



心	足
Sam ¹	Zuk ¹
heart	satisfied

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夏 天， haa ₆ tin ¹	最 好 zeoi ³ hou ²	梗 係 gang ² hai ₆	喺 hai ²	屋 企 uk ¹ kei ²	開 hoi ¹
summer	best	of course	at	home	to open
住 zyu ₆	冷 氣 laang ⁵ hei ³	睇 tai ²	電 視 din ₆ si ₆	啦！ laa ¹	
-ing	air-conditioning	to look	television	(particle)	

依家 <i>ji¹ gaa¹</i>	好 <i>hou²</i>	熱 <i>jit₆</i>	呀， <i>aa₃</i>	阿孝 <i>aa₃ haa_{u3}</i>	除 <i>Ceoi₄</i>	晒 <i>saa_{i3}</i>	衫 <i>saam¹</i>
now	very	hot (particle)		Ah-hau	to take off	all	clothes
等 <i>dang²</i>	自己 <i>zi₆ gei²</i>	涼 <i>loeng₄</i>	啲。 <i>di¹</i>				
to wait	oneself	cool	a bit				

佢	望	出	窗，	有	一	班	人	喺	
keoi ⁵		Ceot ¹	coeng ¹		jat ¹	baan ¹		hai ²	
he	mong ₆	out	window	jau ⁵	one	class	jan ₄	people	at
出	面	搞	咗	幾	個	月	都	唔	知
Ceot ¹		gaau ²	zo ²	gei ²	go ³		dou ¹		zi ¹
	min ₆				jyut ₆			m ₄	
outside	to do	-en	several	month(s)	all	don't know			
搞	緊	咩，							
gaau ²	gan ²	me ¹							
to do	-ing	what							

又	搬	沙，	又	搬	水	噉。	
	bun ¹	saa ¹		bun ¹	seoi ²	gam ²	
jau ₆			jau ₆				
also	to move	sand	also	to move	water	in this way	



阿	孝	跑	去	問	媽	媽：	「依	家
aa ₃	haa _{u3}	paau ²	heoi ₃	man ₆	maa ¹	maa ₄	ji ¹	gaa ¹
Ah-hau		to run	to go	to ask	mother		now	

咁	熱，	出	面	啲	工	人	咁	辛	苦
gam ₃	jit ₆	Ceot ¹	min ₆	di ¹	gung ¹	jan ₄	gam ₃	San ¹	fu ²
so	hot	outside		some	worker		so	hard	

喺	度	整	緊	咩	呀？」	
hai ²	dou ₆	zing ²	gan ²	me ¹	aa ₃	
right here		to make	-ing	what	(particle)	

媽	媽	放	低	個	炭	燙	斗，	話：
maa ⁴	maa ¹	fong ³	dai ¹	go ³	taan ³	tong ³	dau ²	waa ⁶
mother		put down		(measure) charcoal		iron		to say
「今	晚	你	就	知！	好	喇，	好	去
gam ¹	maan ¹	nei ⁵	Zau ⁶	zi ¹	hou ²	laa ³	hou ²	heoi ³
tonight		you	then	to know	okay	(particle)	should	to go
食	嘢，	啲	嘢	凍	晒	喇。」		
sik ⁶	je ⁵	di ¹	je ⁵	dung ³	sai ³	laa ³		
to eat	thing	the	thing	cold	all	already		

阿	孝	心	諗：	吓，	依	家	三	十	幾
aa ³ / haa ^{u3}		sam ¹ / nam ²		haa ²	ji ¹ / gaa ¹		saam ¹		gei ²
							Sap ¹ ₆		
Ah-hau		to think		what?	now		thirty		several
度，	屋	企	又	冇	冷	氣，	我	驚	
	uk ¹ / kei ²							geng ¹	
dou ⁶		jau ⁶	mou ⁵		laang ⁵ / hei ³		ngo ⁵		
degree	home	again	don't have	air-conditioning		I	afraid		
啲	嘢	熱	都	嚟	唔	切	啦！		
di ¹			dou ¹				laa ¹		
	je ⁵	jit ⁶		lai ⁴ / m ⁴ / cit ³					
the	thing	hot	also	too late	(particle)				



