



木兰从军 庭坚涤砚 望云思亲 兄弟断金 温公爱兄 孔融让梨 精忠报国 苏武牧羊 赵氏孤儿 魏徵直谏 季札挂剑 一诺千金



中华传统美德精粹

Essence of Traditional Chinese Virtue

崔晓柏◎著

辽宁人民出版社



程门立雪 三顾茅庐 七岁之师 天祥衣带 关公秉烛 闻鸡起舞 两袖清风 铁面无私 海瑞罢官 负荆请罪 卧薪尝胆 不食周黍



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前 言

中华民族是一个由众多民族组成的大家庭，有着厚重的历史并创造了辉煌的文明。中华文明之所以在经历了5000年风雨后，还能够焕发出勃勃生机，是因为她开放的胸怀。中华文明在漫长的发展过程中，众多民族把本民族在生产生活中积累的文化精髓汇入中华民族的长河中，培育滋养了中华民族这棵参天大树，使得中华文明具有博大坚韧、历久弥新的品质。这种高贵的品质使得中国人无论经历怎样的苦难，都能够浴火重生，无论走到哪里，都怀有一颗中国心。

这次《中华传统美德精粹》画展，从浩如烟海的传统美德事例中，精选了大家比较熟悉的一部分，按孝悌忠信、礼义廉耻传统八德的体例展现给大家，让中华民族传统美德的光芒再一次照耀我们的心灵，感受传统美德带来的力量和温暖。

Preface

Chinese nation is a big family composed by numerous nationalities with a profound history and brilliant civilization. Just because of her open bosom, after 5,000 years of trials and hardships, Chinese civilization is still full of vitality. During longtime development of civilization, essence of culture had been dedicated by numerous nationalities to nourish the towering tree of Chinese nation, endowing Chinese civilization with the quality of broadness, tenacity and everlasting charms. Such noble quality enable Chinese people survive any bitterness and hardships, just as being reborn out of fire. No matter where they go, the Chinese will always cherish her Chinese heart.

The Painting Exhibition ***Essence of Traditional Chinese Virtue*** is a collection of paintings depicting familiar examples representing traditional Chinese virtue, unfolding before your eyes in the order of filial piety, brotherhood, faith and honesty, propriety, righteousness, integrity and sense of shame. Let the light of traditional Chinese Virtue illuminate our souls once again with strength and warmth from the traditional virtue.

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木兰从军

花木兰，隋朝亳城东魏村人。适逢突厥国犯境，朝廷征兵，木兰的父亲也在被征之列。但木兰父亲年龄大了，又患病在身，不能服役。花木兰女扮男装，替父从军。辗转十二载，历经十八战，战争结束后，人们才知道木兰是个女儿身。恭帝大加赞赏，封她为尚书郎。木兰没接受，脱去军装，回到家乡。有首讲述木兰替父从军的戍边诗《木兰辞》流传至今，木兰替父从军的事迹也成为中华传统美德的典范。

Mulan Joined the Army

Hua Mulan was a girl from Dongwei village of Bo city during Sui Dynasty. At that time the Turks invaded border areas, the imperial court ordered to recruit soldiers. Mulan’s father was in the list of conscription, but he was too old and ill to join the army. Mulan disguised as a man to go to the war instead of her father. She had fought in 18 battles for 12 years. Only after the war ended when people recognized Mulan the brave warrior was a woman. Emperor Gong appreciated her and offered a minister’s position. But Mulan refused the position and left the army to return to her hometown. There was a garrison & frontier style poem named *The Ballad of Mulan*, telling about the story of Mulan joining the army instead of her father, which has been passed down to nowadays. The story of Mulan becomes a good example of traditional Chinese virtue.



木兰从军
Mulan Joined the Army

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庭坚涤秽

黄庭坚，宋代四大书法家之一，二十三岁中进士，官至太史。黄庭坚虽贵为太史，公务繁忙，但非常尽孝，对母亲照顾得无微不至。黄母生病多年，黄庭坚总是守护在母亲身边煨汤喂药。因母亲爱干净，所以，黄庭坚每天必亲自为母亲洗刷马桶，以安母心，以尽孝道，连当时的苏东坡都心悦诚服的赞叹黄庭坚的为人。黄庭坚奉母涤秽的事迹和他书法的成就一样，为后世称颂。

Tingjian Washed the Chamber Pot

Huang Tingjian, one of four famous calligraphers in Song Dynasty, had passed the highest imperial examination when he was only 23 years old. He served as chief historiographer to the emperor. Though he was busy with his work, Tingjian still showed strong filial piety and great care to his mother. Since his mother had fallen ill for many years, Tingjian always sat by his mother's side, serving herb medicine to her. Because his mother loved to be clean and tidy, Tingjian washed her chamber pot everyday to make his mother feel at ease. Even Su Dongpo the great litterateur was moved by his attachment to filial duty, showing heartfelt admiration to his moral quality. Both the story of Huang Tingjian washing the chamber pot and his calligraphic achievement had won apotheosis through the later ages.



