



珍图本

# 历代宫廷生活

Palace Life

王境轮 向斯 【著】  
By Wang jinglun Xiang Si

in Successive

Chinese Dynasties

Viewed through

Precious Pictures



金城出版社

Jincheng Publishing House

珍圖本  
历代宫廷生活

Palace Life in Successive Chinese Dynasties  
Viewed through Precious Pictures

王镜轮 向斯 著  
By Wang Jinglun Xiang Si

金城出版社  
Jincheng Publishing House

## 图书在版编目 (CIP) 数据

珍图本历代宫廷生活 / 王镜轮, 向斯著. - 北京: 金城出版社, 1999.1

ISBN 7-80084-190-1

I. 历… II. ①王… ②向… III. 宫廷 - 生活 - 中国 - 古代 - 通俗读物 IV. K209

中国版本图书馆 CIP 数据核字 (98) 第 09397 号

金城出版社出版发行

(北京劳动人民文化宫内 100006)

河北省高碑店市印刷厂印刷

850 × 1168 毫米 1 / 16 15.5 印张 328 千字

1998 年 12 月第 1 版 1999 年 1 月第 1 次印刷

印数: 1-3000 册

ISBN 7-80084-190-1 / K · 1

定价: 360.00 元

# 目 录

## 上编 (图片部分)

<b>第一章 宫室录</b>	( 14 )
<b>第二章 历代帝后掠影</b>	( 33 )
<b>第三章 嫔妃宫女们</b>	( 67 )
<b>第四章 宫中庆典及节令风俗</b>	( 87 )
<b>第五章 燕居生活</b>	( 113 )
<b>第六章 宫廷文化活动</b>	( 135 )
<b>第七章 游猎 演武与戏乐</b>	( 155 )

## **Volume One (Pictures)**

<b>Chapter I</b>	<b>Palaces and Chambers</b>	( 14 )
<b>Chapter II</b>	<b>Glimpse of Emperors and Empresses in the Successive Dynasties</b>	( 33 )
<b>Chapter III</b>	<b>Concubines and Palace Maids</b>	( 67 )
<b>Chapter IV</b>	<b>Palace Ceremonies and Holiday Customs</b>	( 87 )
<b>Chapter V</b>	<b>Life of Leisure and Peace</b>	(113)
<b>Chapter VI</b>	<b>Cultural Activities in the Palace</b>	(135)
<b>Chapter VII</b>	<b>Hunting,Drilling and Recreation</b>	(155)

## **下编 (文字部分)**

### **第一章 中国古代皇宫略谈 ..... ( 177 )**

- 一、从史书中看中国古代著名皇宫 ..... ( 178 )**
  - 1. 秦朝 ..... ( 178 )
  - 2. 西汉 ..... ( 179 )
  - 3. 东汉 ..... ( 180 )
  - 4. 唐朝 ..... ( 180 )
  - 5. 北宋 ..... ( 181 )
  - 6. 南宋 ..... ( 182 )
  - 7. 元朝 ..... ( 182 )
- 二、明清紫禁城的轮廓 ..... ( 183 )**

### **第二章 关于中国古代皇帝和皇后 ..... ( 185 )**

- 一、图中十六位皇帝事迹 ..... ( 186 )**
  - 1. 梁武帝萧衍 ..... ( 186 )
  - 2. 唐太宗李世民 ..... ( 186 )
  - 3. 唐高宗李治 ..... ( 187 )
  - 4. 宋太宗赵光义 ..... ( 187 )
  - 5. 宋神宗赵顼 ..... ( 188 )
  - 6. 宋高宗赵构 ..... ( 188 )

## **Volume Two (Explanations)**

### **Chapter I Brief Account of Imperial Palaces in Ancient China . . . . . ( 177 )**

#### **i. Famous Imperial Palaces in Ancient China through Historical Records . . ( 178 )**

- |  |         |
|--|---------|
| 1. The Qin Dynasty . . . . .           | ( 178 ) |
| 2. The Western Han dynasty . . . . .   | ( 179 ) |
| 3. The Eastern Han dynasty . . . . .   | ( 180 ) |
| 4. The Tang Dynasty . . . . .          | ( 180 ) |
| 5. The Northern Song Dynasty . . . . . | ( 181 ) |
| 6. The Southern Song Dynasty . . . . . | ( 182 ) |
| 7. The Yuan Dynasty . . . . .          | ( 182 ) |

