

中国红 CHINESE RED

C hinese Festivals

中国节日

姜莉君◎编著

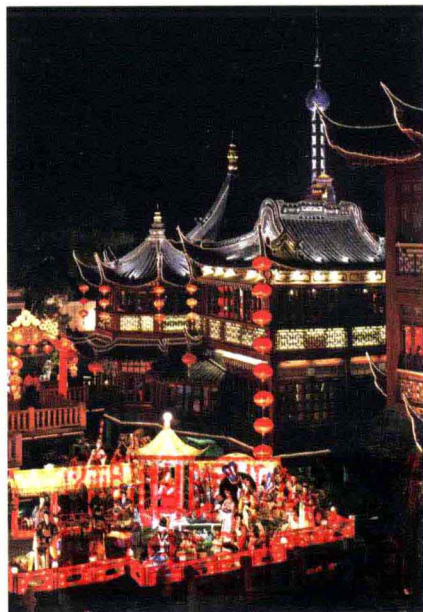


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节日是民族文化的重要组成部分。中华民族有着五千年的悠久历史，在这漫长的历史进程中，形成了众多的传统节日。中国的传统节日承载着古代中国人民的生活智慧和人生信仰，传承着中华民族的伟大精神。

中国传统节日的发展历程，勾勒出了一幅幅中国民间生活风貌的生动画面。中国节日在几千年的历史演变中，充分展示了中华民族文化的丰厚内涵。了解中国的传统节日是中国人寻根问祖、继承中华传统文化精髓的重要途径。

本书以中英文对照的形式，配以大量精美的民俗风情图片，介绍了春节、元宵节、清明节、端午节、七夕节、中秋节、重阳节、腊八节，以及若干个中国少数民族节日，内容上涵

Festivals are an important part of the Chinese culture. Many traditional Chinese festivals came into being in the course of over 5,000 years of the Chinese history. They represent the wisdom, faith and spirit of the ancient Chinese and their cultures.

The evolution of the traditional Chinese festivals vividly depicts the Chinese folk cultures and people's life styles. Chinese





盖了节日的历史与传说、节日习俗、节日食俗等，希望能为读者展现中国节日的内涵与风采，带领读者感受中国节日的浓烈氛围。

festivals fully embody the depth and richness of the Chinese culture in the past several thousand years of historical transformation. Learning about these traditional Chinese festivals is an important way for the Chinese to understand their roots and their ancestors, and to carry forward their cultural heritage.

This book introduces, both in English and in Chinese, traditional festivals in China including Spring Festival (Chinese New Year), Lantern Festival, Clear and Bright Festival, Dragon Boat Festival, Double Seventh Festival, Mid-autumn Festival (Moon Festival), Double Ninth Festival, *Laba* Festival as well as some well-known festivals of China's ethnic minority groups. This book explains each festival's history, legends, customs and food traditions in detail in an attempt to show its rich connotation and help the reader experience the festivity and the exuberance of the festival.



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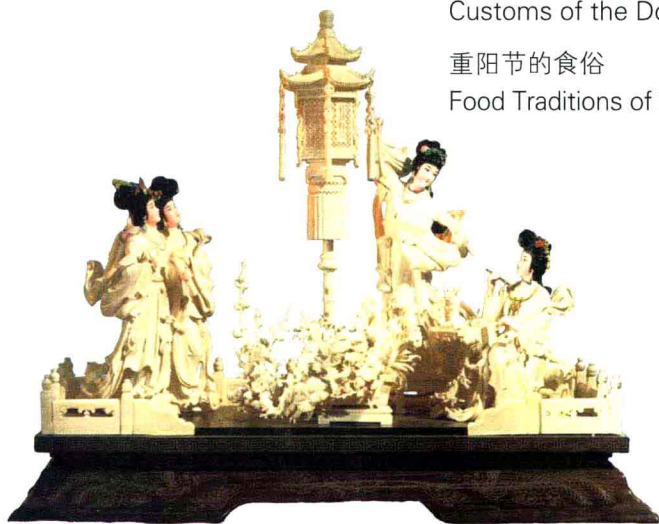
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春节

Spring Festival

春节，是中国农历的正月初一，又叫“阴历年”，俗称“过年”、“新年”，是中华民族最隆重的传统节日。春节的到来意味着冰天雪地、草木凋零的寒冬就要过去，万物复苏、草木更新的春天即将来临。人们在春节前后辞旧迎新，从农历腊月二十三日的“小年”起，便开始一系列的“忙年”活动，以盛大的仪式迎接春节。正月的迎新活动要一直延续到元宵节（农历正月十五），春节才算真正结束。

The Spring Festival on the first day of the first Chinese lunar month is known as the “Chinese New Year” “Lunar New Year” or the “New Year”. It is the most important traditional Chinese festival. The Spring Festival marks the ending of the cold winter with snow, ice and falling leaves and the beginning of the spring when all the plants start re-growing and turning green. From the 23rd day of the last lunar month, also known as *Xiaonian* (meaning small new year), people begin a series of activities to send off the old and welcome the new in preparation for the big celebration of the Spring Festival. These new-year celebrations will continue until the Lantern Festival on the 15th day of the first lunar month, which officially concludes the Spring Festival.





