

五岳之首:泰山 水墨天成;西湖 皇家花园:承德 山水画廊:三峡 高原明珠:青海湖 沙漠绿洲:吐鲁番 流贯古今:松花江 山青水碧:阿里山 神秘圣洁:香格里拉 美观中华:桂林山水

自然景观

Natural andscape

大连理工大学出版
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自然景现 Natural Landscape



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自然景观

Daily Readings of Chinese Culture - Natural Landscape 自然景 主编寄语

长城、故宫、兵马俑、功夫、京剧、象棋,这些都是中国文化的标志象征。中国, 作为东方文明的发祥地,5000年的历史积淀,无数前人的智慧结晶,给我们留下 了数不清的物质和精神财富。在漫漫的历史长河中,有优美隽永的唐诗宋词,无 与伦比的四大发明,有老庄孔孟的哲学思考,趣味盎然的琴棋书画,还有令人流 连的山水楼台,令人迷醉的茶酒美食……这一切交织融合,洋洋洒洒地给世人呈 现了一个博大精深、妩媚与雄浑并重的中国。

无论您是对中国文化颇感兴趣的外国友人,还是有志于了解并推介中国民 族文化的国内朋友,也无论您年龄的长幼,职业的分别,每天抽出一些闲暇时间, 请随我们一起阅读这套以双语对照为特色的《每天读点中国文化》丛书。

这套丛书设有六个分册:《国学经典》、《自然景观》、《民俗风情》、《饮食天下》、《建筑艺术》和《城镇魅力》。我们采用中国画"散点"构图的方式,通过若干有序的篇章安排,对文化的不同侧面做精炼扼要的勾勒,同时尽可能多地吸纳细节,扩充信息,牵手时尚。每一章节增设的"现代链接"栏目,就是把传统与现代相结合,或纵深,或延展加以记述,配之以精心挑选的图片,以方便读者的阅读为出发点,全方位、多层面地展现中国文化源远流长、丰富多彩的内蕴。

中华文化浩如烟海,任取一端,即便是穷尽毕生精力,也不过是略窥其梗概 而已。要将这么悠久而繁复的文化内容,提纲挈领地做一个简明的介绍,真是谈 何容易!我们深知要编好这样一套丛书的种种艰辛。但我们依然不揣浅陋,知难 而上。一方面是因为多年的英语教学使我们这些一线的英语教师切实感到介绍 学生阅读一套全面介绍中国文化的双语读物的必要性。无论是口语课还是翻译 课上,每每当我们谈及中华文化的点点滴滴,青年学子们常常报之以羞赧一笑, 平日只忙于学习英、美文化,而自己民族的特色呢?看看我们身上的服饰,口中的 美食,欣赏的音乐,阅读的书籍,还有我们居住的城市建筑,庆祝的各种节日,哪

自然、景观

一样不是深受西方影响?尤其是当需要用英文介绍民族文化特点时,大家更是因 了解不多或语言不精而难以开口。为此,我们希望这套丛书能帮助青年学子、文 化导游以及翻译工作者等通过双语阅读,拓宽视野,掌握一套地道的文化词汇, 用恰当得体的英语介绍中国的悠久文化。

另一方面,在与世界性文化的交流中,中国文化不断向世界提供着自己的精 华,从而越来越受到全世界的瞩目和推崇。若失去了中国文化的诸多元素,世界 文化将无法完美。因此,我们希望这套丛书能帮助越来越多的外国友人走近中 国,加深对中国文化的全面了解,从而越来越欣赏和热爱这古老的文明。

让我们的心灵穿越历史的隧道,去静静欣赏永不褪色的文化画卷,去怡然体 味历久弥新的文化传统。中华文明的自然之美和智慧之光,将引领我们回溯过 往,迎接未来。

衷心感谢各分册的主编、编委和同仁们,你们的辛勤工作使得这个庞大的想 法成为了现实。当然,最应感谢的还是你们——本书的读者朋友,你们的感受和 意见将是激励我们前进的最大动力。

即将付梓,此心惴惴,唯恐有所疏漏,贻笑大方,但错误在所难免,敬请专家、读者批评指正!