#### **ii. Outline of the Purple Forbidden City in the Ming and Qing Dynasties — ( 183 )**

### **Chapter II Emperors and Empresses in Ancient China . . . . . ( 185 )**

#### **i. Life Stories of the Sixteen Emperors Portrayed . . . . . ( 186 )**

- |   |         |
|---|---------|
| 1. Emperor Wudi Xiao Yan of the Liang Dynasty . . . . .       | ( 186 ) |
| 2. Emperor Taizong Li Shimin of the Tang Dynasty . . . . .    | ( 186 ) |
| 3. Emperor Gaozong Li Zhi of the Tang Dynasty . . . . .       | ( 187 ) |
| 4. Emperor Taizong Zhao Guangyi of the Song Dynasty . . . . . | ( 187 ) |
| 5. Emperor Shenzong Zhao Xu of the Song Dynasty . . . . .     | ( 188 ) |
| 6. Emperor Gaozong Zhao Gou of the Song Dynasty . . . . .     | ( 188 ) |

7. 明太祖朱元璋	( 188 )
8. 明宣宗朱瞻基	( 189 )
9. 明孝宗朱祐樘	( 189 )
10. 明世宗朱厚熜	( 190 )
11. 明神宗朱翊钧	( 190 )
12. 清世祖福临	( 191 )
13. 清圣祖玄烨	( 191 )
14. 清世宗胤禛	( 192 )
15. 清高宗弘历	( 193 )
16. 清逊帝溥仪	( 193 )
<b>二、图中十四位皇后事迹</b>	( 194 )
1. 汉宣帝许皇后	( 194 )
2. 宋真宗刘皇后	( 194 )
3. 宋仁宗曹皇后	( 195 )
4. 元世祖皇后	( 196 )
5. 明太祖马皇后	( 196 )
6. 明宣宗孙皇后	( 197 )
7. 明穆宗陈皇后	( 197 )
8. 清孝庄皇后	( 198 )
9. 清圣祖孝诚皇后	( 198 )
10. 清高宗孝贤皇后	( 199 )
11. 清文宗孝贞皇后 (慈安太后)	( 199 )
12. 清文宗孝钦皇后 (慈禧太后)	( 199 )
13. 清德宗隆裕皇后	( 200 )
14. 清逊帝皇后婉容	( 201 )
<b>第三章 后宫的女性成员及其生活</b>	( 202 )
<b>一、嫔御制度</b>	( 202 )
1. 嫔妃等级	( 202 )
2. 侍寝方式和记录	( 203 )

7. Emperor Taizu Zhu Yuanzhang of the Ming Dynasty	( 188 )
8. Emperor Xuanzong Zhu Zhanji of the Ming Dynasty	( 189 )
9. Emperor Xiaozong Zhu Youcheng of the Ming Dynasty	( 189 )
10. Emperor Shizong Zhu Houcong of the Ming Dynasty	( 190 )
11. Emperor Shenzong Zhu Yijun of the Ming Dynasty	( 190 )
12. Emperor Shizu Fulin of the Qing Dynasty	( 191 )
13. Emperor Shengzu Xuanye of the Qing Dynasty	( 191 )
14. Emperor Shizong Yinzen of the Qing Dynasty	( 192 )
15. Emperor Gaozong Hongli of the Qing Dynasty	( 193 )
16. Emperor Xundi Puyi of the Qing Dynasty	( 193 )
<b>ii. Life Stories of the Fourteen Empresses Portrayed</b>	<b>( 194 )</b>
1. Empress Xu of Emperor Xuandi of the Han Dynasty	( 194 )
2. Empress Liu of Emperor Zhenzong of the Song Dynasty	( 194 )
3. Empress Cao of Emperor Renzong of the Song Dynasty	( 195 )
4. Empress of Emperor Shizu of the Yuan Dynasty	( 196 )
5. Empress Ma of Emperor Taizu of the Ming Dynasty	( 196 )
6. Empress Sun of Emperor Xuanzong of the Ming Dynasty	( 197 )
7. Empress Chen of Emperor Muzong of the Ming Dynasty	( 197 )
8. Empress Xiaozhuang of the Qing Dynasty	( 198 )
9. Empress Xiaocheng of Emperor Shengzu of the Qing Dynasty	( 198 )
10. Empress Xiaoxian of Emperor Gaozong of the Qing Dynasty	( 199 )
11. Empress Xiaozhen of Emperor Wenzong of the Qing Dynasty—Empress Dowager Ci'an	( 199 )
12. Empress Xiaoqin of Emperor Wenzong of the Qing Dynasty—Empress Dowager Cixi	( 199 )
13. Empress Longyu of Emperor Dezong of the Qing Dynasty	( 200 )
14. Empress Wanrong of Emperor Xundi of the Qing Dynasty	( 201 )
<b>Chapter III Female Members and Their Lives in the Rear Palaces</b>	<b>( 202 )</b>
<b>i. The System of Concubine Management</b>	<b>( 202 )</b>
1. Ranks of the Concubines	( 202 )
2. Ways to Wait on the Emperor Getting to Sleep and Relevant Records	( 203 )

