

中英双语阅读

每天读点

中国文化

Daily Readings of Chinese Culture

丛书主编◎孙晓朝 杜鹃

主编◎曹旭



雷打立春节，惊蛰雨不歇
子鼠丑牛寅虎卯兔
正月里来是新年
粽子香，香满堂
谦受益，满招损
小小红包，情意无限
言必信，行必果
东方韵律美的缩影：旗袍
曼妙吉祥的中国结
幕后巧弄影，细微间传神

民俗风情

Folk Culture



花开富贵

竹报平安

门迎春夏秋冬福

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大连理工大学出版社
DALIAN UNIVERSITY OF TECHNOLOGY PRESS



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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教师切实感到介绍学生阅读一套全面介绍中国文化的 bilingual 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



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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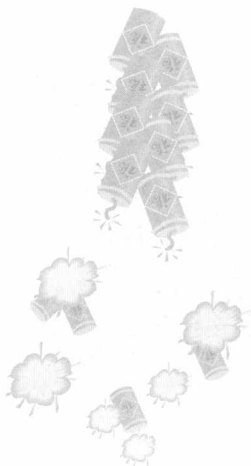
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Daily Readings of Chinese Culture — Folk Culture

每天读点中国文化

民俗
风情

第一部分

天文历法· 时令节气



- ◎ 历法
- ◎ 二十四节气
- ◎ 干支纪法

The Calendar

历法

Snap Shot

【注释】

exclusive:

adj.

唯一的,单独的

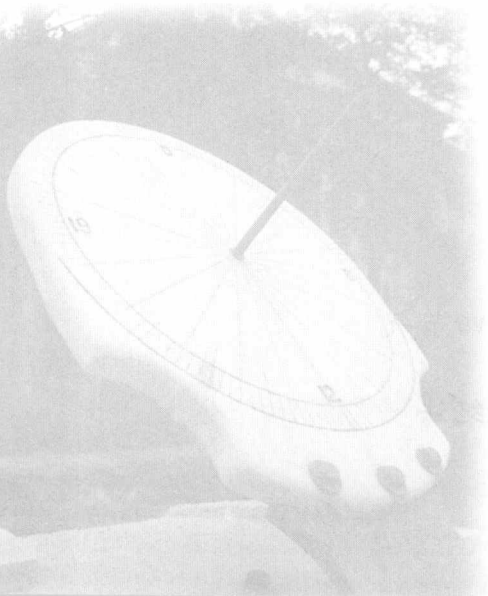
Gregorian

calendar:

阳历,格里历

The Chinese calendar is not *exclusive* to China, but followed by many other Asian cultures. It is often referred to as the Chinese calendar because it was first perfected by the Chinese around 500 BC. In most of East Asia today, the Gregorian calendar is used for day to day activities, but the Chinese calendar is still used for marking traditional holidays such as the Chinese New Year or Spring Festival.

中国历法并不仅仅是在中国用,许多其他亚洲文化也借用了这一传统,之所以现在还称之为中国历法是因为这一历法是中国人在公元前500年左右对之进行完善而形成的。今天许多东亚国家均采用公历来记录日期,但是要标注春节这样的节日,就非中国历法不可了。



History

The Chinese Lunar New Year is the longest chronological record in history, dating from 2600 BC. Like the Western calendar, the Chinese Lunar Calendar is a yearly one, with the start of the lunar year being based on the cycles of the moon. Therefore, because of this cyclical dating, the beginning of the year can fall anywhere between late January and the middle of February. A complete cycle takes 60 years and is made up of five cycles of 12 years each.

Evidence from the Shang oracle bone inscriptions shows that by at least the 14th century BC the Shang Chinese had established the solar year with 365 and 1/4 days as well as the lunar version with 29 and 1/2 days. In the calendar used by the Shang, the seasons of the year and the phases of the Moon appear to all be accounted for. Analysis of surviving astronomical records inscribed on oracle bones reveals a Chinese lunisolar calendar, with intercalation of lunar months, dating back to the Shang Dynasty of the fourteenth century BC. Various intercalation schemes were developed for the early calendars. Early Eastern Zhou texts, such as *the Spring and Autumn Annals*, provide better understanding of the calendars used in the Zhou Dynasty. One year usually had 12 months, which were alternately 29 and 30 days long, and intercalary months were added in an arbitrary fashion at the end of the year.

