

## 細講弟子規 第二十二集

# Confucius Teachings On Building A Happy Life (22)

- a foundation for Mahayana Buddhism practice

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2005年2月15日 ~ 2005年2月23日

### The Art of Dress

諸位朋友，大家好。

Hello my friends!

我們剛剛談到：

We have just mentioned,

【冠必正。紐必結。襪與履。俱緊切。】

"I must wear my hat straight and make sure to button my clothes. And my socks and shoes should also be worn neatly and correctly."

所以這是一個人儀容的端莊相當重要。

It's rather important for a person to maintain a dignified appearance.

當你重視自己的儀容，人家就會進一步尊敬你。

When you attach importance to grooming, people will respect you even more.

而當我們的儀容非常奇裝異服，這樣不只會讓別人對你輕慢，更有可能會造成社會不良的風氣。

But if we wear unusual and outlandish clothing, not only will other people despise us, we are more likely to create a bad social atmosphere.

所以很多公眾人物的衣著就特別重要，

The clothes of many public figures are particularly important.

假如她穿得很暴露，那可能就帶動整個社會不良的風氣。

If they wear very revealing clothes, they may leave a bad atmosphere in society.

所以公眾人物必須慎思他對於整個社會的影響，應該要多謹慎自己的行為才是。

Public figures must carefully think about their influence on the entire society; they should be more cautious with their behavior.

而我們父母的衣著也是孩子學習的榜樣。

Additionally, parents' clothing is also an example for children.

所以當母親的假如衣著也太暴露，孩子從小耳濡目染，她以後穿衣服也會比較暴露，

If a mother's clothing is too revealing, her children will be subconsciously influenced since childhood and also wear revealing outfits in the future.

這樣子對她很不好，會造成很多人對她的什麼？輕浮，甚至於還會造成危險，

This is very bad for her because many people will treat her lightly. It will even put her in danger.

所以穿衣服也不可不慎。

So, one must not be imprudent in one's dress.

一個人的衣著確實會影響你的內在狀態。

People's clothing will indeed affect their inner state.

比方說在國外，甚至於在我們一些重要的場合，都有規定一定要穿正式的服裝，才能進到國際的這些場合之中，

For example on certain important occasions, there are rules that require you to wear formal attire before you can join these functions.

有些比較慎重的表演都會要求。

Some grander performances will also have the same requirements.

比方說我們到文化中心去都應該怎麼樣？

For example, what should we wear when we go to a cultural center?

穿得端莊。我們去看這個節目態度也會比較專注。

We must look neat and dignified. Then, we'll be more focused when we go to watch the program.

假如你穿個拖鞋、穿個短褲去看，那就很不恰當。

If we wear sandals or shorts to the performance, that would be very inappropriate.

所以當我們穿得整齊，內心也會恭敬。

So, when our attire is neat, we will be respectful too.

像我們去爬山的時候，可不可以穿得像我現在這個樣子？那就又不恰當。

When we go hiking, can we wear like what I'm wearing now? That would be improper too.

因為爬山的時候要放鬆，這個時候就要穿適合的衣著去。

Since we ought to feel relaxed when hiking, we should wear the right attire at this time.

在行銷界有一個銷售高手叫喬其拉德，他很會賣車子。

There was a tactful salesman in the marketing industry named George Lard. He was very good at selling cars.

他有一次在家裏睡覺，突然就驚醒起來，趕快跑到鏡子前面就開始穿西裝打領帶。

Once, while he was sleeping, he suddenly woke up and quickly ran towards the mirror to put on his suit and tie.

都打好了，然後開始恭恭敬敬拿起電話，打電話給他的客戶。

Then, he started respectfully making calls to his customers.

然後跟客戶談完以後，把電話放下，馬上領帶解開，西裝脫下來，又鑽到被窩裏面去睡覺。

After talking to his clients, he hung up the phone, immediately unfastened his tie, took off his suit, and went back to sleep.

他太太看了說：你瘋了嗎？

Seeing this, his wife said, "Are you crazy?"

喬其拉德就跟他太太說：客戶雖然沒有看到我的樣子，但是假如我穿得很隨便，我在言談當中也會隨便，他可以感受到。

George Lard explained to her, "Even though my client can't see my appearance, I will talk frivolously if I am dressed casually and my customer will be able to sense it."

假如我非常的慎重，穿得這樣西裝筆挺，這樣的態度也會從言語當中傳遞給他。

If I'm very cautious and wear my well-ironed suit like this, such a respectful attitude will be passed to him through my speech."

所以確實衣著也會影響一個人的心理狀態。

It's true that a person's clothing will also influence his state of mind.

當然，當他這個習慣養成了，每當他面對客戶的時候，絕對都是恭恭敬敬，因為連客戶看不到的地方他都是一樣恭敬，

Of course, when he has developed this habit, he would definitely be respectful whenever he met his customers because he could maintain the same respect even in their absence.

這叫言行一致。

This is called "being consistent in word and deed."

很多大學生去應征，常常都沒有錄取。

Many college graduates who went for job interviews were often rejected.

楊老師也曾經遇到很多在才華當中還有學歷都不錯的大學畢業生，甚至研究生，都找不到工作。

Teacher Yang has also encountered many talented graduates who failed to obtain employment.

後來楊老師在他的衣著當中給他指點指點，往往就怎麼樣？就上了。

Later, after Teacher Yang gave them some guidance on their clothing, they managed to obtain jobs.

所以縱使有好的才華，假如去應征的時候衣著不當，很可能就已經把這個機會擋在外頭了。

So, even if a person is very talented, he may very likely miss out on this opportunity if he dresses improperly for the interview.

## **The Foundation for Management Skills**

我們看下一句：

Let's look at the next phrase:

【置冠服。有定位。勿亂頓。致汙穢。】

"I will always place my hat and clothes away in proper places; I will not carelessly throw them around for that will get them dirty."

所以就是衣服、帽子，甚至於所有日常生活用的東西，都應該讓它放在固定的位置，clothes, hats, and everything we use daily should be placed in their proper places.

不要到處亂放，這些東西很快就會臟掉。

Don't scatter them everywhere as doing so will make things get dirty very fast.

你不愛惜它，這些東西的壽命也會變得很短。

When you don't cherish your belongings, their lifespan will be shortened too.

所以萬物，這些物品雖然沒有生命，但是你善待它，它也會用得愈久。

Even though these items are lifeless, if you treat them with love and care, they can last longer.

