

中国文化英文读本

A Panorama of Chinese Culture Chinese Culture

李云川 编著



大连理工大学出版社 Dalian University of Technology Press



中国文化英文读本

A Panorama of Chinese Culture

李云川 编著

大连理工大学出版社 Dalian University of Technology Press

图书在版编目(CIP)数据

缤纷中国:中国文化英文读本 / 李云川编著. 一大连: 大连理工大学出版社,2008.4 ISBN 978-7-5611-3717-8

Ⅰ. 缤… Ⅱ. 李… Ⅲ. ①英语一语言读物 ②文化史一中 国 IV. H319.4:G

中国版本图书馆 CIP 数据核字(2007)第 110251 号

大连理工大学出版社出版

地址:大连市软件园路 80 号 邮政编码:116023 电话:0411-84708842 邮购:0411-84703636 传真:0411-84701466 E-mail:dutp@dutp. cn URL: http://www.dutp. cn

大连天正华延彩色印刷有限公司印刷

大连理工大学出版社发行

幅面尺寸:180mm×245mm

印张:20

字数:369 千字

2008年4月第1版

2008年4月第1次印刷

责任编辑:李 鸽

印数:1~5000

封面设计:孙宝福

ISBN 978-7-5611-3717-8

定 价:26.80元

责任校对:刘进玲

前言

21 世纪的中国,面临多方的机遇与挑战。经济全球化的加剧和中国经济的飞速发展,使得中国与世界跨文化交流日益频繁。中国要走向世界,世界要了解中国,中国文化在世界经济浪潮的推动下已与国际接轨,并融入了世界文化。作为文化沟通与交流的主要工具——语言,在中国,英语热热度不减,在国外,汉语热不断升温。这一切为中国文化传播提供了良好的基础与难得的机遇。

近几年来,到中国来学习汉语、了解中国文化的外国留学生越来越多。但五千年积淀的中国文化,博大精深,如何了解和掌握,对留学生来说,需要的是一部系统的教材。另一方面,作为肩负中国历史使命的当代大学生,在以英语为工具了解掌握世界信息的同时,利用英语向世界介绍和宣传中国文化也是作为中国人应尽的义务。然而,在以西方文化为背景的英语学习中,当代大学生一方面对中国文化了解不够全面,另一方面,即使有所了解也不能用英语加以表达,这对中国文化的传播构成了一大障碍。如何改观,当然还是需要一部系统的教材。

基于上述国内外形势与现状,编写了《缤纷中国——中国文化英文 读本》(A Panorama of Chinese Culture),供国内大学生和外国留学生及相关人士学习、掌握和传播中国文化之用,既可作为课堂教材,也可作为自学材料。

本书从各个方面有选择地集中介绍中国文化中最具特色的部分, 以短文形式,英文表述简单易懂,以适于口语交际。各章内容结构包括 短文、注释、词汇表、译文和相关知识。

本书的编著,主要出于两个目的,一是提供信息,二是模仿表述。主要针对人群,一是中国在校大学生,二是外国留学生,三是其他有意

学习、了解和以英语交流中国文化的相关人士。通过对本书的学习,学习者一方面会对中国文化有一个大致全面的了解,另一方面也会用英语较为流畅地交流中国文化。

本书在编著过程中,得到了辽宁省教育厅对外交流处张秀丽主任、 东北财经大学国际商务外语学院佟兆俊教授、卢长怀教授、徐荣博教 授、大连大学外语学院郭和英老师以及辽宁省税务高等专科学校林立 新老师的大力支持,在此表示衷心感谢。由于编著者水平有限,编著过 程中错误不当之处在所难免,敬请批评指正。