3. 选宫女之制	(204)
<b>二、后宫女子的服饰和化妆</b>	(205)
1. 发式和发饰	(205)
2. 面妆	(206)
3. 宫中时尚服饰	(208)
4. 缠足	(209)
<b>第四章 宫廷生活的制度、范例和风俗</b>	(210)
<b>一、皇帝的出生、婚娶与寿庆</b>	(210)
1. 从虚幻传说到底宫中孕产服务	(210)
2. 从冠礼到大婚	(212)
3. 皇帝生日庆典	(214)
<b>二、皇帝的服饰和饮食</b>	(215)
1. 皇帝的礼服和朝服	(215)
2. 皇帝进膳制度	(217)
<b>三、宫中节令风俗</b>	(218)
1. 岁首吉庆 藉田亲蚕 上元灯火	(218)
2. 中和节 寒食清明 三月三	(219)
3. 赏花 浴佛 端午	(220)
4. 七夕乞巧 中元节	(221)
5. 中秋望月 重九赏菊	(223)
6. 冬至日 九九消寒 岁暮大傩	(223)
<b>第五章 宫廷文化活动</b>	(227)
<b>一、皇帝的读书生活和诗弈书画修养</b>	(227)
1. 简谈皇帝读书	(227)

3. Selection of Palace Maids . . . . .	( 204 )
<b>ii. Costumes and Makeup of Women in the Rear Palaces . . . . .</b>	<b>( 205 )</b>
1. Hair Styles and Ornaments . . . . .	( 205 )
2. Facial Makeup . . . . .	( 206 )
3. Fashionable Costumes and Ornaments in the Palace . . . . .	( 208 )
4. Foot Binding . . . . .	( 209 )
<b>Chapetr IV      The System, Norms and Customs of Court Life . . . . .</b>	<b>( 210 )</b>
<b>i. Birthday and Wedding Celebrations of the Emperors . . . . .</b>	<b>( 210 )</b>
1. From Invented Stories to Reproductive Services in the Palace . . . . .	( 210 )
2. From Come-of -Age Rite to Grand Wedding . . . . .	( 212 )
3. Birthday Celebrations of the Emperors . . . . .	( 214 )
<b>ii. Costumes and Diets of the Emperors . . . . .</b>	<b>( 215 )</b>
1. The Emperor's Formal Attire and Court Robes . . . . .	( 215 )
2. The Meal Systems of the Emperors . . . . .	( 217 )
<b>iii. Holiday Customs in the Palace . . . . .</b>	<b>( 218 )</b>
1. Celebrations at the Beginning of the Year . . . . .	( 218 )
Planting Crops and Breeding Silkworm	
Lanterns and Lights in Mid Lunar January	
2. The Zhonghe Festival Cold Food Around Qingming March the Third . . . . .	( 219 )
3. Appreciating Flowers Washing Buddha Dragon Boat Competition . . . . .	( 220 )
4. The Seventh Evening of the Seventh Moon The Fifteenth of Lunar July . . . . .	( 221 )
5. Appreciating the Moon on the Mid-Autumn Festival . . . . .	( 223 )
Appreciating Chrysanthemum on the Ninth Day of the Ninth Moon	
6. The Winter Solstice "Nine-Times-Nine" Ways to Drive Away the Cold . . . . .	( 223 )
Grand Ceremonies to Greet Gods at the End of the Year	
<b>Chapter V      Cultural Activities in the Court . . . . .</b>	<b>( 227 )</b>
<b>i. The Emperors' Book-Reading and Cultivation in Poetry, Calligraphy, . . . . .</b>	<b>( 227 )</b>
<b>    Painting and Go</b>	
1. Brief Introduction to the Emperors' Book-Reading . . . . .	( 227 )

2. 皇帝的诗兴和诗作	(228)
3. 棋盘上的光阴	(229)
4. 皇帝与翰墨丹青	(230)