所以愛人者人恒愛之，愛物者物恒愛之。

As the saying goes, "Those who love people will always be loved by people; and if you cherish your belongings, they will respond to you likewise."

假如你每天都暴飲暴食，你的胃可以用多久？

If you gorge yourself on eating and drinking everyday, how long can your stomach last?  
可能它三、四十年就給你罷工了。

Perhaps it will "go strike" in thirty or forty years.

你假如很尊重它，三餐時間都很固定，不會吃得太多，也不會把它餓著了，這個胃也會好好報答你，可以用很久。

If you treat it very respectfully by adhering to three regular and moderate meals a day, your stomach will repay you accordingly and can last very long.

所以我們也要愛惜一切東西。

So, we must cherish all things.

當東西都有固定的位置，對我們的生活有什麼影響？就能夠有條不紊。

When everything has its proper place, your life will become orderly and systematic.

我們觀察看看現在的孩子，甚至於不要說現在的孩子，像我還有這些同學、兄弟姊妹都會有一個場景，

Let's observe children nowadays, or even some adults like myself and some classmates and siblings,

比方說要找一個作業簿找不到，開始整個家翻來翻去，翻得自己也暴跳如雷，

when we can't find something, such as our workbook, we would turn the house upside down looking for it until we lost our temper.

跟誰生氣？跟自己生氣。

Who were we angry with? With ourselves.

這個生氣還把全家的氣氛都搞得很糟。

When we got angry, we also spoiled the whole family's atmosphere.

所以一個小小的不注意，我們可能要耗掉的時間跟精神那就不成正比了。

A little carelessness may result in unworthy consumption of our time and energy.

當這個好習慣沒有養成，改天去工作，公司有一個很重要的合同放在你那裏，

When this good habit isn't formed, and you join the workforce in the future,

因為你已經習慣了，下意識就把它隨手一放，

you might subconsciously misplace the company's very important contract.

過了三天怎麼樣？忘了。

After three days you would forget about it.

很有可能到時候你找不到，你這一份工作也就保不住了。

If you failed to find the lost document, you might be unable to keep your job.

所以這一些生活的習慣確實會影響一個人一輩子。

So indeed, these life habits will influence a person for a lifetime.

曾經有一個小孩他在家裏都不掃地，

Once, there was a child who never swept the floor at home.

有一位長者進了他家，就跟他說：

There was an elder who went to his house and said,

這個地這麼臟，怎麼不掃一掃？他就說：我這個手是拿來掃天下的。

"This floor is so dirty, why don't you clean it?" He replied, "I am saving my hand for 'sweeping the world.'"

口氣大不大？

Wasn't he boastful?

你看很多小孩他也說以後要當大官，要當大企業家，結果看他的房間亂七八糟。

Many children also say that they want to become a high official or successful entrepreneur in the future, but their rooms are very messy.

結果這一位長輩就跟他說：一屋不掃，何以掃天下？

So, this elder said to him, "How can you sweep the world when you can't even sweep your own house?"

連個屋子都掃不好了，還可以掃天下？

He couldn't even clean his own house, how would he be able to sweep the world?

相同的，連個屋子都整理不好了，怎麼去當企業家？有沒有可能？那不可能。

Likewise, if children can't even keep their house tidy and clean, how could they become an entrepreneur when they grow up? Is that possible? It's impossible.

所以《弟子規》也是管理學，是基礎管理學。

*Dizigui* is also a study in management; it's a basic management lesson.

這種有條不紊的習慣從哪裏開始紮根？從小。

When should children start cultivating this orderly and systematic habit? From an early age!

你不要腦子裏只想著以後讓他念企管他就會了，現在要先打底。

Don't keep thinking that they will acquire this habit when they pursue a business management course in the future.

所以當一個企管碩士要來應征，然後他連家裏、他連房間都很亂，

When an MBA graduate comes for a job interview but his house and room are very dirty and messy,

這樣的人你敢不敢用？敢不敢？

Would you appoint such a person? Yes or no?

那一些學到的管理學都是什麼？紙上談兵。

It's evident that whatever he learned from the management course is only theories and isn't practical.

盧叔叔曾經就跟我講過，他說他到分公司去巡視，一定會去看這些分公司主管他的桌子有沒有整理好，他的檔案有沒有歸檔好。

Uncle Lu once told me that when he went to inspect the branch offices, he would surely check if the branch directors' desks were tidy and clean and whether they had archived the files properly.

假如連這一些小事都沒有處理得有條不紊，公司的一些工作那就很難能夠循規蹈矩。

If they failed to handle these small matters systematically and orderly, it would be very difficult for them to follow the rules of certain jobs at the company.

所以小地方大學問，

"Small details are actually a great learning."

都可以從小地方看到一個人的心是定的、是不亂的，還是很雜亂、很躁動，都可以從這些小動作看出來。

From these small areas and actions, we can tell if a person's mind is calm or very restless.

所以諸位朋友，你的孩子這些做人做事的能力一定要從小紮。

So, my friends, your children's ability in dealing with people and matters must be nurtured from childhood.

因為一些成功的企業家他都有火眼金睛，一看就可以看得出來你孩子這些做人做事的火候到哪裏，騙不了他。

Because some successful entrepreneurs have piercing eyes; they can immediately know your child's management abilities at a glance. There is no way for you to deceive them.

所以很多人覺得：我用大學、用碩士就可以讓我找到很好的工作。

Many people think that they can find a very good job with their post-secondary educational background.

假如他做人做事不好，鐵定不會被這些很優秀的企業家錄用。

If they can hardly conduct themselves and handle matters properly, they will definitely not be recruited by these outstanding entrepreneurs.

假如有錄用，那也是沒有功夫的企業家，

If they were hired, it must be that those entrepreneurs are not very sophisticated.

所以這個企業也怎麼樣？也不會很長久。

What would happen to this company? It wouldn't be able to survive very long either.

所以為孩子往後能夠到一個非常有前景的企業，現在就要把他這些根基打好。

So, in order for your children to work in a very promising company in the future, you must help them build this foundation properly now.

我為什麼有這樣深刻的體會？

Why do I have such deep awareness?

因為我到澳洲去的時候，

I remember when I was in Australia,

剛好我們要安排差不多幾個禮拜就要洗碗，就把六、七十個人吃的碗都要洗一洗，還有一些煮飯的用具。

for several weeks we were assigned to wash the dishes and cooking utensils for 60 to 70 people,

比方說那個桶子這麼深、這麼寬，因為都快上百人吃，所以要用這麼大的桶子。

the cooking pots were this deep and wide because nearly one hundred people ate there everyday.