> 李云川 2008 年 4 月 8 日

CONTENTS

目 录

Chapter 1 What Is China Like 中国概貌	1
Land Area/国土面积 ······	1
The National Flag/国旗 ·····	1
The National Emblem/国徽	2
Administrative Divisions /行政区 ·····	2
Population /人口 ·····	2
Languages /语言 ·····	3
History /历史 ······	3
Chapter 2 Chinese Traditional Festivals 中国传统节日 ·····	20
The Spring Festival /春节 ······	20
The Duanwu Festival /端午节	24
The Mid-Autumn Festival /中秋节	27
Chapter 3 Animal-related Folk Arts 与动物相关的民俗文化	42
The Chinese Dragon and Phoenix /中国的龙与凤······	42
The Chinese Stone Lions /中国的石狮 ······	43
Tiger in Folk Art /民俗文化中的老虎 ······	44
Chinese Zodiac 12 Animals /中国十二生肖 ······	46
Chapter 4 Chinese Classic Philosophy 中国古代哲学	58
Confucius and Confucianism / 孔子与儒家思想	58
Laozi and Taoism /老子与道家思想 ·····	63
Han Feizi and Legalism /韩非子与法家思想	65

缤纷中国——中国文化英文读本
Chapter 5 Chinese Religion 中国的宗教 ······ 80
Buddhism /佛教 80
Taoism / 道教 ······ 83
Chapter 6 Chinese Social Customs 中国社会习俗 ····· 97
- Chinese Marriage /中国婚姻 ······ 97
Birthday Celebrations /生日庆祝 ······ 102
Chapter 7 Chinese Food and Drink 中国饮食
- Chinese Cuisines /中国烹饪············118
Chinese Tea /中国茶 ······122
Chinese Wine /中国酒 ······125
Chapter 8 Chinese Fashion and Accessories 中国服饰
Tangzhuang /唐装 ······ 142
Chinese Knot /中国结 ····· 143
Chapter 9 Chinese Values 中国人的价值观 ····· 155
- The Traditional Values /传统价值观 ······ 155
Characteristics of the Values of Modern Chinese Youth /
现代中国青年的价值观
Chapter 10 Chinese National Arts 中国民族艺术 172
Bejing Opera /京剧
Chinese Painting /中国国画 ······ 178
Chapter 11 Historical and Cultural Relics 历史文化遗产 194
The Great Wall /万里长城 ······ 194
The Beijing Forbidden City /北京故宫 ······196
Emperor Qin's Terracotta Army /秦陵兵马俑19
Chapter 12 Traditional Chinese Medicine 中医中药 21

Acupuncture /针灸

CONT	TENTS	B	ज ीर 	5
Tuina (Massage) /推拿 ······	• • • • • • • •			The state of the s
Qigong /气功······				
Chapter 13 Ancient Chinese Architecture 中国古代建筑	•••••	. <i>.</i>	•••••	234
The Huabiao /华表	• • • • • • • • • •		•••••	234
Chinese Pagodas /中国宝塔 ······	• • • • • • • • • •		•••••	236
Garden Architecture /园林建筑 ·····	• • • • • • • • •		•••••	239
Chapter 14 Ethnic Minorities and Their Customs 少数民	族风情		•••••	253
Ethnic Minorities in China /中国少数民族			• • • • • • • •	253
Ethnic Group Festivals /少数民族节日 ·····	• • • • • • • • •		•••••	257
Chapter 15 Chinese Literature 中国文学 ······	• • • • • • • • •		•••••	273
Summary of Chinese Literature /中国文学概述				273
Four Great Classical Chinese Novels /中国四大名著	• • • • • • • • • • • • • • • • • • •		• • • • • • • •	275
Romance of the Three Kingdoms /《三国演义》	• • • • • • • • • • • • • • • • • • •	• • • • •	• • • • • • • • • • • • • • • • • • • •	276
Water Margin /《水浒传》	• • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	277
Journey to the West /《西游记》 ······			•••••	277
Dream of the Red Mansions /《红楼梦》	• • • • • • • • •	• • • • •	•••••	278
Chapter 16 Chinese Folk Legends and Ancient Idioms 中	国民间	传说	与	
历史典故	• • • • • • • • •		• • • • • • •	291
Yu the Great Taming the River/大禹治水	• • • • • • • • •		• • • • • • •	291
The Cowherd and The Weaving Maid /牛郎织女	• • • • • • • • •		• • • • • • • •	293
Draw a Snake and Add Feet to It /画蛇添足	••••••		•••••	295
An Unqualified Yu Player Acting as a Stopgap /滥竽充数	· · · · · · · · · · · · · · · · · · ·		• • • • • • • • • • • • • • • • • • • •	296
One's Spear Contradicts His/her Own Shield /自相矛盾	•••••		•••••	297
An Old Man at the Border Lost His Horse /塞翁失马 …	• • • • • • • • •		•••••	297
Lord Ye Claims Love for the Dragon /叶公好龙	• • • • • • • • • •		•••••	298
The Donkey in Guizhou has Exhausted its Tricks /黔驴技	穷		• • • • • • •	299

