

中国 CHINA 社会与文化 英语读本



A Survey of Chinese Society and Culture

主编 姚宝荣 冯伟年



西安交通大学出版社
XI'AN JIAOTONG UNIVERSITY PRESS

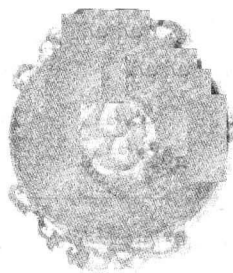
中国^{CHINA} 社会与文化 英语读本

A Survey of Chinese Society and Culture

主编 姚宝荣 冯伟年

编者 (按姓氏笔画排列)

刘盈 范伟 赵玲 魏周



西安交通大学出版社
XI'AN JIAOTONG UNIVERSITY PRESS

图书在版编目(CIP)数据

中国社会与文化英语读本·A Survey of Chinese Society and Culture / 姚宝荣,冯伟年主编. —西安:西安交通大学出版社,2011.2

ISBN 978-7-5605-3839-6

I. ①中… II. ①姚… III. ①英语—语言读物 ②文化史—中国
IV. ①H319.4:K

中国版本图书馆 CIP 数据核字(2011)第 014429 号

书 名 中国社会与文化英语读本
主 编 姚宝荣 冯伟年
责 任 编 辑 王晓芬

出 版 发 行 西安交通大学出版社
(西安市兴庆南路 10 号 邮政编码 710049)

网 址 <http://www.xjtupress.com>
电 话 (029)82668357 82667874(发行中心)
(029)82668315 82669096(总编办)

传 真 (029)82668280
印 刷 西安建科印务有限责任公司

开 本 727mm×960mm 1/16 印张 23 字数 451 千字
版 次 印 次 2011 年 2 月第 1 版 2011 年 2 月第 1 次印刷
书 号 ISBN 978-7-5605-3839-6/H·1198
定 价 39.80 元

读者购书、书店添货、如发现印装质量问题,请与本社发行中心联系、调换。

订购热线:(029)82665248 (029)82665249

投稿热线:(029)82664953

读者信箱:cf_english@126.com

版权所有 侵权必究

前言

随着经济全球化的加速以及中国综合国力的不断提升,中国对外交流日益频繁,全球“汉语热”的不断升温 and “孔子学院”在世界各地的陆续开办都说明:外国人迫切希望对中国能有更为真实和深入的了解,这为中国文化的传播提供了难得的机遇。在这样一个特殊的历史时刻,我们每一位中国人,尤其是英语学习者和跨文化交际者,都肩负着传播中国文化,实现中西方文化交流的使命。

然而,在笔者多年的教学中发现,当代大学生在学习英语和西方文化时,却忽略了对中国历史、社会和文化的学习,他们在谈起欧美文化时滔滔不绝,但是绝大多数学生对中国的历史、社会和文化却知之甚少,造成知识结构的严重失衡。此外,一些英语学习者即使对中国历史、社会和文化有所了解,但他们却不能用英语流利表达,为传播中国文化带来了障碍。

基于上述原因,我们决定编写《中国社会与文化英语读本》一书。本书一方面旨在帮助当代大学生和从事外事、外经贸、旅游等工作的跨文化交际者掌握中国历史、社会和文化知识;另一方面,也可以帮助外国留学生以及对中国历史、社会和文化有兴趣的外国人更多地了解中国。这对于弘扬中华文明,促进中外文化交流,有着十分积极的意义。

本书的两位主编姚宝荣教授和冯伟年教授都是陕西省省级教学名师,长期从事中国文化研究。姚宝荣教授从上世纪 90 年代起就为上万名专程来到中国学习中国历史、社会和文化的美、欧、日以及世界其他地方的外国人做了上千次有关中国历史、社会和文化的专场讲座;魏周博士在英国爱丁堡大学专门研究世界非物质文化遗产保护,特别是中国的非物质文化遗产保护;其他作者也长期从事中外文化的研究以及教学工作。这本书可以说是他们多年教学以及跨文化交际经验的积累。