#### 孙晓朝 杜鹃

大连・书香园 2010年3月

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第一部分

五岳之首——泰山 Mount Tai, Next to None among Five Famous Mountains in China / 2 人间仙境——蓬莱 Penglai, a Fairyland on Earth / 7 世外桃源——刘公岛 Liugong Island, a Paradise Island / 12 鱼米之乡——太湖 Lake Tai, a Land of Fish and Rice / 17 水墨天成——西湖 The West Lake,

### 第二部分

第三部分

秀出东南——庐山Mount Lu, Standing out in Southeast China / 44 热带天堂——西双版纳 Xishuangbanna, a Tropical Paradise / 49 熊猫故乡——卧龙Wolong, Home to Giant Pandas / 54 神秘圣洁——香格里拉 Shangri-la, Mysterious and Holy / 59 人间瑶池——九寨沟Jiuzhaigou Valley,



#### 东部纵览

a Picturesque Landscape Created by God / 22 东海旖旎——雁荡山 Mount Yandang, Charmingly Overlooking the East Sea / 27 世界遗产——武夷山 Mount Wuyi, in the List of World Heritage / 32 海上花园——鼓浪屿Gulangyu Island, a Fragrant Garden on the Sea / 37

#### 南方览胜

中原鸟瞰

Goddess' Jasper Lake on Earth / 64 美冠中华——桂林山水East or West, Guilin Landscape is Best / 69 翡翠山城——五指山Wuzhi Mountain, Erecting in a Jade Mountain City / 74 阳光沙滩——三亚 Sun, Sea, Sand, and Sanya / 79

Backyard / 86 榆树之城——大理 Dali, a City of Elm / 91 奇险天下——华山Mount Hua, the Most Precipitous Spectacle / 96 千峰竞秀——黄山Yellow Mountain, Where Thousands of Peaks Vying for the Splendor / 101

然景观

武林胜地——武当山Mount Wudang,
a Resort for Chinese Martial
Arts / 106
绿色珍珠——神农架Shennongjia,
a Green Pearl / 111
山水画廊——三峡The Three Gorges,
a Corridor of Mountains-and-
第四部分
艺术宝库——敦煌 Dunhuang,
a Goldmine of Arts / 132
高原明珠——青海湖 Qinghai Lake,
a Pearl on the Tibetan
Plateau / 137
沙漠绿洲——吐鲁番
Turpan, the Oasis / 142
西游传奇——火焰山Flaming Mountain,
a Legendary Mountain in
Chinese Literature / 147
亦真亦幻——喀纳斯湖Kanas Lake,
Real or Fantasy? / 152
第五部分
冬夏相宜——太阳岛The Sun Island,
a Paradise Resort in Winters and
Summers / 178
仙鹤故乡——扎龙
Zhalong, Home to Cranes / 183
东北宝库——长白山Mount Changbai,
a Treasure House in Northeastern
第六部分
台湾"天池"——日月潭Sun Moon
Lake, Like the TianChi Lake in
Taiwan / 210
山清水碧——阿里山Alishan, Feasting
Your Eyes with Clear Water and

Waters Paintings / 116 华夏动脉——黄河The Yellow River, an Artery of Chinese Civilization / 121 佛教圣地——峨眉山 Mount Emei, a Sacred Mountain for Buddhism / 126 西部寻踪 圣洁脱俗——天山The Tianshan Mountains, HolyandImmortal / 157 生命之河——塔里木河 The Tarim River, a River of Life in Dessert / 162 死亡之海——塔克拉玛干沙漠 The Taklamakan Desert, the Sea of Death / 167 峡谷之最——雅鲁藏布大峡谷 The Yarlung Zangbo Canyon, the World's Deepest Canyon / 172