Chapter 1

What Is China Like 中国概貌

中国是一个文明古国,有着悠久的历史与灿烂的文化。在拉开中国文化的序幕之前,首先进入中国常识简介,感受一番这一古老国度的雄伟壮阔与历史进程中的荣辱兴衰。

Land Area 国土面积

Located in the east on the Asian continent on the western shore of the Pacific Ocean, the People's Republic of China has a land area of about 9.6 million sq. km., and is the third largest country in the world, next only to Russia and Canada.

With a land boundary of some 22,800 km, China is bordered by Korea to the east; Mongolia to the north; Russia to the northeast; Kazakhstan, Kyrgyzstan and Tajikistan to the northwest; Afghanistan, Pakistan, India, Nepal, Sikkim and Bhutan to the west and southwest; and Myanmar, Laos and Vietnam to the south. Across the seas to the east and southeast are the Republic of Korea, Japan, the Philippines, Brunei, Malaysia and Indonesia.

The National Flag 国 旗

The flag of the People's Republic of China is red in color and it has five yellow stars. The color red symbolizes the spirit of the revolution, and the five ABalya, ...

stars signify the unity of the people of China under the leadership of the Chinese Communist Party. The national flag of China was adopted at the First Plenary Session of the Chinese People's Political Consultative Conference held in September 1949.



tember 1949, shortly before the founding of the People's Republic of China.

The National Emblem 国 徽

The national emblem of China is Tian' anmen in the center illuminated by five stars and encircled by a cogwheel and ears of grain. Tian' anmen symbolizes the Chinese nation, and the cogwheel and the ears of grain represent the working class and peasantry.



Administrative Divisions 行政区

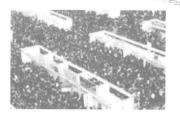
China has 34 major Administrative divisions. They consist of 23 provinces, 5 autonomous (self-governing) regions, 4 centrally administered municipalities and 2 special administrative regions. The autonomous regions are 1. Guangxi Zhuang Autonomous Region, 2. Inner Mongolia Autonomous Region, 3. Ningxia Hui Autonomous Region, 4. Tibet Autonomous Region, 5. Xinjiang Uygur Autonomous Region. These regions have many people who belong to China's minority ethnic groups. The centrally administered municipalities—Beijing, Chongqing, Shanghai and Tianjin—are huge metropolitan areas administered by the national government. Each centrally administered municipality consists of an urban center and a rural area. The Hong Kong and Macao special administrative regions have their own executive, legislative and judicial powers. China is responsible for their defense and foreign policy.

Population 人口

About a fifth of the world's people live in China. Shanghai is China's largest city and one of the world's largest as well. Beijing, the country's capital, is the second largest city. China has a total of about a hundred cities with

Chapter 1 What Is China Like 中国概貌

more than a million people. However, most of the country's people live in rural villages and small towns. Most of these people live in densely populated areas in eastern China. Western China makes up about half the land area of the country but has less than 28 percent of the population.



