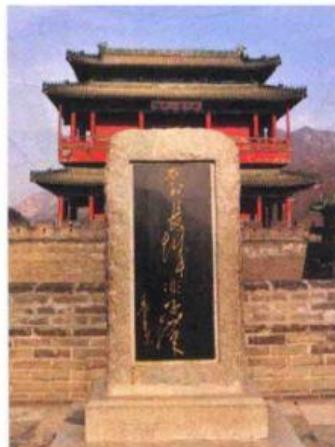


俗语  
Common  
Saying

不到长城非好汉 Bú dào Chángchéng fēi hǎohàn  
He who has never been to the Great Wall is not a true man

“不到长城非好汉”，这句话里“非”的意思是“不是”，“好汉”的意思是“很厉害的人”“英雄”。这句话的意思是没有去过长城的人就不是英雄，常常用来比喻一种积极的精神，遇到困难，要努力想办法克服，解决了问题，那就是“好汉”。

In the saying “不到长城非好汉”，“非” means “not”, and “好汉” means “awesome person” or “hero”. The saying means that a person who has never been to the Great Wall is not a hero. As a metaphor for positive spirit, it defines a hero as one who tries hard and works out the problems he faces.



“不到长城非好汉”，



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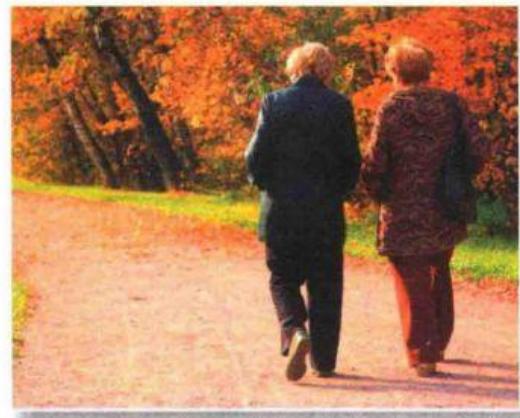
**俗语**  
**Common  
Saying**

饭后百步走，活到九十九 Fàn hòu bǎi bù zǒu, huódào jiǔshíjiǔ

A walk after dinner makes one live to 99

“饭后百步走，活到九十九”，这句话字面的意思是吃完饭以后要走一百步，这样可以活到九十九岁。现在人们常用这句话说明，吃饭以后要运动运动，身体才能健康。

The literal meaning of the saying “饭后百步走，活到九十九” is that a walk of 100 steps after each meal every day makes one live to 99 years old. Now it means it is good for health to do some exercise after a meal.



饭后百步走,活到九十九” ,



这句话字面的意思是吃完饭以后要走一百步,



这样可以活到九十九岁。



现在人们常用这句话说明,



吃饭以后要运动运动,身体才能健康。