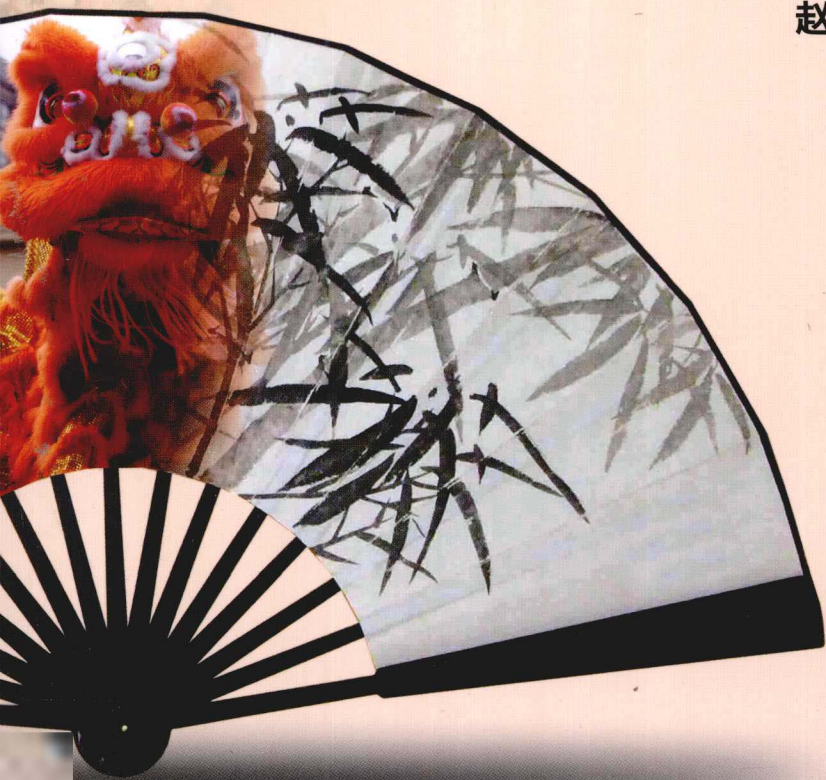


英语畅谈 中国文化风俗

Album of Culture and Conventions in China

赵 雷 蔡新芝◎编著



科学出版社

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Preface

前 言

在世界经济全球化的进程中，改革开放后的中国在世界经贸、科技创新、和平共处等方面起着越来越重要的作用。大量的中国人走出国门去学习和工作，来自世界各地的友人也涌向中国，他们在中国积极开拓业务的同时，也对中国悠久的历史和文化风俗充满好奇和向往。跨文化的互动与交流日益频繁，而整个世界都面临着文化差异所带来的变化和巨大挑战。风俗习惯、思维方式、社会背景等方面的不同往往会造成不可回避的交往障碍和冲突。在多年的英语教学工作中，我们经常看到很多优秀的英语学习者，尽管通过了大学英语六级，甚至英语专业八级等考试，但他们在涉外活动中却不能用适当、得体的英语向外国友人介绍中国的风俗习惯，以及由几千年历史沉淀而来的思想、艺术。对此，我们感到无限的自责和巨大压力。为了弘扬中国民族文化，为了让世界更好地了解中国，我们试图利用英语这一国际化语言，把我国璀璨辉煌的民族文化和源远流长的历史文化风俗向世界传播。

本书旨在让世界上说英语的人了解地道的中国文化，也能给那些希望向世界介绍中国文化的国人提供一定的英语素材，同时还能为很多没有时间系统钻研本土文化的研习者提供学习和了解本国民族文化风俗的另一个平台。本书也可作为英语学习者提高英语水平、拓展知识范围和增强文化底蕴的读物或教科书。

由于中国文化博大精深，涉及的方面极其广泛，而编著者水平有限，书中不免会有一些错漏之处，恳请广大读者和有关专家批评指正。同时也非常感谢美籍教师 Nicholas John O'shen 先生对本书的认真修改和润色。

赵 翊 蔡新芝

2011年1月10日

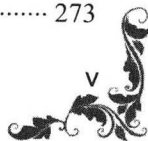
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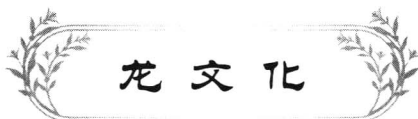
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UNIT 1