About 92 percent of the people belong to the Han nationality, which has been China's largest nationality for centuries. The rest of the population consists of about 55 minority groups, including Kazakhs (哈萨克族), Mongols (蒙古族), Tibetans (藏族) and Uygurs (维吾尔族), etc. The different nationality groups are distinguished chiefly by language and culture.

Languages 语言

The Han people speak Chinese. Spoken Chinese has many dialects, which makes communication difficult among the people speaking different dialects. To bring about better communication among the people of China, the government has made *putonghua* (common language) the official language. Putonghua is the Northern Chinese dialect based on the principal dialect spoken in and around Beijing. Putonghua is spoken by about 53 percent of the nation's people, and it is now taught in all Chinese schools.

History 历史

Prehistoric and Ancient History (1.7 million years ago-476 B.C.)

China's earliest primitive human discovered so far is known as "Yuanmou Man (元谋人)" who lived approximately 1. 7 million years ago. The better-known "Peking Man (北京人)," discovered in the Zhoukoudian (周口店) area in the suburbs of Beijing, lived about 600,000 years ago.

The Xia Dynasty started in 2070 B. C. It was in this period that the slave society began to appear. The Xia Dynasty was overthrown by Shang. The Western Zhou (1046—771 B. C.) Dynasty saw further development of slave society. This era was followed by the Spring and Autumn (770—476 B. C.) and Warring States (475—221 B. C.) periods when China entered into feudal

society and silk production advanced and steel production started. This era also produced the philosophers Lao Zi, Confucius, Mencius and Mo Zi, as well as the military scientist Sun Wu, author of the *Art of War*.

Qin Dynasty (221—206 B. C.)

In 221 B. C., Ying Zheng, ruler of the State of Qin and a man of great talent and bold vision, ended the 250-odd years of rivalry among the independent principalities during the Warring States Period, and established the first centralized, unified and multi-ethnic feudal state in Chinese history — the Qin Dynasty. He called himself Qin Shi Huang or "First Emperor of Qin."

Han Dynasty (206 B. C. —A. D. 220)

Liu Bang established the powerful Han Dynasty in 206 B. C. During the Han Dynasty, agriculture, handicrafts and commerce flourished, and the population reached 50 million. During the most prosperous period of the Han Dynasty, Emperor Wudi (汉武帝) dispatched Zhang Qian (张骞) twice as his envoy to the Western Regions, and in the process pioneered the route known as the "Silk Road" from Chang'an (today's Xi'an, Shaanxi Province), through Xinjiang and Central Asia, and on to the east coast of the Mediterranean Sea. As contacts between the East and West were increased, Buddhism spread to China in the first century.

Tang Dynasty (618—907)

After the Han Dynasty came the Three Kingdoms Period (220—265), the Jin Dynasty (265—420), the Southern and Northern Dynasties (420—589) and the Sui Dynasty (581—618). Then came the Tang Dynasty, established by Li Yuan (李渊) in 618 with its capital at Chang'an (Xi'an). Agriculture, handicrafts and commerce flourished; technologies for textile manufacturing and dyeing, pottery and porcelain production, smelting and shipbuilding were further developed. Woodblock printings of dictionaries, almanacs and Buddhist scriptures were in circulation. The Grand Canal also helped the flow of merchandise. Chang'an became a cultural and international trade center and — along with Luoyang, Yangzhou and Guangzhou — a major commercial center. During the Tang Dynasty cultural relations were established with many coun-

tries, including Japan, Korea, India, Persia and Arabia.

Song, Yuan, Ming and Qing Dynasties (960—1911)

Following the Tang Dynasty came a period of almost continual warfare known as the Five Dynasties and Ten States. In 960, Zhao Kuangyin (赵匡胤), a general of the State of Later Zhou, established the Song Dynasty (960—1279), The period of Song Dynasty was known in history as the Northern Song Dynasty, while the capital was in the north; When the Song Dynasty moved its capital to the south, it became known in history as the Southern Song Dynasty. China in the Song Dynasty was in the **forefront** of the world in astronomy, science and technology. Bi Sheng (毕昇) invented movable type printing in the 1040s, **ushering** in a major revolution in the history of printing.