庭坚涤秽

Tingjian Washed the Chamber Pot



中华传统美德精粹

Essence of Traditional Chinese Virtue

望云思亲

唐朝有一位叫狄仁杰的人，从小家庭贫困，勤奋好学，后来做了丞相。他为人清廉，秉政以仁，朝野上下都很尊敬他。他的一个同僚，奉诏出使边疆之际，母亲得了重病，狄仁杰知道他的痛苦心情之后，特此奏请皇上改派别人。狄仁杰出外巡视，途经太行山。他登上山顶向下看着云，对他的随从说：“我的亲人就住在白云底下。”禁不住流出了思亲之泪。后人写诗赞颂他的孝道：朝夕思亲伤志神，登山望母泪流频。身居相国犹怀孝，不愧奉臣不愧民。

Missing Family Members as Seeing the Clouds

Di Renjie in Tang Dynasty was very poor when he was a child. But he was diligent and fond of learning, finally became the Prime Minister. He was an honest and incorrupt official who applied a policy of benevolence, gaining respect from both the court and the common people. Once one of his colleagues was summoned to serve as envoy to the frontier, coincidentally his mother fell ill badly. When Di Renjie knew his distress, he applied to the Emperor to send another person instead of him. The other day, Di Renjie went out for an inspection via Taihang Mountains. When he climbed to the top of the mountain and looked down through the clouds, he said to his attendants, 'My family just live below these clouds', and could not restrain from his tears for missing his family members. His filial piety was praised by later generations with a poem: 'Missing family members day and night, grieved in his heart. Tears dropped as missing his mother at the mountain top. Showing filial piety even as a Prime Minister, worthy of being an official to serve the emperor as well as the common people.'



望云思亲

Missing Family Members as Seeing the Clouds



中华传统美德精粹

Essence of Traditional Chinese Virtue

兄弟断金

元太祖铁木真有五个兄弟，他们常为一些事发生争吵。铁木真的母亲看到他们兄弟之间不和，非常不安。一天，她把五个儿子叫到身边，取出五支箭，让他们每人一支把箭折断，五个儿子没费多大力气便把箭折断了。接着，母亲又取出五支箭，用皮绳捆在一起，让他们折，五兄弟费了九牛二虎之力也没折断。母亲意味深长地对他们说：“兄弟齐心，其力断金！”五兄弟明白了母亲的良苦用心，从此团结一心，出生入死，纵横四海，打下了元朝的万里江山。

United They Are, the Brothers Can Break a Metal Stick

Genghis khan, the first Emperor of Yuan Dynasty, had 4 brothers, they often quarreled for trivial things. Which made their mother worry about. One day, she called 5 sons in front of her, took out 5 pieces of arrows and asked them to break them one by one. One piece of arrow was easily broken by the sons. Then the mother took out another 5 pieces of arrows, tied them into a bundle, and asked her sons to break the arrows again. This time they could not break the arrows even with all their strength. In the end, their mother told them meaningfully, 'United they are, the brothers can break a metal stick.' The sons then deeply understood their mother's thought. Ever since then, they united as one person, fought hand in hand bravely and finally founded the vast territories for Yuan Dynasty.



兄弟断金

United They Are, the Brothers Can Break a Metal Stick



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温公爱兄

司马光是北宋时期的一位贤明宰相和知名学者，人称司马温公。“司马光砸缸”的故事广为流传，被我们所熟知。他倾注一生心血编撰的《资治通鉴》，记载了中国历史上许多善恶成败的经验教训，为后世子孙留下了一部珍贵的殷鉴宝典。他德高望重，兄弟之间的手足之情也备受推崇。司马光有位年长的哥哥，司马光对他关怀备至，每餐都要问哥哥吃好了没有。特别是季节交替天气转凉的时候，司马光常常轻抚哥哥的后背，嘘寒问暖。他以“退则独善其身，进则兼善天下”的卓绝操守，受到后世人们的爱戴。

Duke Wen Loved His Brother

Sima Guang was a wise Prime Minister and famous scholar in Northern Song Dynasty. He was also known as Duke wen. The Story about *Sima Guang breaking the vat* was very popular and familiar to us. He had compiled the book *History as a Mirror* with all his life's painstaking labor, which recorded examples of success and failure, of the good and evil from China's history, leaving behind valuable political reference for later generations. He gained high prestige and respect also for his love to his brother. Sima Guang had an elder brother whom he cared very much. He always asked his brother whether he was satisfied with the meal at every dinner. Sima Guang might touch his brother's back gently and inquire his health especially when it became cold as seasons shifted. Away from official position, he would cultivate himself; while being an official, he would try his best for the welfare of the people nationwide. His virtue gained long-lasting love and respect from later generations.