

This is a classic Chinese idiom story from traditional Chinese culture, focusing on Dong Yu's inspirational journey of making the most of "three types of spare time" to study. As a cherished part of ancient Chinese Mengxue education, it embodies the wisdom of seizing every opportunity to learn, a timeless virtue passed down through traditional Chinese culture stories.

### 【标题】

董遇三余 (拼音: Dǒng Yù Sān Yú)

Dong Yu's "Three Spare Times" for Study



### 【原文出处】

出自《三国志·魏书·王肃传》注引《魏略》，是蒙学中“善用时间”主题的核心典故，其“三余读书”理念流传甚广，成为后世劝学的重要范例。

【白话详解】东汉末年至三国时期，董遇出身贫寒却嗜学如命，无论身处何种境遇，始终坚持读书。有人向他请教求学方法，他提出“冬者岁之余，夜者日之余，阴雨者时之余”的“三余”之说，即利用冬天农闲、夜晚无事、阴雨天无法耕作的空闲时间读书。他凭借对时间的极致利用，终成学识渊博的学者，还为经典作注，让知识得以传承。

### 【故事内容】

dōng hàn mò nián tiān xià dòng dòng dǒng yù chū shēng zài yì gè pín kǔ de jiā tíng yóu yú zhàn luàn  
东汉末年，天下动荡，董遇出生在一个贫苦的家庭。由于战乱  
pín fā jiā zhōng tián dì wú fǎ zhèng cháng gēng zhǒng shēng huó shí fēn jiān nán dǒng yù cóng xiǎo jiù  
频发，家中田地无法正常耕种，生活十分艰难，董遇从小就  
yào bāng jiā lǐ fēn dān shēng jì dǎ chái fàng mù gēng tián jī hū zhàn jù le tā dà bù fēn shí  
要帮家里分担生计，打柴、放牧、耕田，几乎占据了他大部分时  
jiān  
间。

dàn dǒng yù duì dú shū yǒu zhe jí qiáng de kě wàng jí shǐ rì zǐ zài kǔ zài lěi yě cóng bù fàng  
但董遇对读书有着极强的渴望，即使日子再苦再累，也从不放  
qì xué xí méi yǒu qián mǎi shū tā jiù xiàng yǒu shū de xiāng qīn jiè yuè jiè dào shū hòu biàn fèi qǐn  
弃学习。没有钱买书，他就向有书的乡亲借阅，借到书后便废寝  
wàng shí dì chāo xiě bèi sòng bǎ shū zhōng de nèi róng lǎo lǎo jì zài xīn lǐ  
忘食地抄写、背诵，把书中的内容牢牢记在心里。

bái tiān yào gàn zhòng huó tā jiù lì yòng xiū xi de piàn kè mò niàn shū wén yè wǎn méi yǒu dēng yóu  
白天要干重活,他就利用休息的片刻默念书文;夜晚没有灯油,  
tā jiù jiè zhe yuè guāng fān yuè chāo hǎo de shū gǎo cháng cháng dú dào tiān sè fàn bái  
他就借着月光翻阅抄好的书稿,常常读到天色泛白。

rì fù yì rì de jiān chí ràng dǒng yù de xué shí yuè lái yuè yuān bó bù jǐn tōng dú le wǔ jīng  
日复一日的坚持,让董遇的学识越来越渊博,不仅通读了五经  
zhū zǐ hái néng duì shū zhōng de yào yì tán chū zì jǐ de jiàn jiě zhōu wéi de rén kàn dào tā rú  
诸子,还能对书中的要义谈出自己的见解。周围的人看到他如  
cǐ yǒu xué wèn fēn fēn qián lái qǐng jiào xiǎng zhī dào tā shì rú hé zài fán zhòng de láo zuò zhōng jī  
此有学问,纷纷前来请教,想知道他是如何在繁重的劳作中挤  
chū shí jiān dú shū de  
出时间读书的。

miàn duì dà jiā de yí wèn dǒng yù zhèng zhòng dì shuō dú shū cóng lái bù quē shí jiān guān jiàn  
面对大家的疑问,董遇郑重地说:“读书从来不缺时间,关键  
shì yào shàn yú lì yòng sān yú jiē zhe tā jiě shì dào dōng zhě suì zhī yú dōng tiān hán  
是要善于利用‘三余’。”接着,他解释道:“冬者岁之余,冬天寒  
lěng wú fǎ gēng zuò shì yì nián zhōng zuì dà de kōng xián shí jiān yè zhě rì zhī yú yè wǎn wú shì  
冷无法耕作,是一年中最大的空闲时间;夜者日之余,夜晚无事  
kě zuò shì yì tiān lǐ de kōng xián shí jiān yīn yǔ zhě shí zhī yú xià yǔ tiān bù néng dào tián lǐ  
可做,是一天里的空闲时间;阴雨者时之余,下雨天不能到田里  
gàn huó shì píng shí é wài de kōng xián shí jiān bǎ zhè sān duàn shí jiān zhuā jǐn lì yòng qǐ lái  
干活,是平时额外的空闲时间。把这三段时间抓紧利用起来,  
jiù néng dú hěn duō shū le  
就能读很多书了。”