Chinese Dragon Culture

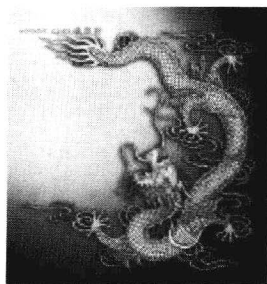


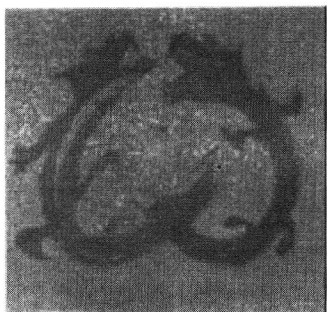
题记

中国人的先祖和世界上其他民族一样，都经历了氏族公社时期。黄帝和炎帝是当时最著名的两个部落首领，属华夏集团。由于黄帝、炎帝在部落联盟时期的重要位置，其后人被称为“炎黄子孙”，他们也自称为“龙的传人”。神秘的龙文化一直延续至今。

The ancestors of the Chinese people like other nations experienced a clan commune period. At that time Yandi and Huangdi were leaders of the two most famous tribes, belonging to the Huaxia. Since Yandi and Huangdi played an important role in the tribal alliance period, the later generations were known as the descendants of them. But they also called themselves the descendants of the dragon, and the mysterious dragon culture still continues today.

Many Chinese people like to sing a song: "There is a dragon in the ancient orient whose name is China. There is a group of ancient oriental people there too, who are all the descendants of the dragon..." Here the word "dragon" is the symbol of Chinese nation. Many foreigners call China the "oriental dragon". Chinese people also like to call themselves the "descendants of the dragon".





In fact, “dragon” is only a kind of mythological animal in legend. No one has ever seen the flying dragon winding through the clouds in China or anywhere else. It is the mysterious dragon worship, especially the worship of the snake totem that causes Chinese to think of themselves as the descendants of the dragon.

Researchers believed that dragon worship was formed after the tribe that took snakes as totems combined with the tribes that took horses, fish, deer, camels, turtles, eagles, cattle and tigers as totems. That is why the new totemism—dragon has deer’s horns, camel’s head, tortoise’s eyes, snake’s neck, the scales of fish, the claws of eagle, the palms of tiger, and the ears of cattle. It is said that dragons can fly, swim, gather clouds to pour down rain and change into different forms.

Since the beginning of the Xia Dynasty, the Chinese have worshiped the dragon. The concept of dragons has already infiltrated every part of society. In ancient people’s beliefs “dragon” was a symbol of the power and gods, so the Chinese emperors were thought of as dragons. In the past, everything related to the Chinese emperor was connected with the “dragon”, therefore the emperor was called “the real dragon and the son of heaven”; the illness of the emperor meant “The dragon’s body is not very well.”; when the emperor rewarded someone, the person would say “Thank dragon”; the imperial chariot was called “dragon’s chariot”; emperor’s clothes are called “dragon robes”, and so on.



In Chinese language, people always show their love and respect to the dragon. For example, they use “Hidden dragons and crouching tigers” to describe the

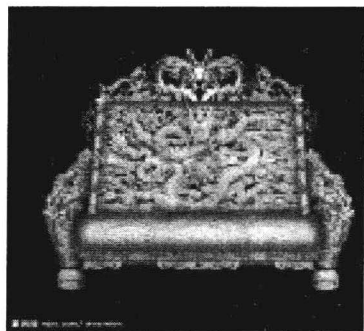
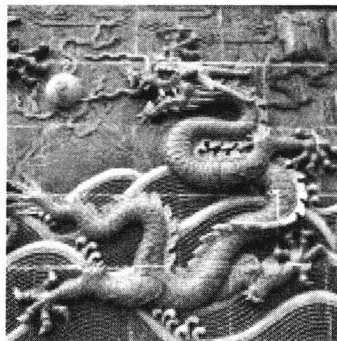
talented or outstanding people who remain obscure to the untrained eye; “Long to see one’s son become a dragon”, means to hope that one’s child will have a bright future. The person who is full of vim and vigor is called “doughty as a dragon and lively as a tiger”. “Fighting between a tiger and a dragon” is used to describe the fierce struggle between well-matched opponents. From the above we can see the great vitality of ancient dragon culture in China.