## 二、宫中音乐戏剧和宗教活动 ..... (232)

1. 皇宫雅乐与燕乐	(232)
2. 宫廷戏剧活动	(234)
3. 皇帝与佛教、道教	(235)

# 第六章 皇家游乐生活 ..... (237)

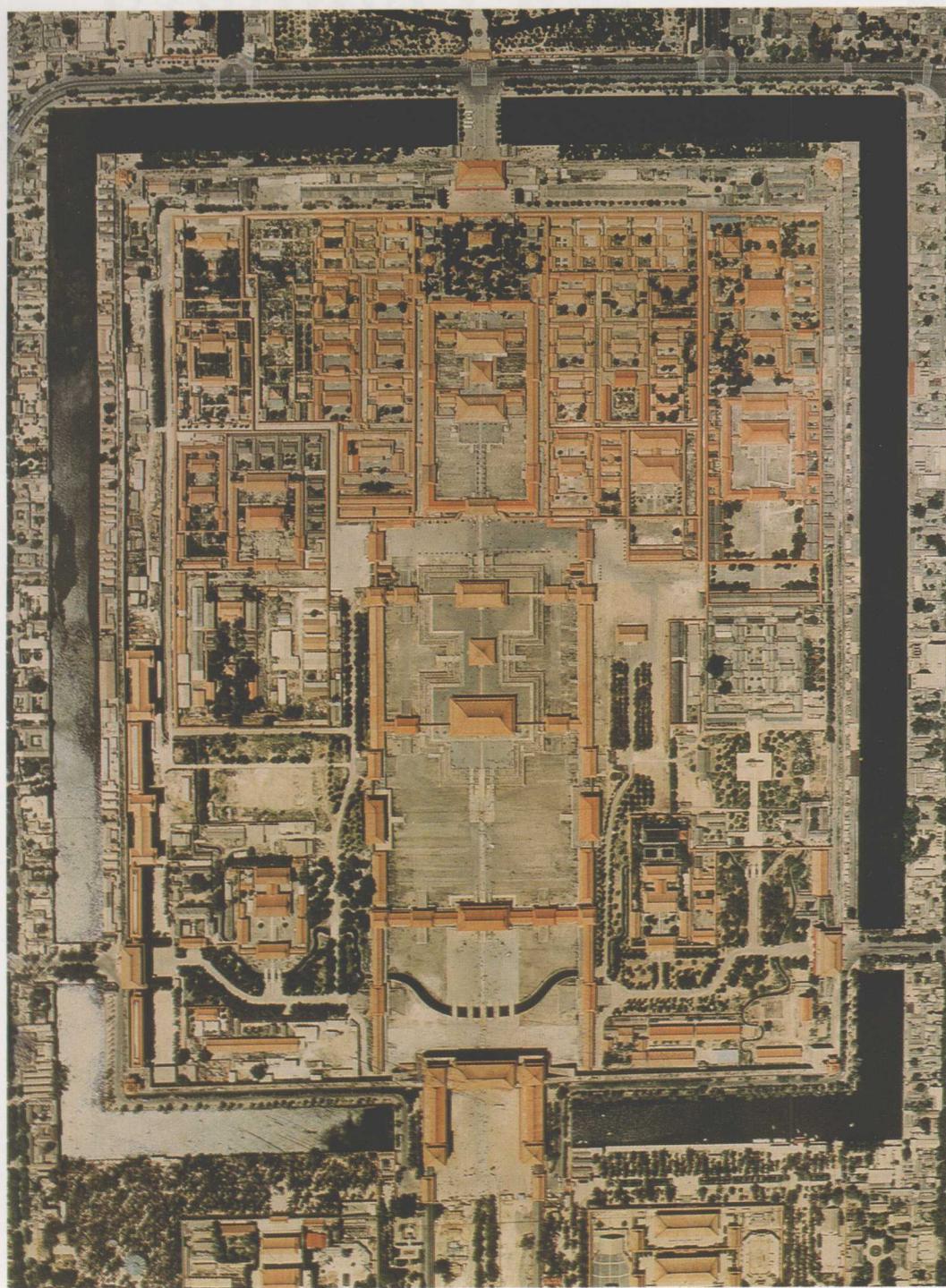
## 一、皇家健身活动 ..... (237)

1. 从蹴鞠到马球	(237)
2. 挾弹 拔河 摔跤	(239)
3. 水嬉与冰嬉	(240)
4. 射猎	(241)