我這一輩子到那裏去才真正洗過碗。

In all my life, I only started washing dishes when I was there.

我在那裏洗碗的時候，突然體會一個人生的哲學，

While I was washing the dishes, I suddenly came to realize one philosophy of life:

就是一輩子該幹的，你逃都逃不掉。

we can never escape from our destined tasks in life.

所以諸位朋友，該幹的事啥時候幹？

So my friends, when should we do our destined work?

何不於強健時努力修善，

*The Infinite Life Sutra* states, "Why don't we diligently cultivate goodness while we are still young and healthy?"

該幹的時候要趁年輕。年輕的時候多勞動、多付出，老年福報就現前，才能享福；

We must do more and contribute more when we are young, only then will the blessings and fortune manifest in our old age.

假如年輕的時候不勤勞，常常還揮霍，老年一定會很淒慘。

If you're not industrious while young and often squander away your time, you will certainly be very miserable in your old age.

所以，該幹的跑不掉，我們就趁年輕好好的幹，

Since we can't escape from our tasks, we should seriously do them while we're young and able.

所以我在那裏洗碗也洗得很歡喜。

So, I happily washed the dishes then.

剛好有一天，盧叔叔就到廚房裏面來，本來要走過去了，突然停下來對我說：

One day, Uncle Lu happened to come into the kitchen. At first, he was just walking past but suddenly he stopped and said to me,

看你洗碗就知道你太好命了。

"Seeing how you wash the dishes, I can tell that you're very fortunate."

你看，我一個洗碗的動作，就已經把我的底細怎麼樣？對，因為一看笨手笨腳。

You see, my background had been revealed through my clumsy dish washing.

所以諸位朋友，我從這裏就體會到，真正有智慧的長者，你是瞞不過他的眼睛。

So my friends, this incident has made me realize that you can't hide the truth from a truly wise elder.

所以當你的孩子對人恭謙，做事又很勤奮，

When your child is humble and respectful to others and is very hardworking,

你不要擔心他往後沒有人提拔，你大可放心。

you don't have to worry that he won't be promoted in the future; you can rest assured.

「置冠服，有定位；勿亂頓，致汙穢」。

"I will always place my hat and clothes away in proper places; I will not carelessly throw them around for that will get them dirty."

而當一個人的生活能夠有條不紊，定中就常常能生智慧。

When a person can lead an orderly and systematic life, wisdom will constantly arise amidst his calm mind.

因為定就好像這個湖面很清淨，沒有波瀾，它就能夠把周遭的東西都照得清清楚楚。

Just like when a lake is very tranquil without waves, it can reflect the surroundings very clearly.

所以在澳洲那段時間，有一次我剛好到盧叔叔的房間去，剛好盧叔叔要拿衣服。

While I was in Australia, I once went to Uncle Lu's room and it happened that he wanted to get his clothes.

因為那個床它裏面是空心的，裏面可以擺衣服，

Because the bed was hollow inside, clothes could be kept in it.

就把床拉起來，突然我看到裏面的衣服擺得跟Giordano(佐丹奴)一樣，跟商店裏面賣衣服折得整整齊齊。

When he pulled up the mattress, I suddenly saw the clothes inside were arranged like in a Giordano store. They were neatly folded like the clothes displayed in the store.

所以當所有的東西都擺得如此整齊，都有定位，一想用什麼馬上就可以拿得到，

So, when everything is so neatly arranged and well placed, we can immediately get something whenever we want to use it.

那心隨時都是很平靜，就常常能夠不亂，處理事情都能有條不紊。

When our mind is calm and undisturbed at all times, we'll be able to handle matters systematically and orderly.

所以這個習慣相當重要，一定要從自己做起，進而也引導孩子養成這樣的好習慣。

So, this habit is rather important. We must first set an example and further guide our children to develop this good practice.

## The Essential Function of Clothing

我們接下來看下一句經文，一起把它念一遍：

Let's look at the next phrase and recite it once:

【衣貴潔。不貴華。上循分。下稱家。

"When it comes to clothes I will value tidiness, not how fancy they are. I will wear clothes according to my social status and suitable to my family's position.

對飲食。勿揀擇。食適可。勿過則。

When it comes to eating and drinking, I will not be picky; I will only eat the right amount and will not overeat.

年方少。勿飲酒。飲酒醉。最為醜。】

While still young, I won't drink alcohol. Being drunk is most ugly."

『衣貴潔，不貴華；上循分，下稱家』。

"When it comes to clothes I will value tidiness, not how fancy they are. I will wear clothes according to my social status and suitable to my family's position."

我曾經聽過一個長輩他說，他還沒有結婚以前，覺得養一個老婆很輕鬆，因為都吃那麼一點點，他覺得應該很輕鬆。

I once heard an elder say that before he got married, he thought it should be very easy to support a wife because she would only eat a little.

後來娶了以後，覺得很困難，因為東西、食物很便宜，但是衣服很貴。

After marrying her, he felt it was very difficult to support her. Because although food is cheap, clothes are very expensive.

所以他就說，他跟他的太太去買衣服的時候，他太太一看上說：買了、買了。

He said that when he went shopping with his wife, his wife would say, "Buy it, buy it!"

他在旁邊說：嘍啦、嘍啦！

But he would say, "Nah! Nah!"

所以他後來才了解一個真相，女人的衣櫃裏面永遠少一件衣服。

Later, he came to understand one truth: there's always one dress missing in a woman's wardrobe.

其實我們衣服最重要的目的是保暖、是遮羞，

Actually, the most important purpose of wearing clothes is to keep us warm and cover our body.

衣服絕對不是拿來炫耀、拿來虛榮。

It's definitely not used to show off or for vanity's sake.

人往往會忘記一個事物本來的本質。

People tend to forget the essence of things.



比方說，有一位教授他就拿了幾十個杯子。

For example, a professor took dozens of cups to his class,

剛好上了兩節課，他知道學生一定會口渴，

because he knew that his students would be thirsty after two lectures.

他就把這些杯子拿出來，他說：諸位同學，你們去喝水。

He took out the cups and said, "Students, you can come and get a drink now."

口渴了，所以喝水是最重要的目的，對不對？

Since everyone was thirsty, drinking water should have been the foremost objective, right?