段落译文

很多中国人爱唱这样一首歌：“古老的东方有一条龙，它的名字就叫中国；古老的东方有一群人，他们全是龙的传人……”这里所说的“龙”是中华民族的象征。很多外国人也称中国为“东方巨龙”。中国人更喜欢称自己为“龙的传人”。

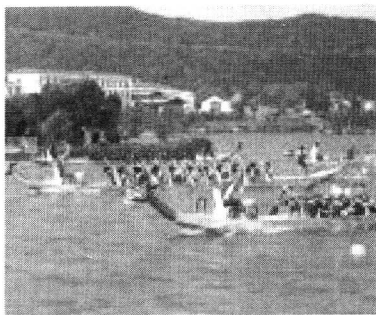
实际上，“龙”只是一种传说中的虚构动物。在当今世界，没有人见过蜿蜒飞舞的龙，在中国，也从来没有人目睹过腾云驾雾的龙。中国人自称龙的传人，是与神秘的龙崇拜有关，尤其与对蛇的图腾崇拜有关。



研究者认为，以蛇为图腾的部落在与以马、鱼、鹿、骆驼、龟、鹰、牛、虎等为图腾的部落融合后，形成了新的崇拜对象“龙”，其角似鹿，头似骆驼，眼似龟，颈似蛇，鳞似鱼，爪似鹰，掌似虎，耳似牛。传说中的龙能飞，能游水，能兴云雨，善变化，充满神秘感。

自夏朝开始，中国人对龙的崇拜经久不衰。龙的观念，龙的形象已渗透到社会的各个角落。在古代人们的信仰中“龙”是神灵和权威的象征，后来他们把皇帝和龙归为一体，使帝王更具威严、更神化。因此中国皇帝的一切都与“龙”有关。他们被称为“真龙天子”；皇帝有病要说“龙体欠安”；皇帝给赏赐，大臣口称“谢龙恩”；皇帝所乘的车叫“龙舆”，皇帝的衣服被称为“龙袍”，

等等。



在帝王的宫殿里，到处可见龙的图案。例如，北京的故宫是龙图案最多的地方。皇帝的龙椅上，雕有一条巨大的蟠龙和 16 条小金龙。故宫的正门——天安门城楼上有 932 条彩绘金龙，其大殿的天花板上有千姿百态的卧龙、飞龙、盘龙 1700 多条，可谓是名副其实的“龙楼”。天安门前的华表上也盘着汉白玉雕龙。

民间以龙为主题的风俗也很多。在中国的农历里，几乎每个月都有与龙有关的节日或庙会。例如，农历正月，很多地区都有“龙灯会”，也称为“闹龙灯”。正月初五是云南瑶族的传统节日——“龙头节”。当地群众在这一天用各种供品祭祀龙王。正月十三至十五是湖北武昌的“祭龙节”，人们的庆祝形式有舞龙、烧龙、拔河比赛等。二月初二是“龙抬头节”，有些地方的人们吃油煎食品来庆祝，有些人吃“龙须面”，而且面越长越好，象征吉祥。五月端午节前后，江苏、广东、湖南、湖北、贵州、四川等地都会有“龙船赛会”，因此五月节也被称为“龙舟节”或“龙船节”。六月六为“晒龙袍日”，等等。

在语言方面，中国人也时常流露出对龙的热爱和崇敬。例如，“人才辈出”称为“藏龙卧虎”；希望孩子有出息，成为有用的人才，是“望子成龙”；身体健康，精神旺盛的人被说成是“生龙活虎”；还可以用“龙争虎斗”来形容强手之间的争斗。从中可以看出在中国古老的龙文化一直保持着旺盛的生命力。



实用词汇

龙 dragon

龙的传人 the descendants of the dragon

炎黄子孙 descendents of Yandi and Huangdi ; descendents of the Yan and

Huang Emperors

华夏民族 Huaxia nationality; the Chinese nationality; the Huaxia

图腾 totem

图腾崇拜 totemism

真龙天子 the real dragon and the son of the heaven
龙子龙孙 dragon sons and dragon grandsons
龙袍 dragon robes
龙椅 dragon seat; throne
龙宫 dragon palace
龙王 the king of the water/dragon
龙灯会 dragon lantern festival
舞龙 perform the dragon dance
华表 cloud pillar; ornamental columns
汉白玉雕龙 white marble dragon
庙会 temple fair
龙须面 dragon whiskers noodles; long, thin noodles



名言俗语

画蛇添足。

Draw a snake with feet added to it.

