



普通高等教育“十一五”国家级规划教材

*A Glimpse of
Chinese Culture*

中国文化概况

主编 廖华英

拓展

高等学校英语拓展系列教程



语言技能类

语言应用类

语言文化类

专业英语类

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A Glimpse of Chinese Culture

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前 言

随着世界经济的迅速发展和科学技术的日新月异，世界经济日趋全球化，国际间的文化交流也在各个层面上进一步展开。因此，将中国丰富绚丽的文化充分地展现给世界各国人民不但是加强世界文化交流的需要，更是我们大学生义不容辞的责任和义务。

中国拥有五千多年的辉煌历史，具有深厚的文化底蕴。但令人遗憾的是，目前许多大学生对祖国文化缺乏深入的了解，更谈不上用英语表达和交流。编者从事大学英语教学多年，对此深有感触，加之自身对中国文化怀有浓厚的兴趣，因此，在英语教学过程有意识地从多方面收集整理相关资料，自编了《中国文化简介》教材。该自编教材主要用于英语专业低年级的选修课，已在实际教学中使用过三届，效果很好。这本《中国文化概况》就是编者在自编教材的基础上，经过增补修订后编出的高等学校英语选修课教材。

本教材分国家概况、文教科技、民俗风情和旅游览胜四大部分，主要介绍了中国的哲学和宗教、文学、艺术、科学与技术、教育、体育运动、传统节日、饮食文化、服饰、建筑等方面的内容，其中不但包括了中国文化的基础知识，也涵盖了中国的茶、酒、戏曲、中医、武术、杂技、书法、绘画等传统文化的瑰宝。在第四部分的旅游览胜中，我们甄选并介绍了中国的8个主要旅游城市，同时介绍了被列入《世界遗产名录》的33处中国遗产地中的15处。在本书的最后一章，我们还为想来中国旅游的外国友人提供了旅行小“贴士”。

为了帮助学生顺畅地阅读，对于本教材中出现的“较高要求”和“更高要求”的词汇（依据《大学英语课程教学要求》），作者在文中直接标注了中文释义。同时，为了帮助学生更好地理解，书中的一些重点注释均采用英汉双语对照的形式。此外，每个章节后增设的富有针对性和启发性的练习，有助于师生展开更深入的讨论和思考。

本教材图文并茂，信息量大，适用于大中专院校的英语专业低年级选修课，大学英语公选课，旅游专业及其他涉外专业，同时也适合对中国文化感兴趣的外国友人。

在北京外国语大学熊德倪教授审读之前，江西省语言学会副会长，同时也是本书编者之一的东华理工大学教授黄建荣先生详细梳理了第二部分和第三部分的内容；澳大利亚籍教师 Christopher Mennie 和 Gail Mennie，加拿大籍教师 James Gary Clark 对书稿的语言进行了认真的审阅；插图作者为东华理工大学艺术研究中心主任马涛先生；东华理工大学的刘庆成、李金轩、张发祥、廖以厚等来自各个领域的学者教授也给予了一定的指导和帮助，在此一并表示感谢。

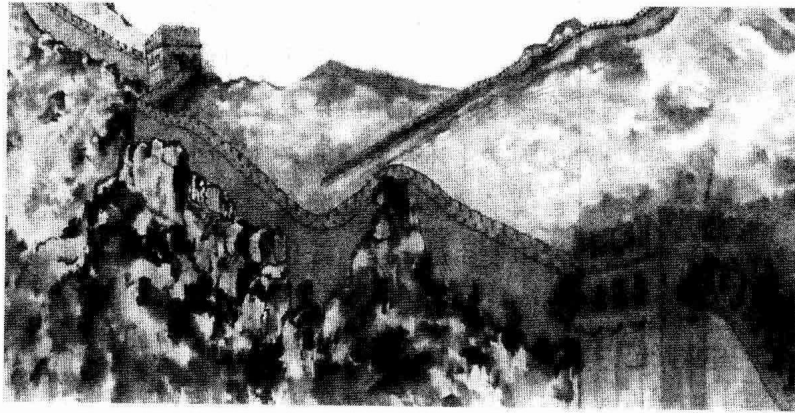
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编者