## 二、后宫游戏种类 ..... (243)

1. 从六博到纸牌	(243)
2. 投壶 射覆 猜谜	(244)
3. 动物玩偶 斗鸡	(244)

原书缺页



宮  
室  
景

紫禁城全景图

Panoramic View of The Purple Forbidden City

# 上 编

---

## · 第一章 宫室录 ·

中国的历代皇宫，笼罩在历史的迷雾之中，除了建于15世纪的明清紫禁城外，各代的皇宫都像湮没的楼兰古城一样，只剩下一片残垣瓦砾，它们昔日的形象不能展现在当今人们的眼前。人们只能通过文字记述去追想。

列入世界文化宝库的明清紫禁城，是中国皇宫的代表作，但是我们应该知道，中国早在公元前就建造过比紫禁城还要高大雄伟的宫殿，那就是秦朝的阿房宫。秦朝的兵马俑震惊世界，而秦朝为建阿房宫所投入的物力远远高于兵马俑的建造。秦朝还为此招致了民怨，丧失了天下。以后的朝代营建宫室，都以秦朝为戒，反对奢华。尽管如此，中国在中古时代所建造的皇宫在气势上和规模上常常高于明清紫禁城，如唐朝的麟德殿，就相当于紫禁城最大的宫殿太和殿的三倍。

中国皇宫建筑都是土木结构，如能精心保护，可维持上千年。但是可以肯定地说，大部分被毁坏的宫殿都不是自然损耗的结果，几乎每一座宫殿在它尚称完好的时候就毁灭于自然或人为的火灾。中国的改朝换代频繁，许多新兴王朝都以毁弃旧王朝的宫室来标志旧王朝统治的结束。清代除外，这一支少数民族入主中原的政权完全接受了明王朝的皇宫。