結果，他們一走過來，在那裏遲遲不去裝水，都在幹什麼？挑哪一個杯子比較漂亮。

But when the students came forward, they didn't fill up with water immediately. Instead, they were busy picking the more beautiful cups.

都把時間耗在哪兒？挑杯子上。

On what did they spend all their time? On selecting the cups.

就好像衣服它的目的是來保暖、來遮羞用的，

Likewise, clothes are intended to provide warmth and cover the body.

可是我們在買的當中，已經忘記它本來的目的，反而沾上虛榮的習性。

However, when buying clothes, we forget their original purpose and we are infected with a sense of vanity.

還曾經聽說有一群女人都很有錢，然後她們一起看巴黎時裝(在電視上看到時裝秀)，

I once heard of a group of very wealthy women who were watching a Paris fashion show on TV together.

看完覺得那一件很想要，隔天就坐著飛機飛過去買。

After watching, they wanted the models' clothes and flew over to buy them the next day.

人假如這樣花錢，錢會怎麼樣？

If people were to spend money lavishly like that, what would happen to their wealth?

跑光光，再有金山、銀山也不夠她花。

It would all be squandered away. Even if she has mountains of gold and silver, it would not be enough for her to spend.

因為她這樣的榜樣一出來，誰學得很徹底？子女一定學得徹底。

Because of her bad example, who would thoroughly emulate her? Her children.

所以，鐵定富不過幾代？

So, her wealth definitely won't last for how many generations?

你們現在判斷正確，富不過一代。

You can now judge correctly, her wealth won't last one generation.

所以我們穿衣服，依據我們的經濟狀況去買衣服，

So, we must buy clothes according to our financial situation.

絕對不要打腫臉充胖子，這樣就不好。

Don't ever pretend to be rich when you're not.

接下來。

Moving on.

## **Illness Enters Through One's Mouth**

『對飲食，勿揀擇；食適可，勿過則』。

"When it comes to eating and drinking, I will not be picky; I will only eat the right amount and will not overeat."

對飲食要追求均衡，絕對不可偏食。

We must pursue a balanced diet and never be picky about food.

當然吃的過程，也要吃個七分飽、八分飽就好，不要吃撐了，這樣胃會傷到。

Of course, you have to eat moderately and not excessively, because that will hurt your stomach.

所以在飲食當中，我們也是要有節度，不能太過也不能不及。

We must have good control of our diet, ensuring that it's neither excessive nor inadequate.

「病從口入」，

As the saying goes, "Illness enters through the mouth."

我們吃東西也要有判斷力，要把營養吃下去，不要把毒素吃下來。

We must also be wise in judging the food that we consume so that we only take in nutrition and not toxins.

很多人吃東西都是騙肚子，反正飽了就好。

Many people mislead their stomach as they're only concerned about feeling full.

很多的食物它含有很多毒素、很多致癌物，可能我們都不知道。

We may be unaware that many foods contain high amounts of toxins and carcinogens.

所以我們常常也聽到「垃圾食物」，你有沒有在吃垃圾食物？

We also often hear about "junk food." Have you been eating it?

現在有統計出來叫十大垃圾食物，

Now there are statistics identifying the top ten junk foods.

哪十大？我們來看一看，

What are they? Let's take a look!

不過你們心裏要有準備，不要我講完之後，你說：我活不下去了，都是我最愛吃的。

But you must all be prepared. After I've finished speaking, please don't tell me that you can't live anymore because those foods are your favorites.

第一個油炸類。

The first type is fried food.

現在醫院裏面一位難求的就是心血管疾病，

Nowadays there is one kind of disease filling up all the hospital beds called cardiovascular disease.

油炸類的東西吃多了，容易讓血管阻塞，中風、動脈硬化都跟這個有關，所以油炸類的東西少吃，

Overconsumption of fried foods can easily cause clogged blood vessels; stroke and arteriosclerosis are both related to this. So, try to cut down on fried foods.

你假如說不吃，他會很有壓力。

If you ask people to cut off completely, they would feel lots of pressure.

第二個腌製類的東西。

The second type is pickled foods.

腌得很鹹的，它會造成、會導致鼻咽癌的可能性，或者導致潰瘍，所以這方面的東西也少吃。

If it's very salty, it may cause nasopharyngeal cancer or ulcers. So, such foods should be minimized too.

有一些腌製的它比較天然，那就比較沒關係，你還是要了解一下它的製作過程。  
Some of these pickled foods are more natural and are less detrimental to health. You must also understand their production process.

再來第三個肉製品。

The third type is meat products.

諸位朋友，一個新鮮的肉放在空氣中，多久就臭了？

My friends, sitting out in the open air, how long does it take for a piece of fresh meat to stink?

差不多三個小時左右。

About three hours!

結果這些肉製品居然可以放多久？有的放三年，有的放五年。

But how long can these meat products last? Some can be kept for three to five years.

什麼力量造成的？放了很多防腐劑。

What is the underlying cause? They have added a lot of preservatives.

所以聽說現在製造木乃伊也不需要放防腐劑了，

I heard that preservatives are no longer needed to make mummies now.

很多人死了以後就不爛，長期吃這些防腐劑。

Many people don't rot after they die due to long-term consumption of these preservatives.

這肉製品裏面還含有亞硝酸鹽，這是三大致癌物之一。

These meat products also contain nitrite, which is one of the three major cancer-causing agents.

因為我們現在也可以了解到癌癥的比率有多高？

We have also come to understand the rate of cancer now. How high is it?

四分之一。有沒有最新數字？已經往三分之一邁進了。對。

One in four! What's the latest figure? It's already close to one in three. Right!

癌癥是不是抽籤的？是不是？「真衰，我得了癌癥」。

Does a person get cancer randomly? Yes or no? "How unlucky, I got cancer!"

有果必有因，

There's always a cause behind a result.

所以當你飲食很注意，然後心情又很好，常常讀誦《弟子規》，

When you're very careful with your diet, have a great mood, often recite *Dizigui*,

不看別人的缺點，就看自己的，這樣就不會心情那麼不好。

and only look at your own shortcomings instead of others', then your mood won't be so bad.

因為看到自己缺點就努力去改，你就會有成長的喜悅。

By recognizing your own faults, you'll strive hard to correct them. Then you will obtain the joy of progress and growth.

因為癌癥的病因，除了飲食之外，還有一個比飲食更厲害的，

Because other than diet, there's another more serious contributing factor to cancer:

情緒，所以要管好我們這顆心。

your emotions. So, we must guard our mind and emotions well.