上下五千年的中国历史文化博大精深、包罗万象,要想在一本书中完整介绍中国社会的各个文化层面是不可能的。本书13个部分的选材偏重于以下几个方面:

1. 在多年的教学实践中不断征求学生意见,反复筛选出来的学生十分感兴趣的题材;

2. 在教学过程中发现的学生普遍欠缺的知识点;

3. 在给外国人做的专题文化讲座中和与外国人的讨论中发现的他们普遍感兴趣的、迫切希望了解的中国历史、社会和文化问题。

另外,本书特别突出当代中国经济社会变革,尤其是当前中国社会热点问题的解读,以期让中外读者读完本书后,不但对中国的传统文化,同时对改革开放后中国发生的变化能够有全新的认识 and 了解。

本书以英文编写,在编写过程中我们力求语言表述准确规范、通俗易懂,同时配有适量的图片,生动形象;每个章节之后附有详细的汉语注释,帮助读者了解更多的背景知识。

本书具体分工如下:姚宝荣教授负责本书整体结构的策划与审稿工作;冯伟年教授负责部分审稿工作;第一部分的第一章及第五、八、十部分由魏周博士执笔;第一部分的第三章及第四、六、十三部分由刘莹老师执笔;第一部分的第三章及第三、十一、十二部分由赵玲老师执笔;第一部分的第二章及第二、七、九部分由范伟老师执笔。

本书既可以作为高校外语专业以及对外汉语专业的教材和参考书,也可以作为中国历史、社会和文化爱好者的读本。

由于我们水平有限,错误在所难免。我们真诚欢迎广大读者不吝赐教,指出谬误,以便再版时更正。

作者

2011年春

Contents

目 录

PART I China in Profile

中国概要

Chapter 1	The Land	
	国土	(2)
Chapter 2	Population	
	人口	(18)
Chapter 3	Ethnic Groups	
	少数民族	(24)
Chapter 4	Language	
	语言	(31)

PART II History

历史

Chapter 5	A Brief Chinese History	
	中国历史概要	(42)

PART III Politics and Government

政治体制

Chapter 6	National Flag, National Emblem and National Anthem	
	国旗、国徽、国歌	(58)



Chapter 7	The Constitution of the People's Republic of China	
	中华人民共和国宪法	(61)
Chapter 8	State Structure	
	国家机构	(65)
Chapter 9	Political Parties and the Chinese People's Political Consultative Conference	
	政党和中国人民政治协商会议	(72)

PART IV Education

教育

Chapter 10	History of Education	
	中国教育史	(79)
Chapter 11	Higher Education in China	
	高等教育	(84)
Chapter 12	Basic Education in China	
	基础教育	(90)
Chapter 13	Vocational Education in China	
	职业教育	(94)

PART V China Since the Reform & Opening – up

改革开放以来的中国

Chapter 14	Economic Reform	
	经济改革	(99)
Chapter 15	Social Security System	
	社会保障制度	(105)
Chapter 16	Legal Construction	
	法律制度	(112)
Chapter 17	Chinese Taxation	
	税收制度	(116)

Chapter 18	China's Migrant Workers	
	中国农民工	(120)
Chapter 19	Wealth Gap in China	
	中国收入差距	(127)
Chapter 20	The Building of a Harmonious Society	
	建设和谐社会	(134)

PART VI Chinese Women and Family Structure

中国妇女和家庭结构

Chapter 21	Women in Feudal China	
	封建社会的中国妇女	(141)
Chapter 22	Women in China Today	
	现代社会的中国妇女	(151)
Chapter 23	The Extended Family	
	大家庭	(156)
Chapter 24	The Nuclear Family	
	核心家庭	(160)
Chapter 25	The DINK Family	
	丁克家庭	(163)
Chapter 26	The Empty Nest	
	空巢家庭	(166)

PART VII Traditional Festivals

传统节日

Chapter 27	Festivals of the Han People	
	汉族的节日	(170)
Chapter 28	Festivals of Ethnic Minority Peoples	
	少数民族的节日	(180)