2007年3月

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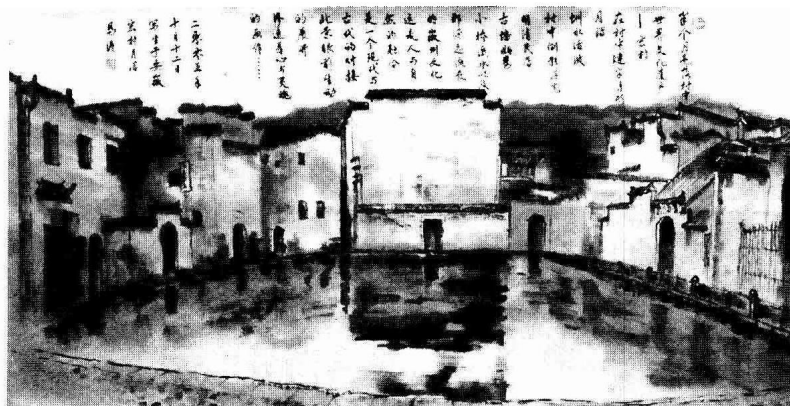
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Part I

Introduction



China has a long history. It is a multi-ethnic (多民族的) nation with the world's largest population. Of the four oldest recorded civilizations in the world, the Chinese civilization is the only one that has an uninterrupted history. For many centuries, her people have been farming and living on the vast land, creating and developing her unique (独特的) culture.

Chapter 1 An Overview

National Day

Chinese celebrate October 1 as National Day in honour of the founding of the People's Republic of China (PRC) on October 1, 1949.

National Flag



On September 27, 1949, the First Plenary Session of the Chinese People's Political Consultative Conference (CPPCC: 中华人民共和国政治协商会议) approved the proposal for using the red five-star flag as the national flag of the PRC. The red colour of the flag symbolises revolution and the yellow colour of the stars the golden brilliant rays radiating from the vast red land. The design of four smaller stars surrounding a bigger one signifies the unity of the Chinese people under the leadership of the Communist Party of China (CPC).

National Emblem



Composed of patterns of the national flag, the Tian'anmen Rostrum (城楼), a wheel gear and ears of wheat, it symbolises the New-Democratic Revolution of the Chinese people since the May 4th Movement^① in 1919 and the birth of New China under the people's democratic dictatorship led by the working class on the basis of the worker-peasant alliance.

On June 18, 1950, the Second Session of the First CPPCC National Committee adopted the design and illustration of the national emblem of the PRC. On September 20 that year, Chairman Mao Zedong ordered the promulgation (公布) of the national emblem.

① May 4th Movement: On May 4th, 1919 a revolutionary movement broke out, in which the Chinese people struggled against imperialism and feudalism. The May 4th Movement marked the transition of the Chinese revolution from the old-democratic stage to the new-democratic stage. 五四运动, 1919年5月4日爆发的中国人民反对帝国主义和封建主义的革命运动。五四运动是中国革命由旧民主主义阶段发展到新民主主义阶段的标志。

National Anthem

March of the Volunteers was written in 1935 with lyrics by the poet Tian Han and music by the composer Nie Er, honouring those who went to the front to fight the Japanese invaders in northeast China in the 1930s. Decided upon as the provisional national anthem of the new China on September 27, 1949, at the First Plenary Session of the CPPCC, the song was officially adopted as the national anthem of the PRC on December 4, 1982, by the National People's Congress (NPC: 全国人民代表大会).

The Lyrics of *March of the Volunteers* goes as follows:

Arise, ye who refuse to be slaves!

Let us amount our flesh and blood towards our new Great Wall!

The Chinese nation faces its greatest peril,

The thundering roar of our peoples will be heard!

Arise! Arise! Arise!

We are many, but our hearts beat as one!

Selflessly braving the enemy's gunfire, march on!

Selflessly braving the enemy's gunfire, march on!

March on! March on! on!

National Capital

On September 27, 1949, the First Plenary Session of the CPPCC unanimously adopted a resolution making Beiping, renamed Beijing as of the day, capital of the PRC.

Beijing is not only the nation's political centre, but also serves as its economic, scientific and cultural heart. Being one of the famous ancient capital cities in China, Beijing has gone through great development and changes since the founding of the PRC in 1949. There are many places of historic interest and scenic beauty in Beijing, such as:

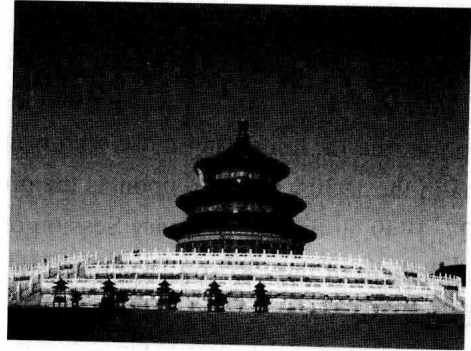
1. Forbidden City, also known as the Imperial Palace, the largest and best-preserved collection of ancient buildings in China;