心又好，吃的又注意，保證你跟癌癥是絕緣體。

When you are constantly in a good mood and are heedful of your diet, I guarantee that you'll be protected against cancer.

所以諸位朋友，你有沒有信心不得癌癥？有，掌聲鼓勵一下。

So my friends, are you confident that you won't get cancer? Yes! Give yourselves a round of applause.

第四個餅乾類。

The fourth type is crackers.

因為很多餅乾現在都特別順著消費者的口味，所以餅乾之外又夾一大堆夾心酥，

Because many crackers are now made to suit customers' tastes, a lot of pastry fillings are added to these crackers.

這裏面都是很多的糖精、很多的熱量，所以吃多了，這些醣類會轉成脂肪，

Since they are high in artificial sweeteners and calories, these sugars will be converted to fat if you eat too much of them.

所以現在人都愈來愈胖。吃甜食的風氣從哪裏傳過來的？

So, people now are getting fatter and fatter. Where does the trend of eating sweet stuff come from?

歐美真是很會吃甜食，

The Europeans and Americans are really keen on eating sweets.

所以你一看我們這裏的胖子跟他們比起來，實在不夠看。

So, the number of fatties here cannot be compared with theirs.

他們有時候坐飛機要坐好幾個位置，那看起來很恐怖。

Sometimes they have to occupy a few seats on the plane, which is rather terrifying.

所以人確確實實不能重欲望，那會苦了自己，可能又會連累親人。

So, people really cannot indulge in desires. Otherwise, we are harming ourselves and may even harm our loved ones.

假如一個男士中年的時候中風離去，那又是人間的不幸。

If a middle-aged man dies of stroke, that is a misfortune for humanity.

所以今天要勸先生在飲食方面要有節製，這也是很重要。

So today, it's very important that you persuade your husband to restrain his diet.

當然，你要勸先生也要有善巧方便，所以要把女人最大的本事用出來，叫溫柔。

Of course, you must be tactful when you exhort him; you must use the greatest ability of a woman, it is called "tenderness."

你就要告訴他：先生，有你，我的人生是彩色的；沒有你，我的人生會是黑白的。You can say to him, "My dear! Your presence makes my life colorful; without you, my life would only be black and white.

你看我們的兒子女兒多可愛，所以你的健康就是全家的幸福。

You see, our children are so lovely! So, your health is our family's happiness."

你的先生愈聽愈歡喜，你再慢慢叫他把一些不好的食物戒掉。

Your husband will be very pleased when he hears this. Then, you can slowly persuade him to eliminate some unhealthy foods.

第五個汽水可樂類。

The fifth type is soft drinks.

這個食物我的印象最深刻，因為我就是受害者，

I have the deepest impression of this beverage because I'm a victim of it.

你們有沒有看出來？人瘦脾胃一定不好。

Did you notice? A thin person surely has a poor stomach and spleen.

所以我以前去參加親友喜宴，

So, when I attended my friends' and relatives' weddings in the past,

菜還沒有上來，我都吃飽了，厲不厲害？而且還會打嗝。

I was already full before the dishes were served. Impressive, right? I could belch too.

所以該吃的沒吃，不該吃的喝一堆。

I didn't eat what should have been eaten, and drank a lot of unhealthy beverages.

因為汽水有刺激性、酸性，所以把胃壁都磨薄、磨破了。

Since soft drinks are irritating and acidic in nature, they can weaken and tear the stomach wall.

所以我在初中的時候胃就發炎了。

So, my stomach was inflamed when I was in junior high school.

記憶還很深刻，都是爺爺奶奶拿著那種煮爛的粥來給我吃。

I can still vividly remember that my grandparents had to cook porridge for me to eat.

所以你看，一個人不健康，確實對不起家人。

You see, one person's bad health can really cause trouble for his family.

我有這麼慘痛的教訓，希望我們的小孩不要再犯。

I had such a painful lesson and hope our children will not repeat it again.

你看我那個汽水到現在氣還沒有排完，都還在胃裏面。

You see, I still have not completely discharged the carbonated gas from my stomach.

所以，父母親一個正確的飲食觀念是孩子一生的幸福。

So, a parent's correct concept of diet is a child's lifetime of happiness.

再來第六個方便面。

The sixth category is instant noodles.

這個汽水類我再補充一下，

Let me say a bit more about soft drinks.

諸位所喝的橘子汽水、檸檬汽水都是什麼做的？

What are the orange and lemon soft drinks that you consume made of?

都是石油做的，絕對不是蘋果，絕對不是橘子，

They're produced from petroleum and definitely not from real apples or oranges.

都是從石油裏面提煉出來的一個酚，那個味道就跟橘子一樣，就跟很多水果一樣。

They are phenols extracted from petroleum and taste exactly the same as oranges and many other fruits.

因為我曾經去買過這一些用品，然後我就現場製造橘子汽水給我的學生看。

I used to buy these materials and make orange soda on the spot to show my students.

就看我這樣，拿著一瓶一瓶的化學物質，做出了香噴噴的橘子汽水。

They saw me taking bottles of chemicals to produce the delectable orange soft drinks.

所謂眼見為憑，所以要做給學生看，他們才有所警惕。

As the idiom goes, "Seeing is believing." Only by demonstrating to them will they raise vigilance.

第六類是方便面，方便面熱量太高，

The sixth category is instant noodles.

而且添加很多的防腐劑，就對身體不好。

They are very high in calories and contain lots of preservatives, so they are harmful to health.

第七個罐頭類的食品，這也是含有很多的防腐劑。

The seventh group is canned food, which also contains many preservatives.

第八個話梅蜜餞類。

The eight category is sweetmeat.

也有很多報導說製造話梅的地方環境都很臟亂，不小心，那個蟑螂的腳。

There are also many reports saying that the places producing sweetmeats can be very dirty and messy. Watch out for cockroach legs!

所以這個話梅蜜餞做出來，連這些昆蟲都不吃，你看牠們的判斷力比人還好。

Even these insects don't eat the preserved plums; their judgement is better than human's.

因為牠吃一顆可能就翹辮子了，你吃一百顆還不會翹辮子，

The insects might die after eating only one plum but you won't lose your life even after consuming a hundred plums.

所以牠們自然而然感受到這個食物的毒素太多，就不會去吃。

Since these bugs can naturally sense that this food is high in toxins, they will not eat it.

第九個冷凍食品。

The ninth category is frozen food.