In 1206, Genghis Khan (成吉思汗) established the Mongolian Khanate. In 1271, Kublai (忽必烈), a grandson of Genghis Khan, conquered the Central Plains, founded the Yuan Dynasty (1271—1368), and made Dadu (today's Beijing) the capital. Kublai ended the centuries-long situation in which many independent regimes existed side by side by forming a united country that brought Xinjiang, Tibet and Yunnan under its sway. During the Song-Yuan period, the "four great inventions" in science and technology of the Chinese people in ancient times — papermaking, printing, the compass and gunpowder — were further developed and spread abroad.

In 1368, Zhu Yuanzhang (朱元璋) established the Ming Dynasty (1368—1644) in Nanjing, reigning as Emperor Taizu. When his son and successor Zhu Di (朱棣 1360—1424) ascended the throne, he built and expanded the palaces, temples, city walls and moats in Beijing. In 1421, he officially moved the capital to Beijing. During his reign, he dispatched a eunuch named Zheng He (郑和) to lead a fleet of many ships to make seven far-ranging voyages. Zheng He explored as far as Somalia and Kenya on the eastern coast of Africa. These were the largest-scale and longest voyages in the world before the age of Columbus.

In the late Ming Dynasty, the Manchus of northeast China rose to power and established the Qing Dynasty (1644—1911) in 1644. The best known of the Qing Dynasty emperors, Kangxi (1654—1722) restored the central empire's rule over Taiwan, and resisted invasions by tsarist Russia. To reinforce

缤纷中国——中国文化英文读本

the administration of Tibet, he also formulated the rules and regulations on the confirmation of the Tibetan local leaders by the Central Government. He effectively administered over 11 million sq. km. of Chinese territory.

Modern Period (1840—1919)

During the early 19th century, the Qing Dynasty declined rapidly. Britain smuggled into China large quantities of opium, and in response the Qing government imposed a ban on the drug. In an effort to protect its opium trade, Britain launched a war against China in 1840, which led to the Qing government's signing with the British government the Treaty of Nanking, a treaty of national betrayal and humiliation. Many countries, including Britain, the United States, France, Russia and Japan forced the Qing government to sign various unequal treaties following the Opium War. China was gradually relegated to a semi-colonial and semi-feudal country.

The Revolution of 1911 led by Dr. Sun Yat-sen (孙中山) was one of the greatest events in modern Chinese history, as it overthrew the 200-odd-year-old Qing Dynasty, ending over 2,000 years of feudal monarchy, and established the Republic of China.

New-Democratic Revolution (1919-1949)

The May 4th Movement of 1919 is regarded as the **ideological** origin of many important events in modern Chinese history. Its direct cause was the unequal treaties **imposed** on China after the First World War. Out of strong patriotism, students initiated the movement, and it further developed into a national protest movement of people from all walks of life. It also marked the introduction into China of various new ideologies, among which the spread of Marxism-Leninism was worthy of special mention. Under the influence of Russia's October Revolution of 1917, 12 delegates, including Mao Zedong, representing Communist groups in different places throughout the nation, held the First National Congress in Shanghai in 1921 to found the Communist Party of China.

The Chinese people led by the CPC underwent successively the Northern Expeditionary War (1924—1927), War of Agrarian Revolution (also known as "Ten-Year Civil War," 1927—1937), War of Resistance Against Japan (1937—

1945) and War of Liberation (1945—1949). Owing to the cooperation and joint resistance of the CPC and Kuomintang, the Japanese aggressors were defeated. But shortly after the anti-Japanese war, the Kuomintang launched a civil war. After the three-year War of Liberation led by the CPC, the Kuomintang government was overthrown in 1949.