2. Temple of Heaven, a platform for the Ming and Qing emperors to perform sacrifices and solemn rites (仪式);

3. Summer Palace, the largest ancient preserved garden in China;

4. Ming Tombs, the stately and majestic (威严的) mausoleums (陵墓) of 13 Ming Dynasty emperors;

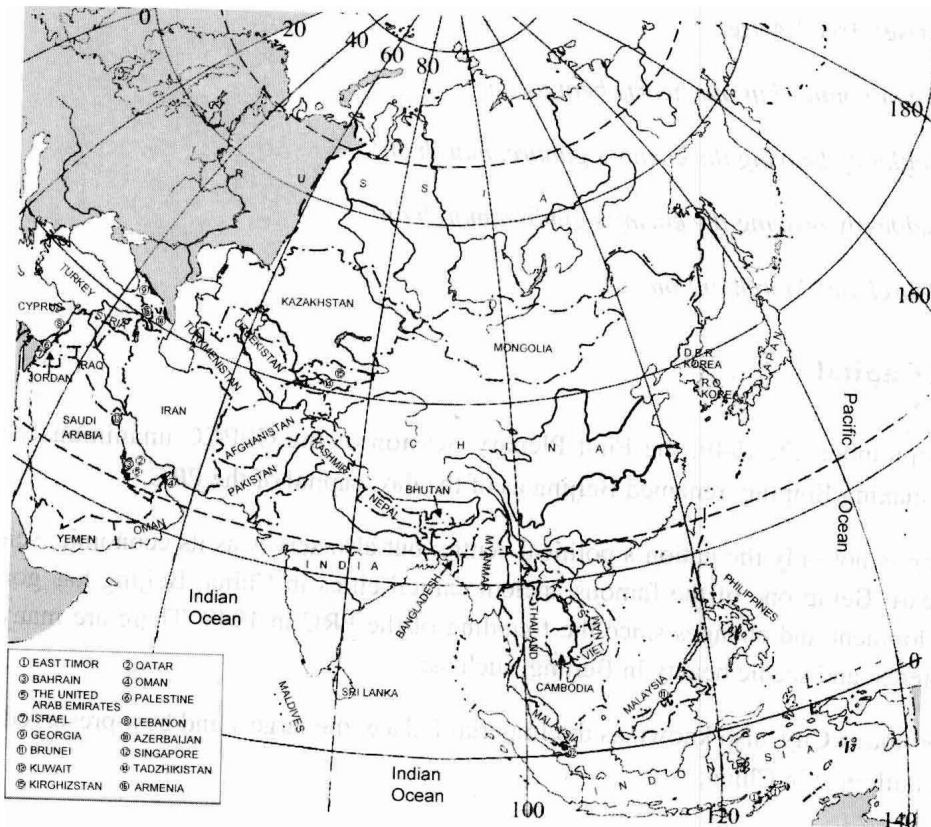
5. The world-renowned Badaling (八达岭) section of the Great Wall.



Geography

Location and Boundary

Located in the east of the Asian continent, on the western shore of the Pacific Ocean, the PRC



(审图号:GS (2005) 1191号)

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.

From north to south, the territory of China stretches from the centre of the Heilongjiang River north of the town of Mohe to the Zengmu Reef at the southernmost tip of the Nansha Islands. From east to west, the nation extends from the confluence (交汇处) of the Heilongjiang River and Wusulijiang River to the Pamirs.

China is bordered by the Democratic People's Republic of Korea to the east; Mongolia to the north; Russia to the northeast; Russia, Kazakhstan, Kyrgyzstan and Tajikistan to the northwest; Afghanistan, Pakistan, India, Nepal 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.

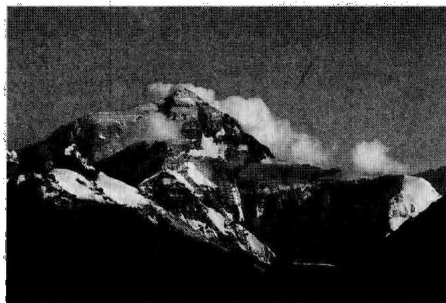
The Chinese mainland is flanked to the east and south by the Bohai Sea, Yellow Sea, East China Sea and South China Sea. More than 7,000 islands scatter across the seas. The largest of these is Taiwan Island. The Diaoyu and Chiwei islands are located to the northeast of Taiwan Island. China's southernmost island groups are called the Dongsha, Xisha, Zhongsha, Nansha and Zengmu Reef.