#### 北方探奇

China / 188 流贯古今——松花江Songhua River, a River That Never Stops / 193 心灵驰骋——草原Free your heart, on the Grassland / 198 浪漫迤逦——金石滩The Romantic Golden Pebble Beach / 203 宝岛台湾 Mountain / 215 宝岛三峡——太鲁阁大峡谷 Taroko Gorge, Like the Three Gorges on the Taiwan Island / 220 山海之旅——垦丁A Kenting Trip between Mountain and Sea / 225 珍珠散落——澎湖列岛 The Penghu Island, Pearls scattered / 230

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# Mount Tai, Next to None among Five Famous Mountains in China 五岳之首——泰山

## Snap Shot

Located at the central part of Shandong Province, Mount Tai, is the cradle of Chinese culture. Its majesty and splendor is incomparable. There is a famous saying, "Scaling Mount Tai makes one feel superior to the whole world".

Among the five famous mountains in China, although Mount Tai is not the highest, it is one of the oldest mountains in the world. With its abundant cultural treasures, Mount Tai is honored as a sacred mountain and a symbol of Chinese national spirit. Therefore, Mount Tai has all along been esteemed as the first of the Five Sacred Mountains in China.

泰山位于山东省中部,是中国文化的摇篮。泰山的雄 伟和壮丽是无与伦比的。有这样一句著名的诗句描绘道, "会当凌绝顶,一览众山小"。



在中国五岳之中,尽管泰山不是最高的山峰,但是它 是世界上最古老的山峰之一。泰山拥有丰富的文化财富,被誉为圣 山和中华民族的精神象征。因此,泰山一直被尊为中国五岳之首。

## **Cultural Panorama**

## The Unique Charm of Humanistic Mount Tai

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文化大观园

Starting from the nature worship of Chinese ancestors, Mount Tai gradually developed into a sacrificial altar for ancient emperors to hold "fengshan" sacrificial ceremonies to honor Heaven and Earth. Since the first emperor of Qin Dynasty, 12 emperors have visited and held the grand ceremonies on the top of Mount Tai.

History has left Mount Tai with a great deal of cultural relics and ancient architecture, which mainly display the architectural style of the Ming and Qing dynasties. Taoists, Buddhists and Confucians built temples and shrines of their own on the mountain. The ancient architectural structures in Mount Tai integrate paintings, carvings, stone rocks and trees, becoming the examples of ancient Chinese culture. Mount tai preserves a huge three-dimensional painting recording the order of sacrificial rites of worshipping heaven and earth in ancient China, leaving ancient architectural models to later generations. With their unusual artistic images, the buildings on Mount Tai coordinate the relationship between human being and the natural environment and strengthen the natural beauty.

## The Vigorous Beauty of Mount Tai

The sunrise in the morning is the most impressive and symbolic wonder on Mount Tai. Many tourists stay overnight on the top of the mountain with the only purpose to watch the early sunlight radiating out of the clouds. The sunrise from the sea of



sacrificial: adj. 牺牲的, 献祭的,具有牺 牲性的

altar:

n.(教堂内的) 圣坛,祭坛

Taoist: adj.道教的 n.道教信徒

Buddhist: adj.佛教的 n.佛教徒

Confucian: n.儒家

#### 【注释】

enchanting: *adj*.讨人喜欢 的

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fabulous: adj. 传说的, 无根据的,难以 置信的

literateur: n.文学家,文人

shroud: *v.*遮蔽,隐藏

reanimate: V.使复活,使复 苏 clouds is even more enchanting and challenging. The fabulous sunrise takes place when the ocean of clouds becomes deep and flows dynamically. Initially, the sun rises very slowly and gently, as if it was just floating in the ocean. And suddenly, the sun jumps out from the horizon and flies high into the sky. Its spectacularity is beyond any verbal description.

Sunrise there has attracted a large number of sightseers, and many literateurs and scholars have left their writings in its praise. The peaks of Mount Tai are often shrouded in clouds or mists that assemble a boundless sea, making it almost fairyland-like. The clouds are always changing their shapes to form a series of spectacular sights. Sometimes they roll about, and sometimes they threaten people. That fills one with full excitement and wild imagination. The sunset glow also appeals to many visitors. When the dusk approaches, the entire sky is painted red by the setting sun, while the rosy clouds form a sea of flames. One mountain after another chases the sun's beams until everything is reanimated.

