

引言 Quotes from Chinese Classics

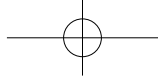
有子曰：“其为人也孝弟，而好犯上者，鲜矣；不好犯上，而好作乱者，未之有也。君子务本，本立而道生。孝弟也者，其为仁之本与！”

——《论语·学而》

解释：

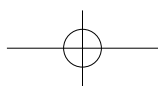
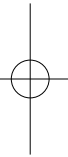
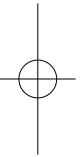
孔子的学生有子说：“孝敬父母，尊敬兄长，却喜欢触犯上级领导，这样的人是很少见的；不喜欢触犯上级领导，却喜欢造反的人是没有的。君子致力于根本的事情，根本的事情确立了，其良好的德行自然就养成了。孝敬父母，友爱兄长，这些就是实行仁德的根本啊！”

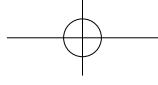
Master You, one of Confucius' students, said, "Those who in private life behave well towards their parents and elder brothers seldom show a disposition to resist the authority of their superiors in their public life. It is unheard of that such person would go about creating trouble or even start a rebellion. A gentleman concentrates his efforts on the root, for the root having taken fold, virtues and good behavior will naturally



follow. And surely proper behavior towards parents and elder brother is the root of benevolence!”

—From *The Analects of Confucius*





知恩篇：难忘父母养育恩

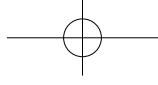
Gratitude to Parents



我的生日，妈妈的难日

每个生命在来到人间之前，需要在母亲体内温暖的小房子里先住上10个月，大约40周，280多天，这个过程被称为母亲的“十月怀胎”。在这10个月里，妈妈的身材不再苗条，一天比一天笨重起来；手脚会肿起来，影响走路和拿东西，行动非常不便；吃东西会经常呕吐，但为了给宝宝全面的营养，即便是非常不喜欢吃的食物，妈妈也会强迫自己咽下去；为了不影响宝宝的发育，妈妈即使生病，也强忍着病痛，尽量不吃药……



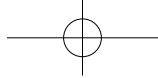


My Birthday — My Mother's Suffering Day

Before each baby is born, they need to live in their mothers' wombs for around 10 months (about 40 weeks or over 280 days). This childbearing process is called the mother's "10-month pregnancy", also known as the three trimesters of pregnancy. During these 10 months, the mother is no longer slender, and becomes heavier and heavier by the day. Her hands and feet swell, which makes it inconvenient for her to walk and carry things. She often vomits while eating food, but to ensure that her baby gets sufficient nutrients, she continues to eat. Moreover, to ensure that her baby grows healthy, she endures pain and tries not to take medicine even if she is sick.



根据病理学疼痛指数标准，医生用 0 ~ 10 的数值表示疼痛的程度。0 表示无疼痛，10 表示疼痛的最高数值。形象地说，人的手指不小心被金属割破时，疼痛指数为 6；人的指甲里不小心插入锋利的金属时，疼痛指数为 7；妈妈在生宝宝分娩的时候，疼痛指数为 8。听奶奶说：“妈妈生孩子就是在



闯生死关呀。孩子的生日，是妈妈的难日呀！”

According to the pathological pain index, doctors use scales from 0 to 10 to express the degree of pain. 0 shows no pain, and 10 indicates the severest pain. To put it figuratively, when a person's finger is accidentally cut by metal, the pain index is 6; when a sharp metal is accidentally inserted under a human fingernail, the pain index is 7; when a mother gives birth to her baby, the pain index is 8. I heard my grandmother say, "My mother was trying to live through life and death when giving birth to me. My birthday is my mother's suffering day!"



学而习之

Activities

1. 妈妈怀孕时，随着胎儿的发育，妈妈的体重也会逐渐增加。据医学统计，从妈妈怀孕到孩子出生，妈妈的体重平均每周会增加300克左右。从妈妈怀孕到孩子出生约40个周，妈妈的体重大约增加了多少克？

When a mother is pregnant, she will gradually gain weight with the growth of the fetus. According to medical statistics,