Topography (地形)

China is a country of varied topographical features with highlands in the west and plains in the east. Mountainous land and very rough terrains make up about 67% of Chinese territory, basins and plains 33%.

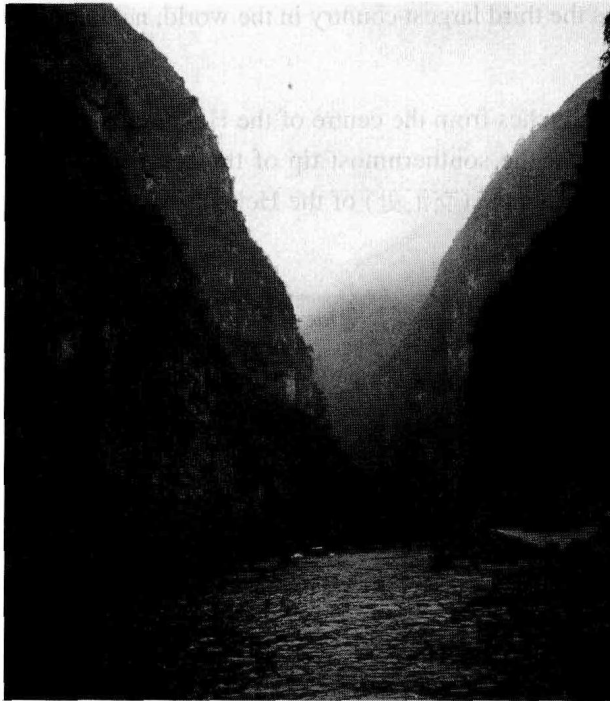
Taking a bird's-eye view of China, the terrain gradually descends from west to east like four steps of a staircase.

The first step is the Qinghai-Tibet Plateau in Southwest China. With an average elevation of about 4,000 m, it is known as the "roof of the world". Its highest peak is called Mount Qomolangma^①. The surrounding snow-capped mountains are the origins of many of China's large rivers.



① Mount Qomolangma: the highest mountain in the world. It lies in the Himalayas, crossing the border of China and Nepal. Qomolangma was first climbed in 1953 by Sir Edmund Hillary, from New Zealand and Tenzing Norgay, from Nepal, who were members of a British team. People sometimes mention the name "Qomolangma" when they are talking about an extremely difficult achievement. 珠穆朗玛峰，世界最高峰，位于中国与尼泊尔边界的喜马拉雅山脉。1953年，英国登山队的新西兰人埃德蒙·希拉里爵士和尼泊尔人丹增·诺尔盖首次登上该峰。人们有时用“Qomolangma”来指来之不易的成就。





step of the staircase. The water here is mostly less than 200 m deep.

Rivers and Lakes

China abounds in rivers. More than 1,500 rivers each drain 1,000 sq km or larger areas. Most of the large rivers have their source on the Qinghai-Tibet Plateau, and drop greatly between source and mouth. As a result, China is rich in water-power resources, leading the world in hydropower potential, with reserves of 680 million kw.

China's rivers can be categorized as exterior and interior systems. The catchment area (汇水面积) of the exterior rivers that empty into the oceans accounts for 64 percent of the country's total land area. The catchment area of the interior rivers that flow into inland lakes or disappear into deserts or salt marshes (沼泽地) makes up about 36 percent of China's total land area.

The Yangtze River is the longest river in China (6,300 km), and the third longest river in the world. Its source is in the Tanggula Mountain of Qinghai Province. It flows through 11 provinces, autonomous regions and municipalities (直辖市). The Yangtze River is one of the main artery of water transportation between eastern and western China. Many important ports and economic centres are located along it.

The second step includes the gently sloping Inner Mongolia Plateau, the Loess (黄土) Plateau, the Yunnan-Guizhou Plateau, the Tarim Basin, the Junggar Basin and the Sichuan Basin, with an average elevation of between 1,000 m and 2,000 m.

The third step, dropping to 500-1,000m in elevation, begins at a line drawn around the Greater Hinggan, Taihang, Wushan and Xuefeng mountain ranges and extends eastward to the coast of the Pacific Ocean. Here, from north to south, are the Northeast Plain, the North China Plain and the Middle-Lower Yangtze Plain. Interspersed amongst the plains are hills and foothills.