In Chinese culture, we often use Mount Tai to glorify a person's devotion to the country. As one Chinese saying goes, "Though death befalls all men alike, it may be weightier than Mount Tai or lighter than a feather". Long existing Chinese idioms also abound like "as firm as Mount Tai" and "as weighty as Mount Tai". Thus Mount Tai assumes great significance in Chinese minds.

#### 人文泰山的独特魅力

从中国古代产生自然崇拜开始,泰山逐渐发展成为古代帝王祭 祀之地,他们在这里举行封禅大典并祭拜天地。从秦始皇以来,共十 二代皇帝祭拜过泰山,并在山顶举行了大典。

泰山拥有丰富的文化遗产和古代建筑,多为明清两代的建筑风格。道家、佛家和儒家在山上都建起自己的庙宇和神殿。泰山的古代 建筑结构融绘画、雕刻、岩石和古树为一体,形成中国文化的典范。

Daily Readings of Chinese Culture — Natural Landscape

泰山珍藏着一幅宏大的三维绘画,记录了古代中国祭祀仪式的程序,同时也留给后人大量的古代建筑模型。泰山的建筑物别具一格, 造型美观,协调环境与人的关系,同时凸显了自然的美丽。

#### 泰山的刚美意韵

清晨的日出是泰山给人印象最深刻、最具代表性的奇观。众多的游客在山顶彻夜等候,就是为了看到太阳在清晨从云层里跳出的一瞬间,放出万丈光芒。有云海的日出就更显壮丽了。当云翻腾滚动时,太阳开始升起。刚开始时,太阳从中缓慢地探出来,就好像漂浮 在海面上。然后,一刹那间,太阳就从地平线下跳出来,跃到空中。其 壮观程度无法用言语形容。

泰山的日出吸引了大量的游客,也吸引了众多的文人墨客留下 了赞美它的著作。泰山的顶峰经常被云雾环绕,就像是云山雾海,宛 如仙境。这些云雾造型变幻莫测,从而形成了一系列壮观的景象。它 们有时候滚滚向前,有时候又恐吓人们,使人充满了刺激和想象。日 落也同样充满吸引力。当黄昏临近,整个天空被落日染红,红色的云 形成了一片火海。群山追逐着太阳的光线直到万物复苏。

在中国的文化中,我们经常用泰山来赞扬一个人对国家的贡献。正如中国的谚语所言:"人固有一死,或重于泰山,或轻于鸿毛。" 中国的成语还有"稳如泰山"、"重于泰山"。由此可见,泰山在中国人 民心目中有着多么重要的地位。

Modern Link 现代链接

## Mushrooming Development of the Confucius Institute abroad

Established with joint efforts of China and foreign countries, Confucius Institute is a non-profit public education institute, aiming at promoting friendly relationships with other countries or regions and enhancing the understanding of the Chinese language and culture among world Chinese learners as well as providing good learning conditions for them. Until November 2009, the National Office for Teaching Chinese as a Foreign Language has set up 282 Confucius Institutes located in 84 nations or regions around the world. The major educational activities include Chinese teaching in countries that have the needs and conditions. Meanwhile, the Confucius Institute Headquarter in Beijing offers Chinese training for specific purposes for the public, professional training for Chinese teachers, instructional sources of Chinese teaching and learning, consulation of Chinese education and culture information, and promotes cultural exchanges.

#### 海外迅速发展的"孔子学院"

孔子学院是中外合作建立的非营利性教育机构,致力于促进中国与其他国家或者地区的友好关系,增进世界各国汉语学习者对中

国语言和文化的了解,并且为他们提供良好的学习 环境。截至2009年11月,国家汉语国际推广办 公室已经建立了282所孔子学院,分布在世界84 个国家和地区。孔子学院的主要教学活动包括 在对汉语学习有需要和条件的国家提供汉语 教育。同时,设立在北京的孔子学院总部主 要向各地的孔子学院提供面向公众的专门 用途汉语培训、汉语教师职业培训,提供汉 语教学和学习资源、中国教育、文化等信息 咨询,以及开展文化交流活动。