PART VIII Major Religions in China

中国的主要宗教派别

Chapter 29	A General Introduction to China's Religions	
	中国宗教的综述	(187)
Chapter 30	Buddhism	
	佛教	(191)
Chapter 31	Daoism	
	道教	(199)
Chapter 32	Islam	
	伊斯兰教	(204)
Chapter 33	Christianity	
	基督教	(212)

PART IX Eminent Philosophers in Ancient China

中国古代的杰出哲学家

Chapter 34	Confucius	
	孔子	(220)
Chapter 35	Mencius	
	孟子	(228)
Chapter 36	Lao Zi	
	老子	(232)
Chapter 37	Mo Zi	
	墨子	(239)

PART X The Arts and Literature of Ancient China 传统工艺和中国古代文学

Chapter 38	Calligraphy	
	书法	(244)
Chapter 39	Painting	
	绘画	(250)
Chapter 40	Silk	
	丝绸	(256)
Chapter 41	Porcelain	
	瓷器	(265)
Chapter 42	Ancient Bronzes	
	古代青铜器	(271)
Chapter 43	Literature of Ancient China	
	中国古代文学	(276)

PART XI Classical Chinese Architecture 中国古典建筑

Chapter 44	Classical Architecture in Brief	
	古典建筑简述	(285)
Chapter 45	Classical Gardens	
	古典园林	(294)
Chapter 46	Buddhist Temples	
	佛教寺院	(300)
Chapter 47	Tomb Architecture	
	陵墓建筑	(307)



PART XII Chinese Cuisine, Tea and Medicine

中国菜肴、茶文化和中医

Chapter 48 Chinese Cuisine

中国菜肴 (314)

Chapter 49 Chinese Tea Culture

中国茶文化 (322)

Chapter 50 Traditional Chinese Medicine

传统中医 (328)

PART XIII Chinese Operas, Martial Arts, and Qigong

中国戏剧、武术和气功

Chapter 51 Beijing Opera

京剧 (336)

Chapter 52 Chinese Martial Arts

中国武术 (343)

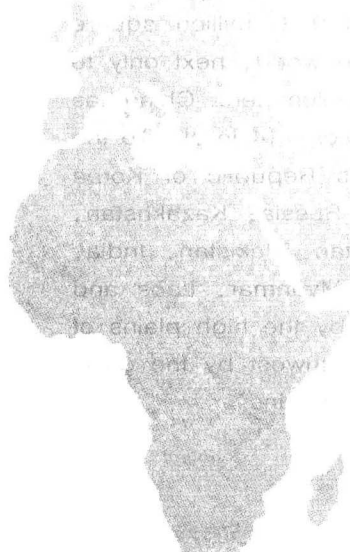
Chapter 53 Chinese Qigong

中国气功 (351)

PART I

China in Profile

- Chapter 1 The Land
- Chapter 2 Population
- Chapter 3 Ethnic Groups
- Chapter 4 Language





Chapter

1

The Land

Land Area

China is situated in East Asia on the west coast of the Pacific Ocean. The southern portion of the country faces the ocean, while the northwest extends deep into the Eurasian Continent^[1]. From north to south, it stretches from Mohe Town on the Heilongjiang River^[2] on the northern border of Heilongjiang Province to the Zengmu Reef of the Nansha Islands^[3], a total distance of 5,500 kilometers. From east to west, it extends from the confluence of the Heilongjiang and Wusulijiang rivers to the Pamir Plateau^[4], a distance of 5,200 kilometers.

China is huge in size, encompassing a total of 9.6 million square kilometers in area. It is the third largest country in the world, next only to Russia and Canada. The land border of China is 22,800 kilometers. China has common borders with more countries than any other nation—14 in all. To the east, China is bordered by the Democratic People's Republic of Korea (DPRK); to the north, Mongolia; 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. China is bordered on the north by the high plains of Mongolia, on the west by the Gobi Desert, on the southwest by the great Tibetan upthrust, and on the south by the jungle-clad mountains.