> 春节的历史与传说

春节的历史悠久，起源于上古时期的祭神祭祖活动，这是在一年的农事结束后为报答神的恩赐而



• 春节祭祖

春节起源于祭祀活动，现在在中国一些地区仍保留着春节祭祖的传统。

Spring Festival ritual to worship ancestors

Spring Festival originated from Chinese ancient rituals. Even today some areas in China still keep the tradition of worshipping ancestors during the Spring Festival.

> History and Legends of the Spring Festival

The Spring Festival originated from ancient rituals to worship gods and ancestors. It was an occasion of thanksgiving for god's gifts taking place at the end of the year's farming activities. Due to the differences of the Chinese calendars used in different dynasties, the first day of the first lunar month was not always the same date in the Chinese calendar. In the Xia Dynasty (2070 B.C.-1600 B.C.), the first month in the Xia calendar was the first month of the lunar year. In the Shang Dynasty (1600 B.C.-1046 B.C.), the last month in the Xia calendar became the first month of the lunar year. In the Zhou Dynasty (1046 B.C.-256 B.C.), the eleventh month in the Xia calendar was seen as the first month of the Zhou calendar. After China was unified by the first emperor of the



夏历

夏历又称“农历”、“阴历”、“旧历”，始于夏代，是中国的传统历法。它是世界上所广泛使用的历法中，既照顾到太阳历，又照顾到阴历的历法。

夏历的纪年分为平年和闰年，平年分十二个月，全年有三百五十四至三百五十五天；闰年分十三个月，全年有三百八十三至三百八十四天。月份又分为大月和小月，大月有三十天，小月有二十九天。月以月亮圆缺为周期，每月以月相最缺的那天为朔（初一），作为一月之始。

Xia Calendar

The Xia calendar is known as the “farming calendar” “lunar calendar” or “old calendar”. It is China's traditional calendar. In various calendars widely used in the world, the Xia calendar is lunisolar incorporating elements from both solar and lunar calendars.

The Xia calendar consists of ordinary years and leap years. An ordinary year has 12 months with 354 or 355 days. A leap year has 13 months with 383 or 384 days. Months are divided into big and small months. A big month has 30 days and a small month has 29 days. A complete cycle of a month is based on the waxing and waning of the moon. The appearance of the astronomical dark moon is considered the first day and the beginning of a month.

设。但由于中国各朝的历法不同，正月初一的日期并不都是一致的。夏朝时的夏历以元月为正月；商朝的殷历以夏历的十二月为正月；周朝的周历则以夏历的十一月为正月；秦始皇统一全国后，又以夏历的十月为正月；直到汉武帝时期，才将正月初一的时间定为以夏历的元月为准。

“春节”一词，在不同的历史时期有不同的特指。汉代时，

Qin Dynasty (221 B.C.-206 B.C.), the tenth month of the Xia calendar became the first month of the lunar year. Not until Emperor Wu of the Han Dynasty (206 B.C.-220 A.D.) was the first day of the lunar year finalized to be in the first month of the Xia calendar.

The term “Spring Festival” has different meanings in different historical periods. In the Han Dynasty (206 B.C.-220 A.D.) the Spring Festival meant “Li Chun” (the start of the

二十四节气

二十四节气是反映一年中自然现象和农事活动季节特征的二十四个节候，按日期顺序分别是：立春、雨水、惊蛰、春分、清明、谷雨、立夏、小满、芒种、夏至、小暑、大暑、立秋、处暑、白露、秋分、寒露、霜降、立冬、小雪、大雪、冬至、小寒、大寒。

Twenty-four Chinese Solar Terms

The twenty-four Chinese solar terms are the seasonal markers of natural phenomena and related to farming activities. The following is a list of these solar terms in the order of the Chinese lunar calendar dates:

Li Chun (start of spring), *Yu Shui* (rain water), *Jing Zhe* (awakening of insects), *Chun Fen* (vernal equinox), *Qing Ming* (clear and bright), *Gu Yu* (grain rains), *Li Xia* (start of summer), *Xiao Man* (grain full), *Mang Zhong* (grain in ear), *Xia Zhi* (summer solstice), *Xiao Shu* (minor heat), *Da Shu* (major heat), *Li Qiu* (start of autumn), *Chu Shu* (limit of heat), *Bai Lu* (white dew), *Qiu Fen* (autumnal equinox), *Han Lu* (cold dew), *Shuang Jiang* (descent of frost), *Li Dong* (start of winter), *Xiao Xue* (minor snow), *Da Xue* (major snow), *Dong Zhi* (winter solstice), *Xiao Han* (minor cold), *Da Han* (major cold).