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# Penglai, a Fairyland on Earth 人间仙境——蓬莱

## Snap Shot

I has been recorded that every year when summer comes into spring, there is a fair enough chance to see a mirage on the sea at Penglai or thereabouts. The area is already considered as beautiful as fairyland. If one should come at the right moment to find a mirage presenting itself before one's eyes, he could indeed consider it a great blessing. In ancient times, this region was named Dengzhou. When the poet Su Dongpo was the prefect here, he once ascended the Penglai Pavilion and stayed there for five days waiting for a mirage to appear from nowhere. It was a great pity that he had waited in vain. Nevertheless he has left behind him a couple of poems on mirage and seascape.

文献记载,每年春夏之交,蓬莱及周围海城出现海市 蜃楼的机会较多。蓬莱本身胜似仙境,若来得巧,望见海 市蜃楼展现在眼前,被认为是一种福分。蓬莱,古代称"登 州"。诗人苏轼任太守时,



为了亲眼目睹海市胜景,曾登临蓬莱 阁,连等五天,可惜最终还是 没有看到,但却给后世留下 了关于海市蜃楼和观渔的几

首诗。



mirage: n.海市蜃楼

ascend: v. 上升,攀登

## **Cultural Panorama**

Penglai in Real Life

【注释】

refraction: n. 光的折射

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Penglai, which is situated on the northern coast of Shandong Peninsula, looks out on the Yellow Sea and Bohai Sea to the north. A region of great scenic beauty, it has been known far and wide since ancient times.

文化大观园

What is called the fairyland of Penglai in real life is the scenic spot that centres around Penglai Pavilion with some nearby picturesque sights such as the Pavilion for Watching Waves, the Wind Shelter Pavilion, the Memorial Hall of Su Dongpo (the Song poet), the Hall of Translucent Green, the Memorial Hall of Lv Dongbin the Immortal, Temple to the Empress of Heaven, and the Fortress on Water. Located at the summit of a hill from which one can look down on the sea below, the Penglai Pavilion is a towering structure enveloped perennially in mists and clouds. Standing in the pavilion, one might feel as though "he was able to touch the clouds with his hands or to play with the waves below." Looking northward, one sees a chain of islands that make up the Changshan Archipelago in the distance and turning around, has in view the beautiful high towers and pavilions on Danya Mountain against a backdrop of blue hills. It is indeed a setting that creates the illusion of a mist-shrouded fairyland.

Just some years ago the *Beijing Evening News* carried a vivid account of a mirage on the sea near Penglai.

The secret of the mirage is just the refraction of light rays. In China, mirages have also appeared on the seas off the island of Putuoshan and the city of Dalian. There are also descriptive accounts of mirages in such inland places as the deserts in Gansu Province and Xinjiang in the far northwest.

### **Penglai the Fairyland**

The fabled fairyland of Penglai is, according to ancient legends, one of the three fairy-mountains in the oceans. Stories abound in ancient Chinese historical and literary texts about these fairy mountains, all vividly told. Of these stories, two are perhaps representative, one about how the First Emperor of Qin sends the alchemist Xu Fu on a voyage to distant fairy isles in search of the elixirs of life and the other about how Yang Guifei, the imperial concubine of Emperor Xuanzong of Tang (618–907), expresses her wish that the emperor come and meet her at Penglai, as described in Song of Eternal Sorrow by the poet Bai Juyi. Legends like these have lent an air of romanticism and mystery to the place.

In the Tang Dynasty, the rebellion of An Lushan and Shi Siming, both ranking Tang generals of non-Han descent, forced Emperor Xuanzong, also known as Emperor Ming of Tang, to flee the capital. Disaffected by the emperor's abandoning himself to a life of debauchery which had brought one disaster after another upon the country and the people, the imperial army demanded the immediate death of the emperor's concubine Yang Guifei who was thought to be responsible for the emperor's dissolute life. As the poet Bai Juyi wrote in his poem, "The emperor, covering his face with his hands, could not save her." and she was put to death there and then. But the emperor was indeed passionately in love with Yang Guifei. When later he returned to the capital, he was filled with deep sorrow at the absence of his beloved lady whose shadow seemed to be flitting about his spacious but now empty palace where everything seemed to remind him of her sweet self.