人體它是一臺機器，打個比喻，

The human body is similar to a machine. As an analogy,

假如今天轉動的馬達，你馬上拿一盆冷水把它澆下去，然後它又熱了一下，你又再拿一盆冷水噴下去，請問這個引擎能用得久嗎？

if today you pour a basin of cold water on a running motor and when it heats up again, you pour another basin of cold water on it, how long can the engine last?

本來可以用十年，可能用三年就報銷了。

It should be useable for ten years, but now its lifespan may be reduced to three years.

人體也是一個機器，它都在三十七度左右。

The human body is also a machine, our body temperature is around 37 degrees.

你每次冰水喝下去，有沒有聽到？

Every time you drink cold water, do you hear the hissing sound?

這些冰一吃下去，它會耗損你體內很多的能量，

Once the ice is eaten, it will consume substantial energy in your body.

所以你的體質就一點一滴在下滑。

Consequently, your body constitution will decline bit by bit.

所以這都是我椎心之痛，以前讀書也沒有老師教我，我應該是滿受教的才對。

This is like a nail in my heart, because my teachers didn't tell me this in school. I would have been a good student if teachers had taught me.

所以我在大學時代才開始學習這些知識，也確實那些東西我都不碰了，

So, I only started acquiring this knowledge in college and I've never consumed these foods since. This is called,

這叫亡羊補牢，猶未晚矣。

"It's never too late to mend previous mistakes."

女性現在有很多婦女病，跟吃冰有關係。

Women now have many gynecological diseases which are related to eating ice, especially during their menstruation.

尤其女性在生理期的時候，那幾天也是一個排毒的日子，有很多的毒素要排出去，Those few days are also a detoxification period, because lots of toxins must be eliminated. 結果這時候你還吃冰，熱脹冷縮，所以你吃太多冰下去，子宮會收縮，所以該排的沒排出去。

If you still eat plenty of ice at this time, your uterus will contract and the toxins cannot be discharged.

當它關起來以後，它會說我二十八天以後才開。

After your uterus has shut down, it will only resume its normal function 28 days later.

所以這一些沒排出去的毒會留在體內多久？假如順利的話就二十八天。

So, how long will these undischarged toxins remain in your body? If everything goes smoothly, they will be expelled after 28 days.

而這些毒素就在你的體內循環，所以才會有一大堆婦女的疾病。

Since these toxins circulate in your body, many gynecological diseases come about as a result.

諸位女性同胞，不要很沈重的看著我，您該下人生的抉擇。

My lady friends, don't look at me so seriously. You should make your life choices now.

第十個燒烤類的食品。

The tenth category is barbecued food.

燒烤類的食物，一只烤雞腿相當於六十支香煙的毒，這都是統計出來的；

A roasted chicken leg is equivalent to the poison of 60 cigarettes; this is all statistics.

然後它裏面所含有的致癌物是三大致癌物之首，所以吃這些東西確實是損害身體。

As it contains the top carcinogen of the three big carcinogens, it can really damage your body.

我們人生已經體會到有太多的事要做，

We now realize that there are too many tasks in life which we need to accomplish.

要讓人生活得很有價值，首先就必須要有一個健康的身體來當基礎。

For us to live a worthy life, we must first build the foundation by having a healthy body.

所以當你實在忍不住要吃這些東西的時候，一定要想到一句文天祥的話，

When you really cannot resist the temptation to eat these foods, you must remember one of Wen Tianxiang's famous quotes,

「人生自古誰無死，留取丹心照汗青」，

"Since time began, to die who can decline? Through history books in glory, let our crimson hearts shine!"

我還有很多事該做，所以身體不能搞壞。

Knowing that there are still many things to be done, you would not let your body suffer any harm.

這個時候你可能就可以退出來不吃。

Then, you may be able to resist such foods.

## **Stay away from Intoxication**

『年方少，勿飲酒；飲酒醉，最為醜』。

"While still young, I won't drink alcohol. Being drunk is most ugly."

這個酒我們說是穿腸毒藥，所以孩子從小絕對不能染上喝酒的習慣。

Alcohol is regarded as an intestine-penetrating poison. Children must never get into the habit of drinking from an early age.

而且喝酒不只傷自己的身體，還會造成別人生命財產的危險。

Moreover, drinking alcohol isn't only harmful to one's own health, it can also threaten others' life and property.

所以很多交通事故都跟什麼有關？飲酒有關。

Many traffic accidents are related to drinking alcohol.

酒會亂性，酒會造成不可收拾的後果，所以從小就要不飲酒。

Excessive liquor consumption can lead to a loss of control, leading to irreversible consequences. So, alcohol should be avoided from a young age.

當然，酒有時候是藥用，這就比較沒有關係。

However, when it's used occasionally as medicine, it's not a problem.

在一些很寒冷的地方，他們會喝一點小酒促進血液循環。

In certain freezing cold places, people drink a little liquor to help promote blood circulation.

當然，我們在臺灣應該不用促進血液循環，我們臺灣是寶島，四季如春，還不至於這麼樣的寒冷。

But this should not be required in Taiwan because the island has spring weather throughout the four seasons.

除了酒不可以喝，一些壞的東西也要遠離。

Other than abstaining from alcohol, we must also stay away from certain bad things.

比方說煙也不能抽，傷身體，而且又不只傷身體，又怎麼樣？危害到別人的健康。

For example, we must not smoke cigarettes because not only is it detrimental to our health but also to others' well-being.

所以你看抽煙的人沒得肺癌，他家裏的妻兒得了肺癌。有沒有可能？

Is it possible for a smoker to not get lung cancer but his wife and children get it?

有！他吸進去的還會吐出來，他這些親人吸進去的都不吐出來。

You bet! The smoker inhales and exhales the smoke, but his loved ones only breathe in.

所以確確實實我們是群體的生活，一個人的行為絕對會造成其它人的影響。

Indeed, humans live in groups, one person's behavior will definitely affect others.

到底我們是要好的影響，還是要壞的影響？當然人要有誌氣，一定要做好的影響。

Do we want to give good or bad influence? Of course, people must aspire to make a positive impact on others.

我有一次在海口坐公車，就看到一個人在那裏抽煙，怎麼辦？

Once, when I was traveling on the bus in Haikou, I saw a man smoking cigarettes. What should I do?

「國家興亡」，

"The rise and fall of a nation concerns everyone."

雖然我人在異鄉，舉目無親，但是也要有正義感，所以我就走過去請他不要抽煙。

Even though I was in a foreign land with no one to turn to, I must have a sense of righteousness too. So, I walked over and requested him to stop smoking.