From the earliest records, the beginning of the year occurred near the winter solstice when a New Moon appeared, but the choice of month for the beginning of the civil year varied with time and place. In the late second century BC, a calendar reform

【注释】

chronological:

adj.

按年代顺序排列的

oracle bone:

甲骨

lunisolar:

adj.

日与月的

intercalation:

n.

设置 (闰日、闰月等)



established the practice, which continues today, of requiring the winter solstice to occur in the 11th month.

历史

中国的阴历新年是历史上最早的序时记录,早在公元前2600年就开始了。正如西方历法一样,阴历也是以年为周期,阴历年的开始是建立在月亮的盈缺之上的。因此,由于盈缺循环,每年的开始总是在一月底和二月中之间。而一个完整的循环周期需要60年,由5个12年周期组成。

根据商朝的甲骨文记载,早在公元前14世纪商朝人已规定一个阳历年有365又1/4天,阴历月有29又1/2天。在商朝的历法中,季节变化与月圆月缺都显示地清清楚楚。甲骨文上的天文学记录也表明从公元前14世纪的商朝开始,中国通过置闰制成了阴阳合历。从那时开始,中国人发展出了许多种不同的置闰方案。诸如《春秋》之类的早期东周的文字记载可以提供对周朝历法的更好的认识。每年一般都有12个月,每月有29天到30天不等,在年底的时候再加入闰月。

从最早的记录开始,新年就在新月初生的冬至期间开始,然而开始的月份却随着时间与地点的变化而游移。在公元前2世纪末,历法得到了改革,每年的冬至被定在第11个月,这一习惯一直延续到了今天。

Huang Li

【注释】

almanac:

n.

历书,年鉴

imperial:

adj.

皇帝的

horoscope:

n.

占星

The calendar is still used in the more traditional Chinese households around the world to pick 'lucky dates' for important events such as weddings, funerals, and business deals. A special calendar is used for this purpose, called the yellow almanac, literally "Imperial Calendar", which contains auspicious activities, times, and directions for each day.

Strictly speaking, the yellow almanac should perhaps not be called a book so much as a glorified calendar. But as contents are constantly added — climatic information, horoscopes, dietary advice, metric conversion tables, auspicious and inauspicious activities — the yellow almanac may range anywhere from 20 to 100 pages, a kind of mini-encyclopedia for the home. In ancient

times, it was compiled by the imperial astronomer and called the “Emperor’s almanac”. Commoners were forbidden to make private copies on penalty of losing their heads. Why was it so important? By telling the farmer when to plant various crops, a well-regulated calendar helps ensure an abundant harvest, crucial to an agricultural society. And with no more emperor, the almanac needed a new name.

compile:

v.

编辑, 汇编

Since people today look at it only to tell their fortunes and farmers have long since had detailed, scientific agricultural information to rely on, is there any reason for the yellow almanac to continue to exist? According to a survey, only 1.7 percent of us think it should not. It seems clear that the Chinese almanac, which has existed now for several thousand years, will continue to be a part of Chinese life in the future. How its contents will change with the times we have no way of predicting, but it seems Chinese still need a copy, no matter they still believe it or not.