dà jiā tīng hòu gè gè máo sāi dùn kāi fēn fēn àn zhào dǒng yù shuō de sān yú zhī fǎ ān pái shí  
大家听后个个茅塞顿开,纷纷按照董遇说的“三余”之法安排时  
jiān dú shū dǒng yù zì jǐ yě yán gé zūn shǒu zhè gè yuán zé dōng tiān bié rén wéi zhe huǒ lú xián  
间读书。董遇自己也严格遵守这个原则,冬天别人围着火炉闲  
liáo tā mái tóu yán dú jīng diǎn yè wǎn bié rén zǎo zǎo rù shuì tā jiè guāng chāo shū bèi sòng yīn  
聊,他埋头研读经典;夜晚别人早早入睡,他借光抄书背诵;阴  
yǔ tiān bié rén wú suǒ shì shì tā jiù zhěng lǐ shū gǎo zuān yán nán tí  
雨天别人无所事事,他就整理书稿、钻研难题。

duō nián hòu dǒng yù chéng wéi le dāng shí yǒu míng de dà xué zhě tā duì zuǒ chuán máo shī děng  
多年后,董遇成为了当时有名的大学者,他对《左传》《毛诗》等  
jīng diǎn de jiě dú shēn rù qiǎn chū yīn lái le qiān bǎi míng mén shēng qián lái qiú xué tā hái hào fèi  
经典的解读深入浅出,引来了千百名门生前来求学。他还耗费  
duō nián xīn xuè wéi zhòng duō jīng shū zuò zhù ràng gǔ dài wén huà zhī shí dé yǐ chuán chéng xià lái  
多年心血,为众多经书作注,让古代文化知识得以传承下来。

ér tā tí chū de sān yú dú shū fǎ yě chuān yuè qiān nián shí guāng jī lì zhe yì dài yòu yì dài  
而他提出的“三余”读书法,也穿越千年时光,激励着一代又一代  
rén zhēn xī shí jiān qín xué bù chuò  
人珍惜时间、勤学不辍。

### 【English Translation】

At the end of the Eastern Han Dynasty, the world was in chaos, and Dong Yu was born into a poor family. Due to frequent wars, the family's fields could not be cultivated normally, and life was extremely difficult. Dong Yu had to share the family's livelihood from an early age—cutting firewood, herding livestock, and farming occupied most of his time.

But Dong Yu had a strong desire for reading. No matter how hard and tiring life was, he never gave up learning. Unable to afford books, he borrowed them from knowledgeable villagers. Once he got a book, he would copy and recite it day and night, keeping the content firmly in his mind. During the day, he had to do heavy work, so he used every break to mutter the book content silently; at night, without lamp oil, he read the copied manuscripts by moonlight, often reading until dawn.

Years of persistence made Dong Yu more and more knowledgeable. He not only read all the Five Classics and various philosophers' works, but also could put forward his own insights on the essence of the books. Seeing how learned he was, people around him came to ask for advice, wanting to know how he squeezed time to read amid heavy labor.

Faced with everyone's questions, Dong Yu said solemnly: "There is never a lack of time for reading; the key is to make good use of the 'Three Spare Times'." He then explained: "Winter is the spare time of the year—too cold for farming, it is the longest free time in a year; night is the spare time of the day—with nothing to do, it is the free time in a day; rainy days are the spare time of ordinary days—unable to work in the fields, they are extra free time. Seize and make good use of these three periods, and you can read a lot of books."

Everyone suddenly realized after hearing this and began to arrange their time for reading according to Dong Yu's "Three Spare Times" method. Dong Yu himself also strictly followed this principle: in winter, when others chatted around the stove, he immersed himself in studying classics; at night, when others fell asleep early, he copied books and recited by light; on rainy days, when others had nothing to do, he sorted out manuscripts and studied difficult problems.

Years later, Dong Yu became a famous scholar of his time. His interpretations of classics such as "Zuo Zhuan" and "Mao Shi" were in-depth and easy to understand, attracting hundreds of students to study with him. He also spent years annotating many classics, ensuring the inheritance of ancient cultural knowledge. His "Three Spare Times" reading method has passed through thousands of years, inspiring generations to cherish time and study diligently.

### **【启蒙寓意】**

1. Time is scattered in daily life; we should learn to discover and make good use of fragmented time to pursue our goals.
2. Diligence is not about staying up late blindly, but about making rational use of time and turning "spare time" into "learning time".
3. Persistence in learning regardless of external conditions can accumulate profound knowledge over time.
4. A scientific method of using time is as important as enthusiasm for learning, which can make learning more efficient.

### **【互动小练习】**

1. 填空题 (Fill in the blanks) :

董遇提出的“三余”指冬天、夜晚和\_\_\_\_\_的空闲时间。

The "Three Spare Times" proposed by Dong Yu refer to the free time in winter, at night and on \_\_\_\_\_.

2. 选择题 (Multiple choice): 董遇的“三余”读书法主要告诉我们要 ( )

Dong Yu's "Three Spare Times" reading method mainly tells us to ( )

A. 多读书少干活 B. 善于利用空闲时间 C. 只在冬天和夜晚读书

A. Read more and work less B. Make good use of spare time C. Only read in winter and at night

3. 思考题 (Think and share): 结合董遇的“三余”，说说你能利用哪些空闲时间学习？制定一个属于你的“小余”读书计划吧！

Combined with Dong Yu's "Three Spare Times", talk about what free time you can use for learning? Make a "small spare time" reading plan of your own!

As one of the most renowned traditional Chinese culture stories about seizing time to pursue knowledge, "Dong Yu's Three Spare Times" has inspired generations. It perfectly showcases the core value of diligence in Chinese idiom stories, making it a timeless educational tale for readers interested in traditional Chinese culture.