其實他們沒學過《弟子規》，「有心非，名為惡」，明明公車上都寫的什麼？禁止吸煙。  
Actually, they haven't learned *Dizigui*, so they don't know that "Doing wrong intentionally is called committing an evil." The "No smoking" notice on the bus was obvious.

但是我假如走過去跟他說：先生，你不識字嗎？那我可能就有危險。

But, had I walked over and asked him, "Sir, are you illiterate?" I might have been in danger.

所以我走過去就跟他說：這位先生，不好意思，我有氣喘，可不可以不要抽煙？

So, I walked over to him and said, "I am sorry sir, I have asthma. Could you please stop smoking?"

結果這個先生可能沒遇過人家勸他不抽煙，一時間不知如何是好，

This man might have never encountered anyone asking him not to smoke, so he didn't know how to respond to my request.

所以就突然又想對我發脾氣又不想發，然後就這樣講得不清不楚。

Suddenly, he wanted to get angry at me but didn't know what to do, so he muttered instead.

然後我看他已經有一點氣憤，我就還是對他保持和善，緩緩的把我的臉移過來，繼續坐車。

When I saw him getting a little angry, I still maintained my friendly demeanor, and slowly turned away from him.

但是我們相信「人之初，性本善」，

But I believe that "Primordially, people have an inherent good nature."

所以我開始用我的真心幫他祈求，然後他一定會善根流露不抽煙，就開始喚醒他的覺悟。

So, I started using my sincere heart to pray for him, hoping that his wholesome roots would surface and he would stop smoking. Awaken him so to speak.

結果突然過了一段時間，我稍微吸氣一下，沒有味道了，

After a while, I realized that there was no more smell of cigarette smoke.

後來一看，他已經沒抽了。

When I snuck a peek at him, he had already stopped smoking.

下了車，跟我同車的兩個朋友他就跟我說：這個抽煙的先生瞄了你兩次。

After I got off the bus, my two friends who were on the bus with me said, "The smoker glanced at you twice."

就這樣偷偷的瞄我，

He had secretly glanced at me.

這個時候我們氣定神閑，會激起他的慚愧心，後來，他看了以後就把煙熄掉了。

Since I remained calm and relaxed at that time, his shame was aroused. After looking at me the second time, he put out the cigarette.

所以確確實實社會的風氣都靠每個人去經營。

Indeed, the ethos of society depends on everyone's effort.

結果我們中心的老師聽完以後，他也很有使命感，要勸人家不要抽煙。

One of the teachers in our center, upon hearing my story, brought forth a sense of mission to persuade others not to smoke.

結果有一天他坐上公車，看到有一個人吸煙，馬上走過去也跟他說：先生，我有氣喘。

One day, when he was riding a bus, he saw a man smoking. He immediately approached that man and said, "Sir, I have asthma."

這叫善巧方便，請他不要抽煙，那先生馬上把它弄掉。

This is what we call a skillful and expedient way. He asked him not to smoke and the man immediately put out his cigarette.

結果他才剛坐下去，突然又有第二個人把煙拿起來，

When he had just sat down, suddenly another man took out his cigarette.

他又走過去勸戒他，那個人熄掉了。

He went to persuade him not to smoke and that man did as he was told.

突然又要坐下來，上來了幾個人，

Then, when he was about to sit down, a few men got on the bus.

第三個人又拿起來，他在心裏想：是不是老天爺要考驗我有沒有真正的決心？

A third person also took out his cigarette. This teacher thought to himself, could the gods be testing my true determination?

他就跑過去叫那個人不要抽煙。

He went to ask that man not to smoke.

結果第四個人拿起煙來，第一個人說：不要抽煙了。

When a fourth person took out his cigarette, the first smoker said, "Please don't smoke!"

我們堅定的心才能喚醒每個人的公德心，

Only when our mind is firm can we awaken social morality.

所以也不要小看自己的力量。

Don't underestimate your own strength.

## **The Demeanor of Walking, Standing, Sitting, and Reclining**

我們接著看下一段經文：

Let's move on to the next verse:

【步從容。立端正。揖深圓。拜恭敬。】

"I will always walk with a composed bearing and stand with an upright stance; and I will always give a deep bow to show my reverent salute;

勿踐闕。勿跛倚。勿箕踞。勿搖髀。】

do not sit with legs apart and do not rock your legs while sitting down."

這句經文最主要教導一個人站有站姿，坐有坐姿。

This phrase mainly teaches us to stand and sit with proper posture.

我們的老祖宗也做了一個很好的比喻，給我們很好的提醒，叫做要「立如松，臥如弓，行如風，坐如鐘」。

Our ancestors had a very good analogy which serves as a great reminder to us: "Stand like the pine trees, lie like a bow, walk like the wind, and sit like a clock."

其實這樣的習慣就是最道法自然，對身體最好。

Actually, such habits are most in accordance with the law of nature and are the best for health.

因為「立如松」，所以你的脊椎很直，才不會造成脊椎側彎。

Because when we stand like the pine trees, our spine will be very straight and scoliosis can be prevented.

現在得骨刺的人多不多？很多。為什麼？

Are there many people getting bone spurs now? Many! Why?

諸位有機會到公車站去看一看就知道，一排的人在那裏排隊準備搭車，每個人站的樣子怎麼樣？

When you have a chance, you can go to the bus station to take a look and you'll know the reason. While lining up to take a bus, how does everyone stand?

都不一樣，都是站的歪一邊的多。

They all have different postures but most of them bend to one side.

所以我們看現在很多年輕人好像骨頭軟掉一樣，看到什麼東西都要靠一下，

So, we see many young people now appear to have softened bones because they tend to lean on everything they come across.

所以骨頭長期彎掉。

As a result, their bones become twisted in the long run.

我們上一代教孩子，站沒站好，眼睛就瞪過去了；

When our previous generation taught their children who stood improperly, they would give them a stern glare.

筷子沒有拿好就敲下去。

When their children didn't hold the chopsticks correctly, they would hit their hands.

所以這些習慣從小養成，長大了就很自然。

If these habits are formed since childhood, they will become very natural when grown up.

從小沒養成，長大就很辛苦。你們看得出來我很辛苦嗎？

If they're not developed from an early age, it will be very painful to rectify the bad habits in adulthood. Can you tell that I'm suffering?