阿	孝	食	完	嘢	就	一	支	箭	噉	
aa ³	hau ³	sik ⁶	jyun ⁴	je ⁵	Zau ⁶	jat ¹	zi ¹	zin ³	gam ²	
Ah-hau		to eat	finish	thing	then	one (measure) arrow in this way				
跑	咗	出	去，	佢	今	日	約	咗		
paau ²	zo ²	Ceot ¹	heoi ³	keoi ⁵	gam ¹	jat ⁶	joe ³	zo ²		
to run	-en	to get out		he	today to make an appointment -en					
阿	怡	一	齊	玩。						
aa ³	ji ⁴	jat ¹	Cai ⁴	waan ²						
Ah-yi		together		to play						



佢	同	阿 怡	玩	咗	冇	耐，	阿 怡
keoi ⁵	tung ⁴	aa ³ — ji ⁴	waan ²	zo ²	mou ⁵	noi ¹	aa ³ — ji ⁴
he	and	Ah-yi	to play	-en	not	long time	Ah-yi
就	出 晒 汗	喇。					
	Ceot ¹ — saai ³ — hon ⁶	laa ³					
Zau ⁶							
then	all sweating	already					

阿 怡	話：	「阿 孝，	不 如	今 日	嚟
aa3 ji4	waa6	aa3 haau3	bat1 jy4	gam1 jat6	lai4
Ah-yi	to say	Ah-hau	how about	today	to come
我	屋 企	玩	啦！」		
ngo5	uk1 kei2	waan2	laa1		
I	home	to play	(particle)		

阿 孝	話	好。	
aa ₃ / haa _{u3}	waa ₆	hou ²	
Ah-hau	to say	good	



阿 孝	都	係	第 一	次	去	阿 怡	
aa ³ / haa ^{u3}	dou ¹	hai ⁶	dai ⁶ jat ¹	ci ³	heoi ³	aa ³ ji ⁴	
Ah-hau	also	is	first	time	to go	Ah-yi	
屋 企，	佢	一	入	屋	就	坐 低	開
uk ¹ kei ²	keoi ⁵	jat ¹	jap ⁶	uk ¹	Zau ⁶	CO ⁵ dai ¹	hoi ¹
home	he	once	to enter	house	then	sit down	to open
電 視。							
din ⁶ si ⁶							
television							

阿 怡	有 啲	無 奈：	「又	係	呢 啲	
aa ³ — ji ₄	jau ⁵ — di ¹	mou ⁴ — noi ₆	jau ₆	hai ₆	ni ¹ — di ¹	
Ah-yi	a bit	frustrated	again	is	these	

節 目，	悶	到	死。」	
zit ³ — muk ₆	mun ₆	dou ₃	sei ²	
programme	bored	to	death	

阿	孝	睇	到	眼	都	唔	眨，	
aa ³	haa ^{u3}	tai ²	dou ³	ngaan ⁵	dou ¹	m ⁴	zaam ²	
Ah-hau		to see		eye	all	not	to blink	
心	諗：	如	果	我	屋	企	都	有
sam ¹	nam ²	jyu ⁴	gwo ²	ngo ⁵	uk ¹	kei ²	dou ¹	jau ⁵
to think		if		I	home	also	have	
電	視	就	好	喇！				
din ⁶	si ⁶	Zau ⁶	hou ²	laa ³				
television	then	good	(particle)					



見 gin ³ to see	天氣 tin ¹ - hei ³ weather	咁 gam ³ so	熱， jit ⁶ hot	阿怡 aa ³ - ji ⁴ Ah-yi	開 hoi ¹ to open	咗 zo ² -en	
冷氣。 laang ⁵ / hei ³ air-conditioning	阿孝 aa ³ / haa ^{u3} Ah-hau	吹 Cei ¹ blow	住 zyu ⁶ -ing	冷氣 laang ⁵ / hei ³ air-conditioning	機 gei ¹ machine	嘅 ge ³ 's	
凍 dung ³ cold	風， fung ¹ wind						