Moved by the emperor's pathetic longing for his lady love, a Taoist priest reputedly able to summon spirits volunteered to go and search for Yang Guifei." When the Taoist priest arrived at the fairy mountain in the ocean of never-never land and when Taizhen(Yang Guifei) was told that Emperor Xuanzong had sent a man to see her, she was so excited that she hurried down the hall to meet him, forgetting even to put her headdress and gown in place. She looked her old charming self, just as she did when in the palace, moving in a gait as though she was performing the Rainbow and Feather Garments dance for the emperor. She told the priest that she was deeply grateful to the emperor for his love and longing. When the priest left, Taizhen asked him to take back

alchemist: n. 炼金术士

【注释】

debauchery: n.放荡,沉缅酒 色

V.掠过

flit:

reputedly: *adv*.据说 some deep sake to the emperor, and invited the emperor to come and meet her on Penglai. This love story as related by Bai Juyi in Song of Eternal Sorrow is indeed pathetically touching.

#### 现实生活中的蓬莱

蓬莱,位于山东半岛北部,北部濒临黄海、渤海。这里的胜迹古 今闻名。

现实中的蓬莱仙境就是蓬莱景区。它以蓬莱阁为主题建筑,附 近还有一些优美的景致如观澜亭、避风亭、卧碑亭、苏公祠、澄碧轩、 吕祖殿、天后宫及水上堡垒。蓬莱阁建于山巅,下临大海,殿阁凌空, 云烟缭绕。登临高阁,有"伸手摘云,挥手弄潮"之势。北望长山列岛, 回顾丹崖,殿阁嵯峨,青山琼楼,人恍惚之间仿若置身云霭楼屋的 "仙境"。

前些年,《北京晚报》曾报道过蓬莱附近海面出现海市蜃楼的生 动画面。

其实,海市是一种光的折射现象,在中国,大连和普陀山岛上的 海面也出现过,甚至地处西北部的甘肃、新疆等地的沙漠的内陆地 区,也曾出现过这种海市蜃楼的奇观。

#### 仙岛蓬莱

古代传说中的蓬莱仙境,是海上的三座神山之一。这些神山,在 中国古代史书和文学作品里,有很多的记载和生动的描绘。在这些 故事中有两个可能是最具代表性的,一个是关于秦始皇派炼丹术士 徐福到远处的仙山找长生不老药,另一个是诗人白居易的《长恨歌》 中关于杨贵妃怎样约唐玄宗(618-907)在蓬莱相会的故事。这使得 蓬莱名胜蒙上了一层浪漫而神秘的色彩。

唐朝时,两位非汉裔唐朝将军——安禄山和史思明叛乱迫使玄 宗帝,也称作唐明皇,逃离首府。不满于皇帝迷恋女色、祸国殃民,帝 国军队要求处死杨贵妃,因为人们认为她应对皇帝的放荡生活负 责。正如白居易诗中写道:"君王掩面救不得"。杨贵妃被处死。但跟 杨贵妃情深意笃的唐玄宗,返回长安以后,人去楼空,触景生情,睹 物思人,其情景甚为酸楚。

一位自称能召回魂魄的道士,被皇帝对杨贵妃悲切的爱情感动,自告奋勇,去为皇上寻找杨贵妃的灵魂。道士来到海上仙山,太 真(已经成为仙子的杨贵妃)听说玄宗派使臣来看望她,激动不已,连 衣冠都来不及整理就下堂迎接,还是当年在宫中的模样。她走起路 来,仍似霓裳羽衣舞。她告诉道士她深深感激皇上对她的爱和渴望。 道士临走,太真又寄物给皇帝,约玄宗到蓬莱仙山相会。这是白居易 在《长恨歌》里记录的故事,读来感人至深。

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