China's coastline is 18,000 kilometers long, with many harbors. It is bordered on the east by the Yellow Sea, the East China Sea^[5] and the Bohai Sea. The Bohai Sea is China's continental sea, while the Yellow Sea, the East China Sea and the South China Sea^[6] are marginal seas of the Pacific Ocean. Among China's 5,000 islands, Taiwan ranks the largest, Hainan, the second, and Chongming, the third. There are many islands, reefs, beaches and shoals in the South China Sea, namely, Dongsha, Xisha, Zhongsha and Nansha, known as the South China Sea Islands.

Notwithstanding its huge physical size, China is land-poor. Some 80 percent of the landmass is made up of uninhabitable mountains and deserts. With only about seven percent of the earth's cultivated land, China has to feed 22 percent of the world's population.

In addition to its natural border barriers, China is further divided into distinct geographic regions by the Qinling Mountain Range^[7] extending 1,500 kilometers across Central China. It splits the country into the North and the South. It is South China that is noted for its intensively cultivated paddies and terraced fields, its abundant rain, and swift rivers.

According to topographic features, there are four major plateaus in China. Qinghai-Tibet Plateau locates in southwest China, is highest plateau in China. The central portion of it, with an average height of more than 4,800 meters, it is aptly regarded as "The Roof of the World^[8]," and it gives birth to numerous rivers and lakes worldwide. Inner Mongolia



Loess Plateau, by Yao Baorong

Plateau in Inner Mongolia gets desert in the west and vast grasslands in the east. Surrounded by mountain ranges, the Loess Plateau lies 1,000 to 2,000 meters above sea level. It has fragmented landforms due to long-term rainfalls. Yunnan-Guizhou Plateau, with an altitude of 1,000 to 2,000 meters, is covered with a great many mountain ridges, valleys and rugged landforms. It has typical karstic topography, and it is the plateau where the well-known Huangguoshu Waterfall lies.



China has four major basins. Located in Xinjiang Uyghur Autonomous Region, the Tarim Basin^[9] is China's largest basin, where lies China's largest and the world's second largest desert, the Taklimakan Desert. North of the Tianshan Mountain locates the Junggar Basin. These two basins are the largest basins in China. The Qaidam Basin^[10], which is renowned as the "treasure bowl," is the highest basin in China. The Sichuan Basin is the largest outflow and wettest basin in China.

China has three major plains—the Northeast Plain, the North China Plain, and the Middle and Lower Reaches of the Yangtze River Plain. These plains are primarily the result of alluvial silt built-up from rivers, lakes and seas. These densely populated plains occupy 1.1 million square kilometers, or 11 percent of the nation's territory. They are flat and crisscrossed by a network of rivers and lakes, set off by their fertile soil. The Northeast Plain of more than 350,000 square kilometers, comprising Heilongjiang, Jilin and Liaoning provinces and Inner Mongolia Autonomous Region, is formed by deposits of Songhua River, Nen River and Liao River. It has rich thick black soil; hence it gives a high yield of grain, soybeans, wheat, corn, sorghum and sugar beets. The North China Plain of about 300,000 square kilometers, lying in Hebei, Shandong, Henan, Jiangsu and Anhui provinces, is the second largest in China. It has vast stretch of smooth, rich soil, which makes it become China's most important agricultural area. The North China Plain produces wheat, corn, rice, millet, sorghum, cotton, peanuts and various kinds of fruits. The third largest, the Middle and Lower Reaches of the Yangtze River Plain of around 200,000 square kilometers with an elevation below 50 meters, is formed by alluvial of the Yangtze River. It lies in Hunan, Hubei, Anhui, Jiangxi, Jiangsu and Zhejiang provinces. Situated between the streams are rice paddies, mulberry and tangerine orchards, and fish ponds. The Middle and Lower Reaches of the Yangtze River Plain is one of China's leading producers of rice, rapeseed crops, and broad beans, which helps to gain its nickname "land of fish and rice"^[11] for thousands of years.

There are three large deltas in the country, namely, the Yangtze River Delta, the Yellow River Delta, and the Pearl River Delta^[12]. The Yangtze River Delta is located in southern Jiangsu and northern Zhejiang provinces. Fourteen cities are situated in this region, covering a total area of 100,000 square kilometers. The Yangtze River Delta is dotted with 250 lakes and a network of rivers totaling 40,000 kilometers. Shanghai is the main terminus for the Delta.

