

注解 Explanation :

### 路边

Roadside

世人欲知寿中道，六根当净别雌黄。

世上人们都想知道长寿的秘诀：克制欲望、谨言慎行。  
Everyone wants to know the secret to longevity: restrain one's desires, speak and act cautiously.

时下安得谁无事，众生相看偃三郎。

当今世上哪有不忙的人？大家都是工作狂。  
Who is not busy in today's world? Everyone is a workaholic.

筋骨少养户枢蠹，疾时方悔乱药方。

身体缺乏照顾、锻炼，健康差；生病时才后悔，到处寻医问药。  
Lack of care and exercise leads to poor health: regret sets in when one falls ill and desperately seeks for doctors and remedies.

贫富好歹一条命，何须千愁露秋霜。

贫穷、富贵、好、坏，大家都只有一条命，何必过度烦恼、忧愁？  
Rich or poor, good or bad, we all have just one life; why should one worry so much and get depressed?

劝学吕翁闻鸡舞，不做神仙比寿长。

鼓励大家学习吕紫剑老先生积极生活，看谁更长寿。  
Encourage all to live actively and positively like Grand Master Lü Zijian and see who can live longer.

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