People's Republic of China (1949—)

On October 1, 1949, a grand ceremony was witnessed by 300,000 people in Beijing's Tian' anmen Square, and Mao Zedong, chairman of the Central People's Government, solemnly proclaimed the founding of the People's Republic of China.

Amazing achievements were made during the First Five-Year Plan period, from 1953 to 1957. The average annual increase rate of the national income reached over 8.9 percent. The ten years from 1957 to 1966 was the period in which China started large-scale socialist construction.

Unfortunately, the "cultural revolution," which lasted for ten years (1966—1976), made the state and its people suffer the most serious setbacks and losses since its founding.

The Jiang Qing counter-revolutionary clique was smashed in October 1976, marking the end of the "cultural revolution" and the beginning of a new era in Chinese history. In 1979, China instituted a guiding policy of "reform and opening to the outside world" under Deng's leadership, and China was step by step establishing a road of socialism with Chinese characteristics. Profound changes have come about in China since the country embarked on the policy of reform and opening-up characterized by a vigorously advancing economy and markedly improved living standard.

Jiang Zemin became general secretary of the CPC Central Committee in 1989 and president of the state in 1993. Succeeding him, Hu Jintao took the position of general secretary of the CPC Central Committee in 2002 and president of the state in 2003.

Notes

- ①Persia: an empire in southwestern Asia created by Cyrus the Great in the 6th century BC and destroyed by Alexander the Great in the 4th century 波斯(西南亚国家,现在的伊朗)
- ②Columbus: Christopher Columbus (1446—1506), the Italian navigator, who discovered the North America in 1492 哥伦布(1446—1506),意大利航海家, 据传于1492 年发现北美洲
- ③The Treaty of Nanking: The Treaty of Nanking is the agreement which marked the end of the First Opium War between the United Kingdom and China. It was signed on 29 August 1842 aboard the British warship in Nanjing. It is the first of the Unequal Treaties signed by China with a foreign power. Under the treaty, China agreed to cede Hong Kong Island to the British Empire, and open five treaty ports of China for foreign trade《南京条约》是鸦片战争结束时中英双方于 1842 年 8 月 29 日在南京英国战舰上签订的。这也是中国历史上与外国列强签订的第一个不平等条约。条约规定,将香港岛割让给英国,并开放 5 个贸易口岸。



Glossary 词汇表

almanac ['ɔːlmənæk] n. an annual publication including calendars with weather forecasts, astronomical information, tide tables and other related tabular information 年历

ascend [ə'send] v. to succeed to; occupy 继承;占领

autonomous [ɔː'tɔnəməs] adj. not controlled by others or by outside forces; independent 自治的

clique [kli:k] n. a small, exclusive group of friends or associates 派系,朋党 **dispatch** [dis'pætʃ] v. to relegate to a specific destination or send on specific business 派遣

envoy ['envoi] n. a minister plenipotentiary assigned to a foreign embassy, ranking next below the ambassador 外交使节,特使

eunuch ['juːnək] n. a castrated man employed as a harem attendant or as a functionary in certain Asian courts 宦官,太监

formulate [formulate] v. to devise or invent 规划或构想

ideological [ˌaidiəˈlɔdʒikəl] *adj*. of or relating to ideology 意识形态的或与意识形态有关的

impose [im'pauz] v. to apply or make prevail by or as if by authority 强制实行

metropolitan [metrə'pɔlitən] adj. of, relating to a major city 大城市的

moat [mout] n. a deep, wide ditch, usually filled with water, typically surrounding a fortified medieval town, fortress, or castle as a protection against assault 护城河

municipality [mjuːˌnisi'pæliti] n. a political unit, such as a city or town, incorporated for local self-government 自治市

proclaim [prə'kleim] v. to announce officially and publicly; declare 宣告;正式且公开地宣布;声明

reign [rein] v. to exercise sovereign power 统治

reinstate ['rixinsteit] v. to restore to a previous condition or position 恢复;恢