To the east, the land extends out into the ocean, in a continental shelf, the fourth

China's second longest river, the Yellow River, rises in Qinghai Province and flows some 5,464 km to the Bohai Sea. As the most heavily silt-laden river in the world, the Yellow River has formed a raised-bed river (地上河) in middle and lower reaches. The Yellow River catchment area is an important production base for grains in China.



Scattered through China are approximately 24,800 natural lakes. Most of which are found on the Middle-Lower Yangtze Plain and the Qinghai-Tibet Plateau. Freshwater lakes such as Poyang Lake, Dongting Lake, Taihu Lake, and Hongze Lake mostly lie in the former area, while in the latter are saltwater lakes, such as Qinghai Lake and Nam Co Lake.

Poyang Lake, in the north of Jiangxi Province and with an area of 3,583 sq km, is the largest of its kind. Qinghai Lake, in northeast Qinghai Province and with an area of 4,583 sq km, is the largest one of its kind.

Apart from the natural rivers and lakes, there are also many man-made canals. The most famous is the Grand Canal (大运河) between Beijing and Hangzhou, 1,801 km in length. It passes through the city of Tianjin and four provinces (Hebei, Shandong, Jiangsu and Zhejiang) and links five major rivers: the Haihe River, the Yellow River, the Huaihe River, the Yangtze River and the Qiantangjiang River. The canal was open to navigation over 1,000 years ago. It played an important role in facilitating trade between the south and the north and was regarded as the country's transportation and information "highway" before the advent of the railway.

Today, some of the canal's sections have been widened, deepened or straightened out, and a number of water conservancy and ship locks have been added. This old canal still provides water transportation from north to south, irrigation water for the farmlands on both of its sides, and cruise tours to the delight of travelers from home and abroad.

Climate

Most of China lies in the North Temperate Zone, characterised by a warm climate and distinctive seasons, a climate well suited for habitation.

Most of China has a continental monsoon climate. From September to April the following year, the dry and cold winter monsoons blow from Siberia and the Mongolian Plateau, resulting in cold and dry winters and great differences between the temperatures of north and south China. From April to September, warm and humid summer monsoons blow from the seas in the east and south, resulting in overall high temperatures and plentiful rainfall, and little temperature difference between north and south China.

In terms of temperature, the nation can be sectored from south to north into equatorial, tropical, subtropical, warm-temperate, temperate, and cold-temperate zones. Precipitation (降水量) gradually declines from the southeastern to the northwestern inland area, and the average annual precipitation varies greatly from place to place. In southeastern coastal areas, it reaches over 1,500 mm, while in northwestern areas, it drops to below 200 mm.

An Outline History

China has a recorded history of nearly 4,000 years and is one of the four homes of the world's earliest civilizations. The first primitive man known to have existed in China is Yuanmou Man (元谋人), who lived about 1.7 million years ago. Peking Man, who existed more than 400,000 years ago at Zhoukoudian (周口店), in the vicinity (附近) of modern Beijing, could walk upright, make and use simple tools, and make use of fire. They possessed basic human characteristics.

Chinese dynastic history can be divided into two periods: the ancient period (ancient times—1840) and the modern period (1840—present).

The Ancient Period

Chinese history began with two legendary figures—Emperor Huang (黄帝) and Emperor Yan (炎帝), who, together with their tribes, inhabited the drainage area along the middle reaches of the Yellow

River. By the time of Xia Dynasty (夏朝: 2070—1600 BC), after centuries of living side by side, these two tribes had gradually merged into one. Consequently, the Chinese people usually call themselves “the descendants of Yan and Huang (炎黄子孙)”.

It was during the Xia Dynasty that the institution of slavery (奴隶制) began. There are many legends describing the life of the people in this period, especially of the three sage (贤明的) kings after Emperor Huang and Emperor Yan—Yao (尧), Shun (舜) and Yu (禹). Yao made great contributions to the lunar calendar^① (农历). His successor (继承人), Shun, was physically and intellectually gifted and was a man with great virtues. Yu was famous for conquering the floods. He inspired people to dig ditches to divert water away instead of building dams. He worked ceaselessly for 13 years and succeeded in controlling the floods. Legend has it that he was so busy that “thrice he had gone past his own house without even looking in”.

Following the Xia Dynasty arose the Shang Dynasty (商朝: 1600—1046 BC), the Western Zhou Dynasty (西周: 1046—771 BC), the Spring and Autumn and the Warring States Periods (春秋战国: 770—221 BC).

