是值得注意。例如，和人談話時眼睛應看對方。這些我們想祇需點到為止，其他細節留給你們自己留意，或由你們父母來指導。

(This month we want to talk to you about how to obtain or maintain a good build, figure and sight in you life. We two had been grown up at much worse living condition compared to yours. But, you see, we are neither hunchbacked nor shortsighted, or having some kind of bad build. The reason of having these merits are we had cultivated some good habits influencing our physical development when were young, including but not limited to, reading at good lighting, and maintaining good postures on sitting, standing, sleeping and walking. Frankly saying, our doing that was not at all willingly but rather under discipline. Seniors that time admonished us "standing like pine tree", "sitting like a heavy bell", "sleeping like a bow", "walking calmly and pleasantly with cheek up and chest forward ". I now still have the memory of teenager time, when I happened carelessly having a hunchbacked posture, one of my sisters suddenly fisted my back. I was really unhappy at such time, but now I feel owing many thanks to them. These things may be thought trivial, they are important because you can avoid some kind of distress and assure you to grow up healthier, prettier, more handsome and more lovable with better sight before becoming too late to achieve.)

下面教你們三則有關中國文化的字句 (The following are to teach you something regarding Chinese culture.)

一. 上次 教的 三字經中四句："人之初，性本善；性相近 習相遠" 想必你們都已學會而且牢記。現在繼續教你們下面的四句："苟不教，性乃遷，教之道，貴以專" (Last time you were taught four sentences from "3 Words Classic Verse" . Now I am teaching you another four in continuation.)

1. 原文：(Original version complete with individually noted respective pronunciations and simple meanings) "苟不(gou'bu, if not)教(jiao, teach), 性(xing, character)乃(nai, will be)遷(qian,move), 教之道(jiao'zhi'dao, way of teachin), 貴以(gui'i', dear with) 專(zhuan, consistant)"

2. 解釋 (Explanation in Chinese):

上月信中講的 "人之初，性本善；性相近 習相遠"，人初生都是很純潔，假如沒有給予好的教導，生來純樸的性格將漸漸改變。這次重在好的教導必須持續一

致，不能時好時壞。

3. 英譯: If a man not be taught properly from his very young time after born, his original good nature would be gradually changed or moved or even entirely lost due to the influence of the no good environment. The teaching giving to a young man must be consistent and continually to an almost grown up age of him in order to make his character well established without worsening afterwards.

二. 教你們一首有名的舊詩，這是我舊時所學的第一首詩。(Now teach you a famous Chinese poem, which I learned when being very young)

1. 原文: (Original Version)

床(chuang, bed)前(qian, front)明(ming, moon)月(yue, moon)光(guang, lit, ray), 疑(yi, doubt, suspect)是(shi, is, be)地(di, ground)上(shang, up, above)霜(shuang, frost), 舉(ju, lift, raise)頭(tou, head)望(wang, look)明月, 低(di, lower, drop)頭思(si, think)故(gu, old)鄉(xiang, country, village).

2. 解釋: (Explanation in Chinese)

晚上醒後看見床前白色月光，朦朧中誤以為是地上的白霜，抬起頭來看看天上的明月，低下頭來聯想到離別已久的故鄉。

3. 英譯 (Explanation in English)

Waked up but not yet clear-headed, seeing the moonlight on the front of the bed, I wrongly thought it being the frost on the ground. I lifted my head to have a sure look on the moon, then dropped my head thinking of my long departed home country land.

三. 格言一句(A Maxim)

1. 原文 (Original Version) : 『天(tian, heaven)行(xing, go)健(jian, strong), 君子(jun'zi, gentleman)以(yi, use, take,) 自強不息(zi'qiang'bu'xi, selfstrengthen unceasingly)。』

2. 解釋:(Chinese Explanation)

看“天體中的行星不停地運轉，人也要保持動態，不停地工作而自強。

3. 英譯 (English Translation)

Seeing the planets restlessly moving, we accept the hint of the universe by working diligently.