中国历代的怀古诗中，有一大部分就是以前朝宫殿的废墟为咏叹对象的。

因此我们在这里，不妨怀着一种诗意，去观赏明清紫禁城，并透过紫禁城，去怀想古代湮灭在迷雾中的宫室。

# Volume One

---

## Chapter I

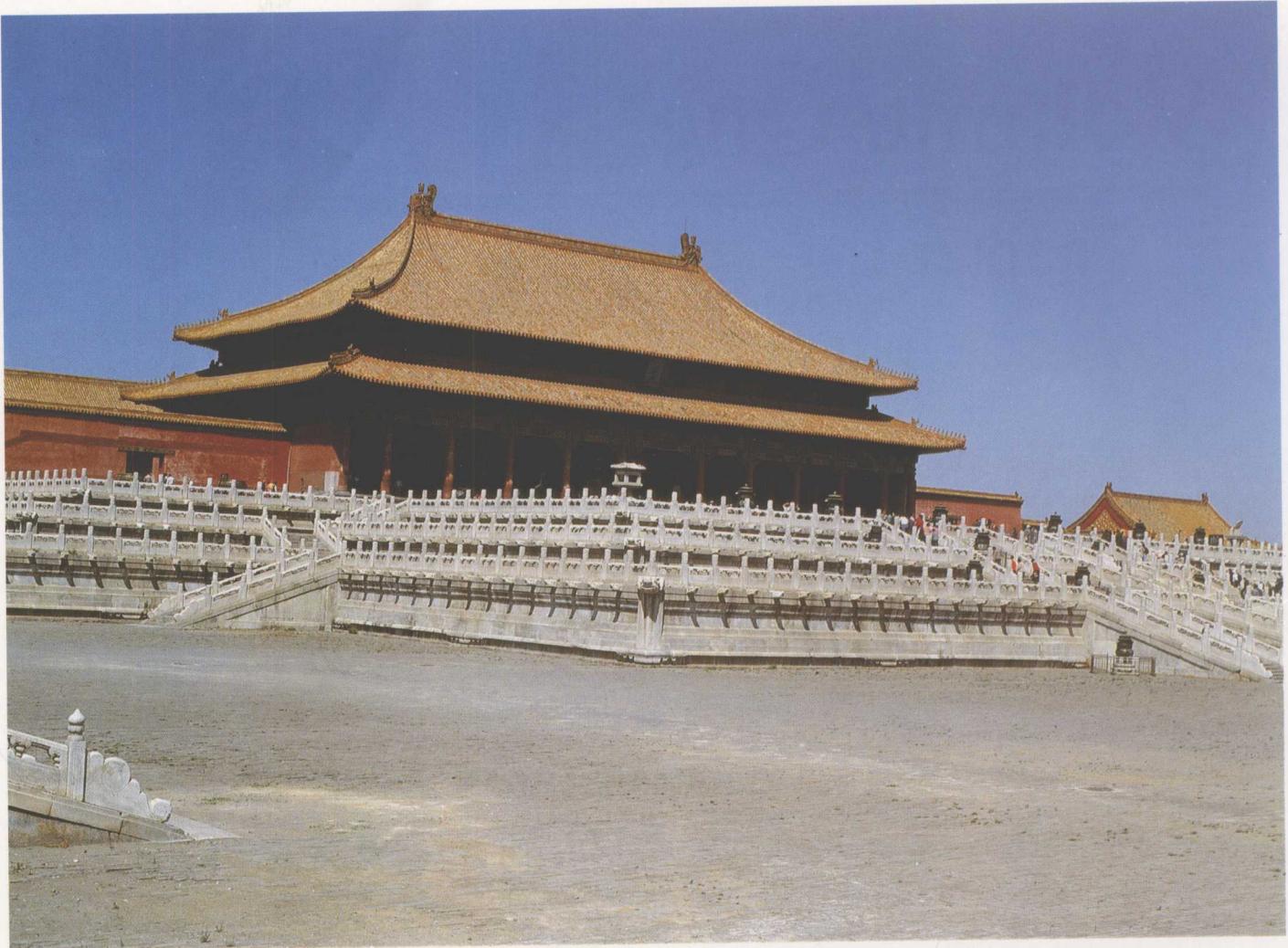
### Palaces and Chambers

Imperial palaces in the successive dynasties of China have been enveloped in the mist of history: except for the Purple Forbidden City built in the fifteenth century in the Ming and Qing dynasties, imperial palaces of the successive dynasties were all reduced to crumbing walls and rubble heaps — just like the Ancient Loulan City which had been buried in oblivion. Since the original images of the imperial palaces cannot be unfolded before people of modern times, we can only imagine them in retrospect through literary recordings.

The Purple Forbidden City of the Ming and Qing dynasties listed as one of the cultural treasures in the world is a representative work of Chinese imperial palaces. Nevertheless, palaces taller and grander than the Purple Forbidden City had been built in China even before the Christian era. One such palace was the Epang Palace built during the Qin Dynasty. Terracotta warriors of the Qin Dynasty has shocked the whole world, but the Qin government had spent far more material resources in building the Epang Palace than building those terracotta warriors, which had led to strong public discontent and the ruin of the empire. The following dynasties all took warnings from the Qin Dynasty and opposed extravagance when they built palaces and chambers. However, in terms of momentum and scale, imperial palaces built during the Ancient and Middle times of China were often grander and larger than the Purple Forbidden City in the Ming and Qing dynasties. For example, the Linde Hall of the Tang Dynasty was three times as large as the Hall of Supreme Harmony which is the largest hall in the Purple Forbidden City.

The construction of Chinese imperial palaces usually adopted a wood and earth structure. If carefully protected, those palaces may last thousands of years. However, most of their destruction was not the result of natural wear — almost all of the palaces were ruined by accidental fire or arson while they were still in good condition. Dynastic changes were frequent in China, and many burgeoning dynasties marked the end of the control of the old ones by destroying or discarding their old palaces and chambers; only the Qing Dynasty was an exception: this ethnic minority power entering the Central Plains completely accepted the imperial palace of the Ming Dynasty.

Among Chinese poems of the successive dynasties which meditated on the past, a large portion were directed towards the palace ruins of former dynasties. Therefore, we may also appreciate the Purple Forbidden City with some poetic sentiment, and yearn for the ancient palaces and chambers annihilated in the mist.



1

### 1. 紫禁城内太和殿

太和殿在明朝称为奉天殿，民间俗称金銮宝殿，是皇权的象征，朝廷一应重大礼仪活动都在这里进行，包括：即位、大婚、册立太子、三大节（元旦、冬至、万寿节）等。

### 1. Hall of Supreme Harmony in the Purple Forbidden City

The Hall of Supreme Harmony, which was called the Fengtian (Worshipping Heaven) Hall in the Ming Dynasty and Gold Dragon Hall by the folk, is the symbol of imperial power. All important ceremonial activities of the court including enthronement, grand wedding, appointment of the crown prince, three most important holidays (the Chinese New Year, the Winter Solstice, the emperor's birthday), etc., were performed here.