“春节”是指二十四节气中的“立春”；南北朝时，“春节”是指整个春季。直到1912年辛亥革命胜利后，孙中山先生宣告在中国采用公历纪年，规定将公历的元月一日称为“元旦”，将农历的正月初一称为“春节”。1949年9月27日，中国人民政治协商会议第一届全体会议通过了使用世界通用的公历纪元的决定，把公历的元月一日定为元旦，俗称“阳历年”；因为农历的

spring), one of the 24 Chinese solar terms. In the Southern and Northern Dynasties (420-589) “Spring Festival” denoted the entire spring season. After the victory of the 1911 Revolution, Sun Yat-sen announced the adoption of the Gregorian Calendar in the Republic of China (1912-1949) effective. January 1st was set as the New Year's date based on the Gregorian Calendar and the first date of the Chinese lunar calendar was set as the first date for the Spring Festival.

正月初一通常都在立春前后，因而把农历正月初一定为“春节”，俗称“阴历年”。

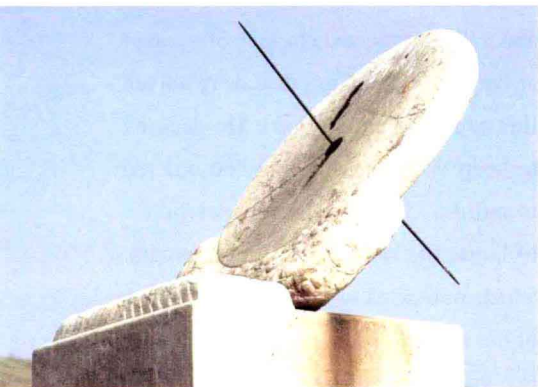
万年创历的传说

相传在很久以前，有个叫“万年”的青年，家庭虽然贫困，但他却十分聪明。万年看到当时的节令很乱，影响人们的作息，就决心把节令定准。一天，他坐在树阴下休息，看见树影的移动后受到启发，回家后便设计了一个测日影、计天

On September 27th, 1949, the First Plenary Session of the Chinese Political Consultative Conference passed the resolution to adopt the Gregorian Era used worldwide in the People's Republic of China (1912-1949). January 1st on the Gregorian calendar officially became the New Year's Day in the commonly-known *Yangli Nian* (solar calendar) in China. Usually the first day in the Chinese lunar calendar is after “*Li Chun*”, the start of spring. Therefore, the first day of the first lunar month became the first day of the “Spring Festival” in the commonly known *Yinli Nian* (lunar calendar).

The Legend of How Wannian Created the Calendar

It is said that a long time ago a young man named Wannian (meaning ten thousand years) grew up in a poor family and he was very intelligent. He saw that people's lives and farming were affected by the confusing seasonal indicators in the calendar. He was determined to make them more precise. One day, he was resting under the tree and enlightened by the moving shadow. After he went home he started to design a sundial to measure the shadow following the sun to calculate the timing of the day. However,



• 日晷

日晷是中国古代的一种计时仪器，通常由铜制的指针和石制的圆盘组成。其原理是利用太阳投射的影子来测定并划分时间。

Sundial

Sundial is a timing device used in the ancient China. The sundial's gnomon is made of copper and the round template is made of stone. The theory is to use the shadow cast by the sun to indicate and divide the time.





时的日晷仪，可以测定一天的时间。但是，天气阴晴不定，日晷仪并不是每天都能发挥作用。后来万年又受到山崖上滴泉的启发，制作了一个五层漏斗来计算时间。日子久了，万年发现每隔三百六十多天，四季就会轮回一次，天时的长短也会重复一遍。

这个发现让万年兴奋不已，他带着日晷和漏壶去见面部落首领祖乙，向他解释日月运行的道理。祖乙正为天气风云的变幻莫测而感到苦恼，万年的解释解决了这个大问题。于是他把万年留下，令他修建日月阁，筑起日晷台和漏壶亭，测准日月规律，推算出准确的晨夕时间，在此基础上创建历法，造福黎民百姓。

