

Combining The *Daily Manners* to Discuss the Importance of Table Manners

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I Introduction

The significance of table manners

Be beneficial to others and ourselves

Both Easterners and Westerners are very attention





II The Relationship Between Table Manners and Self-cultivation

陳平曰：“嗟呼！使平得宰天下，亦如是肉矣！”——《史記》

Chen Ping said that if I have a chance to govern a country, I would deal with the affairs of a country as fairly as I would with meat. ——*Shiji*

“一室之不治，何以天下國家為？”——《習慣說》

If one room cannot be treated, how do you govern a country? ——*Xiguanshuo*



The *Daily Manners*,



After sitting, do not lean your elbows on the table, and do not stick out your feet.

When you chew food and swallow, you also should be careful not to make a sound.

Don't pick your teeth in front of people.





The *Daily Manners*,

We should never eat twice as much as anyone else.

**Only take dishes that are close to you and do not
stand up to pick up dishes from other plates.**





The *Daily Manners*,

Don't leave any grains in your bowl after eating.

“家儉則興。”

——曾國藩

'A family thrives when they know thrift.'

——Zeng Guofan





“夫儉則寡欲，君子寡欲，則不役於物，可以直道而行；
小人寡欲，則能謹身節用，遠罪豐家。”

——《訓儉示康》

**'Thrift can make people less desire.
If a man of noble character reduce desire, he or she will
not be hindered by things and follow the path of Dao;
average person reduce desire, he or she can be prudent and
economical and stay away from crime, make their home
thrive.'**

——*Xunjian Shikang*





Self-cultivation

Respect and Consideration

Cherish Everything

Grateful Heart

The Virtue of Thrift





III The Influence of Table Manners on Social Communication

The *Daily Manners*,

After the banquet or dining, the host will tell modestly the guest that he or she have not been well treated.

At the same time, guests should thank the host.

Understand its culture and etiquette in advance in order to avoid misunderstandings.





'At the table, the essence of politics can be saw.'

——Breyer Chavaroun

What you do at the dinner table plays a decisive role





IV Conclusion

Table Manners are very important for

Mself-cultivation

Social communication





Thank You