黄历

全世界比较传统的中国家庭依然采用日历来为特别场合选择良辰吉日,例如嫁娶、安葬、开市等等。一种特殊的历法也就应运而生,那就是“黄历”,也叫“皇历”,这里面详细规定了每日吉凶宜忌、吉时与宜出行的方向。

准确说来,黄历并不是一本书,而是一本极其伟大的历法。由于添加了大量关于气候信息、星象运动、饮食建议、米制换算表、宜忌活动等等内容,黄历就成了一本家用的小型百科全书了,厚度从20到100页不等。在古代,黄历是由钦天监制定的,所以才叫做皇历。当



时的普通人如果私自复制的话是要被处以砍头的。然而皇历为什么这么重要呢？因为它能够告诉农民何时该播种。一个完善的历法能够保证农民得到大丰收，这对于农业社会是非常重要的。自从没有了皇帝，皇历也就需要一个新名字了。

由于现代人只用黄历来预测凶吉，而农民也早已经有具体而科学的农业信息可依赖了，那么黄历还有存在的必要吗？根据一项调查，只有1.7%的人认为黄历应该退出历史的舞台。很显然，存在了几千年的中国黄历还将继续成为中国人生活的一部分。它的内容将如何变化我们不得而知，然而中国人似乎确实还需要一本，管他信不信呢！

Modern Link

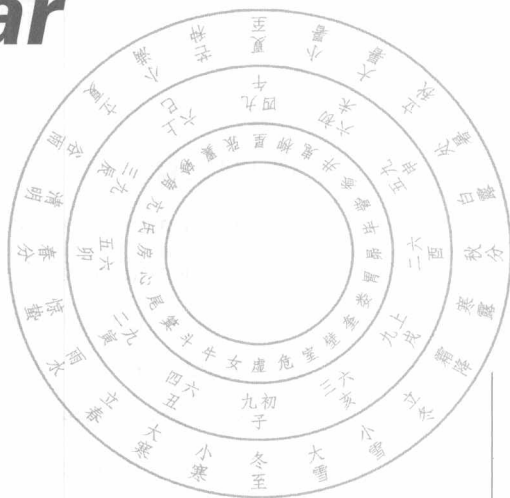
现代链接

Since the creation of the Republic of China, China has officially adopted the Gregorian calendar, or the solar calendar for the administration purpose. However, the Chinese calendar remains culturally essential. For example, most of the traditional festivals, such as Chinese New Year and the Mid-Autumn Festival, traditionally fixed on the dates of the Chinese Lunar Calendar. Furthermore, the traditional Chinese calendar, as an element of traditional culture, is invested with much cultural and nationalistic sentiment.

自从中华民国成立以后，中国便开始采用公历作为官方历法以便管理，然而阴历在文化上还是极其重要的。绝大多数传统节日，例如春节、中秋等等都依阴历而定。此外作为中国传统文化的一部分，阴历也已经掺入了太多的民族文化感情。

The 24 Solar Terms

二十四节气



Snap Shot

What are the Chinese Solar Terms? Almost every Chinese person has heard mention of them, but very few have a clear idea of what they are. In this edition, we hope to enlighten our readers on their origins and development, and by introducing a number of interesting customs to rekindle the wisdom of the ancient Chinese.

One year has 24 solar terms in accordance with the changes of nature, stipulating the proper time for planting and harvesting. The first day of the first solar term is the Beginning of Spring, which cannot always fall on the first day of the year as in the Western Gregorian Calendar.

节气是什么?身为中国人,你一定听过,但或许从来没搞懂过。现在,就要告诉你节气的来龙去脉和一连串有趣的习俗,再重温一下老祖宗们过日子的智慧。

根据自然的变化,一年共有二十四节气,分指播种与丰收的时节。第一个节气就是立春,这与西方的阳历第一天往往难以重合。

【注释】

solar:
adj.
太阳的

rekindle:
v.
重燃



Putting the Sun in the Lunar Calendar

The agricultural calendar is not exclusively the lunar calendar; it combines lunar and solar elements. And the 24 Solar Terms which make up such an important part of the calendar are 100% compliant with the movements of the sun. Why would the early Chinese who based their social life around a lunar schedule designate an extra annual cycle of 24 solar periods?