頭	上	即 刻	鑿	住	「舒 服」	兩
<i>tau₄</i>	<i>soeng⁵</i>	<i>zik¹ hak¹</i>	<i>zok₆</i>	<i>zyu₆</i>	<i>syu¹ fuk₆</i>	<i>loeng⁵</i>
head	on top of	at once	to carve	-ing	comfortable	two
隻 字！	但	阿 怡	就	唔 係	噉	諗，
<i>zek₃</i>	<i>zi₆</i>	<i>daan₆</i>	<i>aa³ ji₄</i>	<i>zau₆ m₄ hai₆</i>	<i>gam²</i>	<i>nam²</i>
(measure) word	but	Ah-yi	as a result	is not	in this way	to think

阿	孝	冇	理	佢，	心	諗：	我	唔
aa ₃	haa _{u3}	mou ₅	lei ₅	keoi ₅	Sam ¹	nam ²	ngo ₅	m ₄
Ah-hau		not to care about she			to think		I	not

貪	心	㗎，	我	淨	係	有	風	扇
taam ¹	sam ¹	gaa ₃	ngo ₅	zing ₆	hai ₆	jau ₅	fung ¹	sin ₃
greedy		(particle)	I	only		have	electric fan	

都	好	開	心	㗎	喇！
dou ¹	hou ²	hoi ¹	sam ¹	gaa ₃	laa ₃
also	very	happy		(particle)	already



<p>阿 怡</p> <p>aa³ - ji⁴</p> <p>Ah-yi</p>	<p>畀</p> <p>bei²</p> <p>to give</p>	<p>咗</p> <p>zo²</p> <p>-en</p>	<p>杯</p> <p>bui¹</p> <p>cup</p>	<p>凍</p> <p>dung³</p> <p>cold</p>	<p>飲</p> <p>jam²</p> <p>drink</p>	<p>阿 孝，</p> <p>aa³ / haa^{u3}</p> <p>Ah-hau</p>	
<p>阿 孝</p> <p>aa³ / haa^{u3}</p> <p>Ah-hau</p>	<p>諗：</p> <p>nam²</p> <p>to think</p>						



第 二 日	佢 返	學 校	問 老 師：
dai ₆ ji ₆ jat ₆	keoi ⁵ faan ¹	hok ₆ haau ₆	man ₆ lou ⁵ si ¹
second day	he to go back	school	to ask teacher
「點 解	我 屋 企	冇 電 視、	
dim ² gaai ²	ngo ⁵ uk ¹ kei ²	mou ⁵ din ₆ si ₆	
why	I	home don't have	television
雪 櫃	同	風 扇	嘅？」
syut ₃ gwai ₆	tung ₄	fung ¹ sin ₃	ge ²
refrigerator	and	electric fan	(particle)



老 師 <i>lou⁵ si¹</i> teacher	摸 下 <i>mo² haa⁵</i> to feel	阿 孝 <i>aa³ haa^{u3}</i> Ah-hau	個 頭： <i>go³ tau⁴</i> (measure) head	「阿 孝， <i>aa³ haa^{u3}</i> Ah-hau
電 視 <i>din₆ si₆</i> television	嗰 啲 <i>go² di¹</i> those	都 <i>dou¹</i> all	要 <i>jiu³</i> need	用 電， <i>jung₆ din₆</i> to use electricity

而	你	住	森	林	嗰	間	屋	依	家
<i>ji₄</i>	<i>nei₅</i>	<i>zyu₆</i>	<i>sam¹</i>	<i>lam₄</i>	<i>go²</i>	<i>gaan¹</i>	<i>uk¹</i>	<i>ji¹</i>	<i>gaa¹</i>
and	you	to live	forest		that	(measure)	house	now	
仲	未	有	電	纜，	未	有	電	就	
<i>zung₆</i>	<i>mei₆</i>	<i>jau⁵</i>	<i>din₆</i>	<i>laam₆</i>	<i>mei₆</i>	<i>jau⁵</i>	<i>din₆</i>	<i>zau₆</i>	
still	not yet	have	power cable		not yet	have	electricity	then	
裝	唔	到	電	器	住	喇。」			
<i>zong¹</i>	<i>m₄</i>	<i>dou²</i>	<i>din₆</i>	<i>hei₃</i>	<i>zyu₆</i>	<i>laa₃</i>			
install	cannot		electric appliance		now	(particle)			

阿 孝	點 點 頭 :	「 哦」	
aa ₃ haa _{u3}	dim ² dim ² tau ₄	ngo ₄	
Ah-hau	to nod	Oh!	



