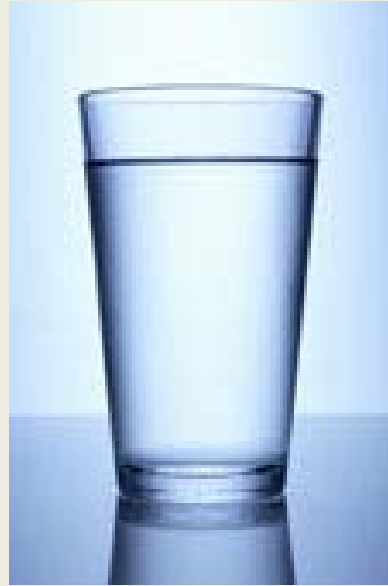


臨江仙 歲月可延長



**OUR TIME IN THIS WORLD CAN
BE EXTENDED**

早上起床先喝水，



Soon after you get up in the morning, drink a full glass of water.

新鮮菜汁紅黃。



For breakfast, start with a glass of fresh vegetable juice in red or yellow color.

香蕉燕麥遠脂糖。



Then, eat a banana, a bowl of oatmeal, and other food low in fat and sugar.

日行三幾里，



Walk a few miles almost every day.

甩手靜心房。



Perform hand-swinging exercise* to keep your stress away.

*A body-mind exercise in which one passively focuses on the movement of the limbs while swinging the hands back and forth effortlessly. Before long, one will typically feel a warm sensation in the fingers.

閱讀吟詩常動腦，



Chant poetry and read whatever you like.
Do keep your brain fully occupied.

綠茶蔬果酸湯。



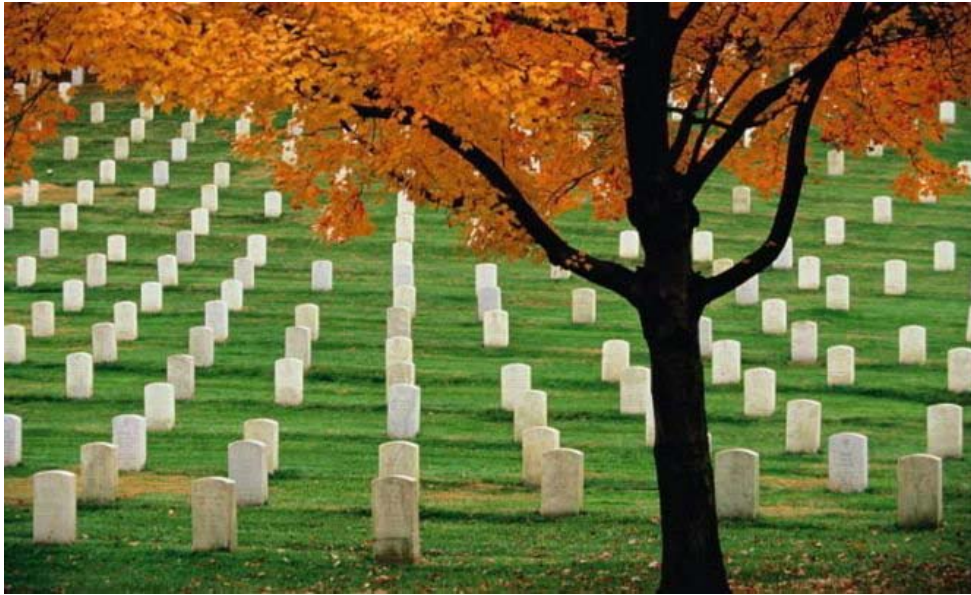
Follow a diet that is loaded with vegetables and fruit.
Enjoy soups that are mixed with vinegar and spices.
Green tea is good for a healthy life.

開懷尋樂每天忙。



To enjoy life and to have a fun time,
keep yourself busy from morning till night.

人生終有盡，



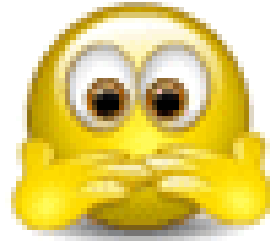
Alas! Our life will, sooner or later, come to an end.

歲月可延長。



But our time in this world can surely be extended.

祝你
幸福
健康
長壽



Wishing you
happiness,
good health,
and longevity.



臨江仙 歲月可延長

張暢繁

早上起床先喝水，
新鮮菜汁紅黃。
香蕉燕麥遠脂糖。
日行三幾里，
甩手靜心房。

閱讀吟詩常動腦，
綠茶蔬果酸湯。
開懷尋樂每天忙。
人生終有盡，
歲月可延長。

What a Wonderful World

I see skies of blue and clouds of white
The bright blessed day, the dark sacred night
And I think to myself what a wonderful world.

I see trees of green, red roses too
I see them bloom for me and you
And I think to myself what a wonderful world.

The colors of the rainbow so pretty in the sky
Are also on the faces of people going by
I see friends shaking hands saying how do you do
They're really saying I love you.

I hear babies crying, I watch them grow
They'll learn much more than I'll never know
And I think to myself what a wonderful world
Yes I think to myself what a wonderful world.



Acknowledgment:

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and personal collections.

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please let us know and we will remove them upon notice.

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謝謝觀賞

<http://classicalchinese poetry.com>