万年不负厚望，通过测量与记录，掌握了一系列的日月规律，并在祭祀用的天坛边的石壁上刻下他的发现：日出日落三百六，周而复始从头来。草木枯荣分四时，一岁月有十二圆。

祖乙得知万年的成就，亲自登上日月阁看望万年。万年指着天象对祖乙说：“现在正是一岁交替之时，新

there were both sunny and cloudy days. The sundial did not work effectively every day. Later Wannian noticed the dropping of water from the mountains, which gave him the idea to design a five-level clepsydra (water clock) to measure the time when the day was cloudy. As days went by, Wannian discovered that in every 360 days the four seasons would rotate once and the shortest and the longest days would also repeat once.

Wannian was very excited about this discovery. He took his sundial and clepsydra to see his tribe's chief Zuyi. He explained to Zuyi movements of the sun and the moon. Zuyi was worrying about the unexpected changes of weather at the time. Wannian's discovery solved this big problem for him. He decided to keep Wannian with him and ordered to build a "Sun and Moon Pavilion" to house the sundial and the clepsydra, which were used to measure the patterns of the sun and moon movements in order to correctly calculate the exact timing for sunrises and sunsets. Zuyi also wanted Wannian to set up a calendar based on this discovery to benefit his people.

Wannian did not fail to fulfill Zuyi's expectations. Through measurements and documentation, he was able to master



• 年画《寿星图》（图片提供：全景正片）

过年时悬挂于墙上的《寿星图》，喜气洋溢。

Star God of Longevity Painting

The Spring Festival is filled with festivity with the Star God of Longevity painting on the wall.

春复始，祈请首领定个节吧”。祖乙说：“春为岁首，就叫春节吧。”据说这就是春节的来历。

后来，万年经过多年观察，精心推算，制定出了准确的太阳历。首领为了纪念万年的功绩，便将太阳历命名为“万年历”，封万年为日月寿星。相传人们在过年时挂上寿星图，就是为了纪念创建历法的万年。

the patterns of the sun's and the moon's movements. He engraved his discoveries on the stone wall of the altar used in sacrifice rituals as follows: “The sun rises and sets 360 times, always starting from the beginning to the end. Plants grow and wither in four seasons with the 12 full moons in one year.”

When Zuyi heard about Wannian's achievements, he personally went to the Sun and Moon Pavilion to see Wannian. Wannian pointed to the planets and said to Zuyi, “This moment signals the passing of the old year and the beginning of the new year. Would you please bestow a festival for this moment?” Zuyi replied, “Spring is the head of a year. Let's call it the Spring Festival.”

Later on, after years of observations and careful calculations, Wannian established a more accurate calendar. To commemorate his great contributions, the chief named the calendar “Wannian Calendar” (Ten Thousand Year Calendar) and granted him the title of the Star God of Longevity. During the Spring Festival, people would hang the Star God of Longevity painting on the wall in memory of Wannian, the creator of the Ten Thousand Year Calendar.



过年的传说

相传在上古时期，有一种叫“年”的猛兽，它相貌狰狞，生性凶残，居住在深山老林之中，以飞禽走兽为食，偶尔也会出来吃人。百姓十分害怕它，谈“年”色变。后来人们发现，“年”每隔365天左右就会到人聚居的地方猎食，于天黑之后出现，天一亮便返回山林。于是人们便将“年”出没的这个夜晚称为“年关”。每到年关来临之时，家家户户就提前做好晚饭，熄火净灶，将宅门紧闭，躲在屋里吃

The Legend of the Chinese New Year's Eve

According to an old folklore, there was a mythical demon called *Nian* (meaning year) in ancient times. He had a ferocious look with a cruel personality. He lived on eating other animals in the deep forests. Occasionally he came out and ate human beings. People were very frightened even when they heard the name *Nian*. They discovered that every 365 days *Nian* (Year) would come out to hunt in places where people lived after dark and went back to the forests at dawn. So people began to call that night “Eve of *Nian*” (eve of a new year). Whenever on the New Year's Eve, every household would cook dinner early, turned off the fire in the stove, shut the door and had the New Year's Eve dinner inside. Because they were uncertain about what would happen that night, people always made a big meal, offered the food to their ancestors for the family reunion first and prayed for a safe night for the whole family. After dinner, all family members spent the night sitting together chatting and eating to keep them from falling asleep. When daylight came, people would open their doors to greet each other and celebrate

008

中国节日
Chinese Festivals



- 大红灯笼高高挂
春节带来一片欣欣向荣的气氛。
Raising big red lanterns
The Spring Festival brings prosperity.