講	講	下	都	夜	晚	七	點	鐘，
gong ²	gong ²	haa ⁵	dou ¹	je ₆	maan ⁵	Cat ¹	dim ²	zung ¹
talking and talking			also	night		seven	o'clock	

阿	孝	要	返	屋	企	喇。	夜	晚
aa ₃	haa _{u3}	jiu ₃	faan ¹	uk ¹	kei ²	laa ₃	je ₆	maan ⁵
Ah-hau		need to	to go home			(particle)	night	

森	林	好	黑，	又	冇	街	燈，
sam ¹	lam ₄	hou ²	hak ¹	jau ₆	mou ⁵	gai ¹	dang ¹
forest		very	dark	and	don't have	street lamp	

阿 孝	拎	住	盞	油	燈	嚟	
aa ₃ / haa _{u3}	ling ¹		zaan ²		dang ¹		
		zyu ₆		jau ₄		lai ₄	
Ah-hau	hold	-ing	(measure)	oil lamp		to	

照 明，	仲	要	行	快	幾	步	——
ziu ₃ / ming ₄		jiu ₃	haang ₄	faai ₃	gei ²	bou ₆	
	zung ₆						
illuminate	still	need	to walk	fast	several	step	

如	果	盞	燈	冇	晒	油，	佢	就
jyu ₄	gwo ²	zaan ²	dang ¹	mou ⁵	sai ³	jau ₄	keoi ⁵	zau ₆
if	(measure)	lamp	don't have	all	oil	he	then	

要	摸	黑	返	屋	企	㗎	喇！
jiu ³	mo ²	hak ¹	faan ¹	uk ¹	kei ²	gaa ³	laa ³
need to	to feel	dark	to go home	(particle)	(particle)		



就	嚟	返	到	屋企	嗰陣，	阿孝	
		faan ¹		uk ¹ kei ²	go ²	aa ³ haa ^{u3}	
Zau ⁶ lai ⁴			dou ³		Zan ⁶		
almost		to return	to	home	that time	Ah-hau	
老	遠	見到	屋企	前面	有		
lou ⁵	jyun ⁵	gin ³ dou ²	uk ¹ kei ²		cin ⁴ min ⁶	jau ⁵	
very	far	to see	home	front	have		
光。							
gwong ¹							
light							

佢	收 起	油 燈	跑	過 去，	
keoi ⁵	sau ¹ hei ²	jau ⁴ dang ¹	paau ²	gwo ³ heoi ³	
he	pack up	oil lamp	to run	to there	
見 到	今 朝	啲	工 人	叔 叔	
gin ³ dou ²	gam ¹ ziu ¹	di ¹	gung ¹ jan ⁴	suk ¹ suk ¹	
to see	this morning	the	worker	uncle	
喺 度	講	咩	「搞 掂	喇」
hai ² dou ⁶	gong ²	me ¹	gaau ² dim ⁶	laa ³	
right here	to say	what	done	already	



媽	媽	拉	住	阿	孝	去	到	燈	
	maa ¹	laai ¹		aa ³	hau ³	heoi ³	dou ³	dang ¹	
maa ⁴			zyu ⁶						
mother		to pull	-ing	Ah-hau		to go	to	lamp	
掣	前	面，	話：	「呢	個	掣	就	交	俾
Zai ³				ni ¹	go ³	Zai ³		gaa ¹	bei ²
	cin ⁴	min ⁶	waa ⁶				Zau ⁶		
button	front	to say	this one	button	then	hand in	to give		
你	揸	喇！」							
nei ⁵	gam ⁶	laa ³							
you	to press	(particle)							