The explanation is very simple: the ancients gathered their knowledge completely from nature; they inferred a direct relation between the waxing and waning of the natural world and the birth and death of every human being. When would the fish swim up to the water's surface through the broken ice? When would the swallows arrive? When would the crops bloom and wither? Furthermore, when could they expect a heat wave, so they might be extra cautious about the spread of contagious disease? When would the frosts come again, so that all the farmers, fishers and hunters could stock up food for the winter? Every last one of these concerns was decided not by the moon but by the sun, by the length and power of the sunlight!

To China, founded as it was on agriculture, the importance of sunlight could hardly be greater. Because of this, integrating information concerning the movements of the sun into the lunar calendar for the consideration of the

【注释】

contagious:

adj.

传染的

farming folk was an impressive feat of learning. As early as the Xia Dynasty 4000 years ago, the ancient Chinese observed the shadows of the sun and discovered the Summer Solstice — when the sun's shadow is the shortest and the daylight lasts the longest, and the Winter Solstice — when the sun casts the longest shadow and daylight is least. These dates became the starting points of the system of 24 terms.

把太阳编进阴历里

农历(亦称阴历)不完全是阴历,而是“阴阳合历”。二十四节气是农历非常重要的组成部分,完全依据太阳的运动规律制订。为什么先民要在以阴历为生活历的情形下,另外制订一个依据太阳运行的二十四节气呢?道理很简单:古人的一切知识都要从自然中猎取采集。他们推断出自然界的荣枯变化,直接关系到每一个人的生死存亡——鱼什么时候会游出破冰的水面,燕子什么时候来,什么时候农作物会茂盛或枯萎;还有,什么时候酷暑来临,要多加小心疫病流行;什么时候又水冰地冻,农渔猎人都要准备存粮以免冬天挨饿……这一切一切的答案都不是取决于月亮,而是太阳,是日照的长短和强弱!

日照对于以农立国的中国来说,影响非同小可,因此要怎样在阴历里面,加入一点太阳运行的信息以供农民参考,就是一门大学问了。早在四千多年前的夏朝,先民们观测日影,发现有日影最短、白昼最长的夏至和日影最长、白昼最短的冬至。这些日子就成为后来制订二十四节气的滥觞。

Five Days in a Phase, Three Phases in a Term

From a modern perspective, the ancient Chinese used the Solar Terms to integrate astronomical and meteorological observations. They have a scientific derivation — the earth rotates at a tilted angle as it orbits around the sun. According to the different position of each location on the globe, the sun's rays will land at correspondingly different angles, and in this way the alternating seasonal cycle of winter, spring, summer and autumn

【注释】

astronomical:

adj.

天文的

meteorological:

adj.

气象学的



is produced. This in turn influences the precipitation and temperature at the earth's surface. In other words, the Solar Terms established a number of dates based on astronomical phenomena, but at the same time they came to reflect climatic conditions and changes in the natural environment.

To attain even greater precision, the four so-called “Beginning Days” (at which spring, summer, fall and winter begin) were eventually inserted in between “the Two Solstices” and “the Two Equinoxes”. This system was developed even further around the Western Han Dynasty, when the ancient Chinese, knowing that the earth makes an orbit of 360 degrees around the sun, designated a Solar Term for every 15 degrees. They further selected a name for each term, based on its special climatic characteristics, thus establishing the standard 24 Solar Terms.

五日一候，三候一节

以现代眼光衡量，先民用节气来融合天文观察和气象观察是有科学依据的——地球透过一个倾斜的角度，绕着太阳运行，随着各个定点的位置不同，阳光能照射到地球的角度也会有所不同，于是

产生春夏秋冬的季节交替，进而影响地表的干湿寒暖。换句话说，节气虽是依据天文现象定出的一些日期，但也从一定程度上反映出气候状况和自然界的變化。

为了更求精准，“二分”、“二至”中间，慢慢又插进所谓的“四立日”（立春、立夏、立秋、立冬）；继续推演下去，最后大约在西汉年间，先民将地球绕太阳公转一圈的三百六十度，其中每十五度定为一个“节气”，并且依各节气的天候特征取名，建立了二十四节气的说法。