In 221 BC, Ying Zheng, the highly gifted, ambitious king of the Qin Kingdom ended the turmoil and chaos (混乱) among dukes (诸侯) and kings in the Warring States Period. He established the first united, centralised, multi-ethnic feudal monarchy (封建王朝)—the Qin Dynasty (秦朝: 221—206BC), styling himself “First Emperor”. The First Emperor unified the language, the measurement system and the currency, set up the prefectures (郡) and counties system, constructed the famous Great Wall and built extravagant (奢侈的) palaces and mausoleums.

The Han Dynasty (汉朝: 206 BC—AD 220) was established by Liu Bang, with its capital at Chang’an (now Xi’an). It is divided into two periods: Western Han Dynasty (西汉: 206 BC—AD 25) and Eastern Han Dynasty (东汉: AD 25—220).

① lunar calendar: traditional Chinese calendar, according to which a common year has 354 or 355 days in total, 12 months of 30 days or 29 days, and a lunar leap year has 383 or 384 days in 13 months. According to changes in the position of the sun, a solar year is divided into 24 seasonal division points to facilitate farming. The years are designated by pairing items from the Heavenly Stems and Earthly Branches respectively so that 60 years form a cycle. It is said that the lunar calendar was created during the Xia Dynasty. Hence the term, Xiali, or Xia calendar. 阴历, 我国的传统历法, 平年12个月, 大月30天, 小月29天, 全年354天或355天。闰年13个月, 全年383天或384天。根据太阳的位置, 人们把一个太阳年分成24个节气, 便于农事。纪年用于天干地支搭配, 60年周而复始。这种历法相传创始于夏代, 所以又称夏历。现通称阴历或农历。



The Han Dynasty survived for 426 years. By AD 220, China evolved into the Three Kingdoms Period (三国), in a tripartite balance (三国鼎立) of the Wei Kingdom (魏: AD 220—265), the Shu Kingdom (蜀: AD 221—263) and the Wu Kingdom (吴: AD 222—280).

Following the Three Kingdoms Period were consecutively the Jin Dynasty (晋: AD 265—420), the Sixteen Kingdoms (十六国: AD 304—439), the Southern and Northern Dynasties (南北朝: AD 420—589) and the Sui Dynasty (隋朝: AD 581—618). By the year 618, the Tang Dynasty (唐朝: AD 618—907), the commonly-regarded glorious period in Chinese history, was founded by Li Yuan.

Following the Tang Dynasty came the period of the Five Dynasties and the Ten Kingdoms (五代十国: AD 907—979). In 960, Zhao Kuangyin launched a rebellion (起义). His lieutenants (随从将领) clothed him in the yellow imperial gown and asked him to ascend the throne (登基). Thus, he established the Song Dynasty (宋朝: 960—1279).

In 1209, Genghis Khan founded the Mongol Empire upon his unification of the scattered Mongol tribes. Kublai, a grandson of Genghis Khan, swept southward across Central China in 1271 and founded the Yuan Dynasty (元朝: 1271—1368) with Dadu (now Beijing) as the capital.

In 1368 the Ming Dynasty (明朝: 1368—1644) was founded by Zhu Yuanzhang, styled Taizu of Ming (明太祖). During the later period of the Ming Dynasty, a new military power in the northeast of China arose. Led by Nu'erhachi (努尔哈赤), their chieftain (首领), the Manchu (满族) tribesmen on horsebacks fought with the Ming forces for three generations at the Great Wall, and finally established the Qing Dynasty (清朝: 1616—1911).

The Modern Times

⊙ Sun Yat-sen: a Chinese political leader who established the Kuomintang Party in China, and helped to remove the last Qing Dynasty emperor from power. He became the first president of the newly founded Republic of China in 1912. 孙中山, 中国政治家, 在中国创立国民党, 领导了推翻末代清朝皇帝的运动。他于1912年任新成立的中华民国的开国大总统。

The Opium War (鸦片战争) was the turning point in Chinese history which marked the close of the ancient period and the beginning of the modern history. From 1840 on, imperialists made continuous inroads (侵犯) into China, and China gradually became a country of semi-feudal, semi-colonial status.

The Qing Dynasty, the last of China's feudal dynasties, was finally overthrown by the Revolution of 1911 led by Sun Yat-sen[⊙] (1866-1925). One year later, the Republic of China (中华民国) was founded under his leadership.