阿	孝	一	揸，	屋	企	即	刻	光	晒！
aa ₃ / haa _{u3}		jat ¹		uk ¹ / kei ²		zik ¹ / hak ¹		gwong ¹	sai ₃
Ah-hau	once	to press	home	immediately	light	all			
佢	開	心	到	跳	起：	「着	燈	喇！	
keoi ₅	hoi ¹ / sam ¹		dou ₃	tiu ₃	hei ²	zoek ₃	dang ¹	laa ₃	
he	happy	to	to jump	up	turn on	lamp	already		
電	呀！	我	哋	屋	企	有	電	喇！」	
din ₆	aa ₃	ngo ⁵ / dei ₆		uk ¹ / kei ²		jau ₅	din ₆	laa ₃	
electricity (particle)	we	home	have	electricity	already				



「我	終	於	可	以	夜	晚	開	燈	
ngo ⁵	zung ¹	jyu ¹	ho ²	ji ⁵	je ⁶	maan ⁵	hoi ¹	dang ¹	
I	finally		can		night		to open	lamp	
做	功	課，	熱	個	陣	有	風	扇	歎、
Zou ⁶	gung ¹	fo ³	jit ⁶	go ²	Zan ⁶	jau ⁵	fung ¹	sin ³	taan ³
to do	homework		hot	that time		have	electric fan		to enjoy
有	凍	水	飲，						
jau ⁵	dung ³	seoi ²	jam ²						
have	cold	water	to drink						

仲 有	電 視	睇，	唔	怕	悶！	我	好
zung ₆ — jau ⁵	din ₆ — si ₆	tai ²	m ₄	paa ³	mun ₆	ngo ⁵	hou ²
still have	television	to look	not	to fear	bored	I	very
幸 福	呀！」						
hang ₆ — fuk ¹	aa ³						
happy	(particle)						



有 時	幸 福	好	簡 單，	就	
jau ⁵ — si ⁴	hang ₆ — fuk ¹	hou ²	gaan ² — daan ¹	Zau ₆	
sometimes	happiness	very	simple	as a result	
好 似	半 杯	水	嘅 道 理，	唔 好	
hou ² — ci ⁵	bun ₃ — bui ¹	seoi ²	ge ₃ — dou ₆ — lei ⁵	m ₄ — hou ²	
seems	half	cup	water (linker)	principle	do not
淨 係	睇 到	自 己	冇	嗰 啲，	
zing ₆ — hai ₆	tai ² — dou ²	zi ₆ — gei ²	mou ⁵	go ² — di ¹	
only	to see	oneself	don't have	those	

而	係	多 啲	睇	自 己	有	嗰 啲	——	
<i>ji₄</i>	<i>hai₆</i>	<i>do¹ di¹</i>	<i>tai²</i>	<i>zi₆</i> <i>gei²</i>	<i>jau⁵</i>	<i>go² di¹</i>		
and	is	more	to look	oneself	have	those		
有 時	你	有	嘅	嘢	仲	多	過	
<i>jau⁵ si₄</i>	<i>nei⁵</i>	<i>jau⁵</i>	<i>ge³</i>	<i>je⁵</i>	<i>zung₆</i>	<i>do¹</i>	<i>gwo³</i>	
sometimes	you	have	(linker)	thing	still	more	than	
其 他	人！							
<i>kei₄</i> <i>taa¹</i>	<i>jan₄</i>							
other	people							

<p>「簡 簡 單 單</p> <p>gaan² gaan² daan¹ daan¹</p>	<p>已</p> <p>ji⁵</p>	<p>是</p> <p>si⁶</p>	<p>福，</p> <p>fuk¹</p>	
<p>simple</p>	<p>already</p>	<p>is</p>	<p>happiness</p>	
<p>平 平 淡 淡</p> <p>ping₄ ping₄ daam₆ daam₆</p>	<p>已</p> <p>ji⁵</p>	<p>心</p> <p>sam¹</p>	<p>足。」</p> <p>zuk¹</p>	
<p>ordinary</p>	<p>already</p>	<p>heart</p>	<p>satisfied</p>	



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