With its fertile soil, the Yangtze River Delta produces abundant grain, cotton, hemp and tea. The Yellow River Delta covers an area of 18,000 square kilometers. The Yellow River Delta is very rich in arable land and natural resources. It sits right at the confluence of China's Bohai Economic Zone^[13] and the economic belt of the Yellow River reaches, separated from Japan and Korea to the east by the Yellow Sea. This favorable location will enable the area to become a major raw materials center for Northeastern Asia in the future. The Pearl River Delta is located at the entrance of the South China Sea, covering 40,000 square kilometers. The delta teems with rice, sugarcane, various flowers and fruits, silkworms and other special crops used to make famous brand-name products. An extensive network of rivers allows inland shipping to flourish. The delta has favorable conditions for developing foreign trade because of its convenient transportation network, and its proximity to Hong Kong, Macao and other islands on the South China Sea.

Climate

Lying mainly in the northern temperate zone, China has a typical continental monsoon climate. In winter, wind from Siberia and the Mongolia Plateau keeps the northern parts of China cold and dry; in summer, monsoon from eastern and southern coastal areas causes plentiful rainfall and temperatures to fluctuate greatly from region to region. China's diverse climate comprises distinct seasons for periodic changes in the monsoons and the influence of its terrain. In terms of temperature, the country can be sectorized from south to north into tropical, subtropical, temperate, medium temperate, and frigid temperate zones. It has tremendous difference between the south and the north.

Great differences in temperature and climate are found from region to region owing to China's extensive territory and complex topography. The northern part of Heilongjiang Province in northeast China has no summer, Hainan Island has a long summer but no winter; the Huaihe River valley features four distinct seasons; the western part of the Qinghai-Tibet Plateau is covered by snow all year round; the southern part of the Yunnan-Guizhou Plateau is spring-like all the year; and the northwestern inland region sees a great drop of temperature in the day.

In summer, the temperature throughout China is generally rather high. The



average temperature in July is about 20°C in Heilongjiang, 15°C in Lhasa and 28°C in Hangzhou. The average temperature in winter is about minus 30°C in the most northerly part of Heilongjiang but above 10°C in places like Guangdong, Guangxi and Fujian, while in Hainan it can go as high as 25°C or even higher. When the North is a frozen land, coconut groves flourish in the South.

Precipitation gradually declines from the southeastern area to the northwestern inland areas. The variability of rainfall is a problem for China's farmers. In North China 80 to 90 percent of the annual precipitation falls in the summer. As a result, droughts often occur. Southeast China receives the most rainfall due to the fact that this area is also hit by typhoons from July to September.

China's complex climate and its difference in temperature, humidity, and precipitation provide good conditions for agriculture, forestry, and animal husbandry. Many of the world's animal and plant species can be found in China. Its wild animal and fish species form 10 percent of the world's total, while its bird species 15 percent.



Mountains

China is a mountainous country, with two-thirds of its surface area covered with mountains or hilly areas. China's mountains fall into three groups according to the direction in which they run, namely, the east-west, the northeast-southwest, and the north-south ranges.

The east-west ranges, mainly in the western part of China, include Altay, Tianshan, Kunlun, Himalayas, Qinling and Nanling^[14]. The Kunlun Mountains to the North and the Himalayas to the South have several peaks reaching between 7,000 and 7,930 meters above sea level.

The Kunlun mountain range, the longest range in China, spans from west to east over Xinjiang, Tibet, Qinghai and Sichuan.

The Himalayas, the highest and most majestic mountain range in the world, extending over the border of China with India, Nepal and other countries, rises above the southern rim of the Qinghai-Tibet Plateau. It contains over 30 peaks of 7,300 meters or higher above sea level and 11 peaks of 8,000 meters or higher in elevation. Mount Qomolangma (Mount Everest) which means "Goddess Peak" in Tibetan, is the main peak of the Himalayas