我就是「立如松」沒做好，所以諸位朋友，以後看到我駝背，不要客氣，把你的如來神掌拿出來，提醒我一下。

That's because I didn't stand erect like the pine trees. So my friends, if you see me hunch in the future, please remind me to stand upright.

因為這個身體好好照顧好，這樣才對父母有交代，也對支持我們的人、愛護我們的人有交代。

Because only by taking good care of this body can we make our parents and loved ones rest assured.

所以立如松。怎麼站是標準的、是比較好的？

So, we must stand upright like the pine trees. What's the standard posture for standing?

我今天示範，你們不要介意。

I'll demonstrate it today and I hope you won't mind.

這個站，男眾站，腳與肩同寬，然後要挺胸，

For men, when you stand, your feet and shoulders must be of the same breadth. Then, protrude your chest.

這個氣勢叫做頂天立地。

This imposing posture is called "standing erect and firm."

假如你這樣子去跟人家談判，去跟人家談生意，人家看你這樣氣宇非凡，比較值得信任。

If you negotiate business with others using this remarkable demeanor, they will regard you as a trustworthy person.

假如你今天去談判，腰是彎下來：我們今天來談一筆大生意。

If you bend your waist when engaging in a big business talk, the other party won't be interested in cooperating with you.

他都沒什麼興趣。所以我們這種威儀也是讓人家能夠信任。

So, our dignified manner will also gain others' trust.

所以與肩同寬，然後頭不要擡得太仰，對後面的血管不好，就直視前方。

Feet even with shoulders, and don't lift your head too much as it's not good for the blood vessels in the back; just look straight ahead.

你要跟人家談判以前就站好，就觀想前面是一個浩瀚的大海，我的心就跟它一樣，這是男士的站法。

Before negotiating with others, you must stand properly by visualizing a vast ocean in front that your mind is consonant with it. This is how men should stand.

女士？

How about the standing posture for ladies?

女士就站一只腳前面一只腳後面，可以這樣站。

They can stand with one leg in front and another leg behind like this.

這個手怎麼放？讓人家看起來就覺得很可以打聽看看，或者直接就這樣平著就好了。

How should they place their hands? I look very approachable, don't I? You can just place them laterally like this.

所以你看人家選美的時候，選美小姐都站得很端莊，這也很重要。

During beauty pageants, the contestants stand in a very stately posture; this is also very important.

這是站的姿勢，立如松。

This is the posture for standing. "Straight like the pines."

「臥如弓」，

"Lie like a bow."

躺著的時候我們是右脅，因為假如你躺左脅，會壓到你的心臟跟胃會不舒服，

When lying down, we should recline on the right side. Because leaning on the left side would put pressure on the heart and stomach, which can cause discomfort.

所以都是躺右脅，其實這樣對身體是最好的，

So we sleep on our right side. Actually, this sleeping posture is also the best for our health.

臥如弓。「行如風」，

"Lie down like a bow, and walk like the wind."

這個「風」就是速度很快，但是不會有很大的聲響。所以我們常常也要放輕腳步。

"Wind" moves very fast but it won't make a loud noise. So, we must always walk with light steps.

我們常常比較晚的時候，聽到鄰居上樓，確確實實腳步都很大聲，

We've often heard the loud footsteps of our neighbor climbing up the stairs when it was rather late.

但是我們要體諒他，因為他覺得人生苦短。

But we have to be considerate of him because he must have thought that life is short.

你要趕快把《弟子規》介紹給他，他才會知道養孩子沒有這麼困難。

We should introduce *Dizigui* to him; only then will he know that raising children is not that difficult.

所以我們行為動作也要處處能觀照到有沒有造成別人的負擔。

We should always be mindful of whether our every deed or action has caused burdens for others.

這是行如風。

This is "walking like the wind."

走的時候，男士是順著一條線的兩邊走，女士是踏在這一條線上走，這就會顯得比較優雅。

When walking, men can walk along both sides of a line while ladies can walk on the line as this will look more elegant.

男士在走的時候不要肩膀左右晃，這樣走起路來，人家看了眼睛都花掉了。

When walking, men must not swing their shoulders as that would look displeasing to others.

再來是「坐如鐘」，坐如鐘。

Next is "sitting like a clock."

我們來示範一下怎麼坐。我先示範一下女士怎麼坐。

Let's demonstrate how to sit. Let me first demonstrate how the ladies sit.

女士坐的時候腳要並攏，

When sitting, both of her legs should be closed together.

然後右手放在左手上面，然後輕輕放在你的左腿上。

Then, her right hand should be placed on top of her left hand. After that, she can gently put her hands on her left lap.

你們覺得我嫁不嫁得出去？

Do you think I can be married off?

有一位老師他就是開古箏學校，他對他們的員工都有做禮儀訓練，

There's a teacher who runs the zither school and he gives etiquette training to his staff.

所以跟家長做座談，很多的學生家長一起來開會，他們整排的老師都是這樣子坐。

When he held conferences with parents, many of them came for the meeting and his entire row of teachers also sat like this.

結果開完會，這些家長都跑過來說：李老師，你這些員工去哪裏找的，怎麼這麼端莊？

After the meeting, these parents came over and said, "Teacher Li, where did you find this staff? Why do they look so dignified?"

在這個開會過程，本來一開始很多媽媽就隨便坐，什麼姿勢都有（我就不示範了），

In the beginning, many mothers sat casually in various postures. I won't demonstrate here.

但是看到所有的老師都坐得這麼端莊，慢慢的這些家長，本來都是躺在後面，開始往前

,

But when they saw all the teachers sitting so dignified these parents slowly stopped leaning on the back of their chairs, and sat forward.

所以這個環境的影響確實潛移默化。

Indeed, the environment has an imperceptible influence on people.

我們坐有坐相，你的家庭風氣才會坐有坐相。

When we sit with the right posture, your family ethos will follow suit.

假如你父親坐的時候把腳都擡到桌上來，那你的孩子可能就學壞了。

If the father raises his feet on the table while sitting, then his children might learn the bad habit.

他們的家長又跟他說：把孩子交給你們，我們很放心。

Then, the parents said to Teacher Li, "If I send my children to your school, I'll have peace of mind."

所以你看，我們的言語行為、我們的儀容就已經在增加別人對我們的信任。

You see, our speech and behavior, as well as our grooming, are already building up others' trust in us.

好，我們明天再示範男生怎麼坐。好，謝謝大家。

Alright, we will demonstrate how men should sit tomorrow. Thank you everyone.