画龙点睛。

To dot the eyeballs while painting a dragon; to bring the painted dragon to life by putting the pupils into its eyes.

龙游浅滩遭虾戏，虎落平阳被犬欺。

A dragon will be teased by a shrimp in a shoal water; a tiger will be bullied by a dog on a treeless plain.

欲擒龙王，先得下海。

He who would catch fish must not mind getting wet

在家一条龙，在外一条虫。

A lion at home, a mouse abroad.

龙生龙，凤生凤。

A man that begets a barren cannot have a grand child.

国家兴亡，匹夫有责。

Every man has a share of responsibility for the fate of his country.



龙飞凤舞。

Like dragons flying and phoenixes dancing, which means lively and vigorous flourishes in calligraphy.

龙凤呈祥。

The dragon and the phoenix bringing prosperity, which means to exercise good fortune.

龙驹凤雏。

The dragon colt or young phoenix—a brilliant young man.

群龙无首。

A host of dragons without a head, which means a group without a leader.

龙争虎斗。

The fighting between a tiger and a dragon; a fierce struggle between well-matched opponents.

生龙活虎。

Doughty as a dragon and lively as a tiger; full of vim and vigor.



词语注解

画蛇添足：画蛇添上脚，比喻做多余的事，反而不恰当。

Draw a snake with feet added to it: this idiom is frequently quoted to depict any act which ruins the effect by adding what is superfluous.

画龙点睛：原意是为画好的龙画上眼睛，使其附有生命。现在经常用来比喻写文章或说话时在关键地方加上精辟的语句，使内容更加生动传神。

It means to bring the painted dragon to life by putting the pupils into its eyes. The literal translation of it means to dot the eyeballs while painting a dragon. But now this saying is widely quoted to refer to adding the crucial touch to a work of art that brings it to life or putting in the word or two that clinches the point.

叶公好龙：传说有位叶公，非常爱好龙。真龙知道了，就到叶公家看他，叶公吓得面如土色，拔腿就跑。比喻某人说是爱好某事物，其实并不是真爱好。

Lord Ye's love of the dragon turns into his worst fear: It is often cited to



depict the professed love of what one really fears.

藏龙卧虎：比喻潜藏着的杰出人才。

Hidden dragons and crouching tigers which means talented or outstanding people who remains obscure to the undiscovering eye.

望子成龙：希望儿子能成为出人头地或有作为的人。

Long to see one's son become a dragon, which really means to hope that one's children will have a bright future.



中西合璧

值得说明的是，中国的“龙”与西方传说中的“龙”的含义完全不同。在西方“龙”被描绘成一种长着翅膀、能喷火、邪恶并凶猛的动物，而中国的“龙”则是威严、高贵、权利的象征。



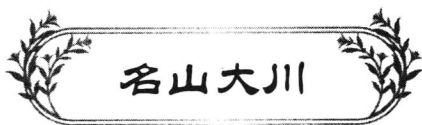
尽管西方人认为龙是一种凶暴的动物，但是法国还是有一个与龙有关的节日。该龙节是在每年6月底举行，为期4天，纪念传说中的圣女马尔泰战胜一条巨龙的事迹。龙节有好多庆祝活动，其中舞龙游行与中国舞龙灯很相近。

It is worth saying that there are some complete differences between the Chinese dragons and western dragons in the legend. In the west, "dragon" was portrayed as an evil and ferocious animal with wings and could be able to breathe fire. In china, dragon is a symbol of dignity and power.

Although Westerners think that the dragon is a violent animal, there is a dragon festival in France, which portrays a different idea. This four-day festival is held each year at the end of June to commemorate Joan Marthe who, as the legend goes, conquered a dragon. There are a lot of activities during the festival, among which a procession of dragon dancing is similar to the Chinese dragon lantern dancing.

UNIT 2

Mountains and Rivers in China



题记

中国幅员辽阔，地理结构复杂。陆地面积约占 960 万平方公里，仅次于俄罗斯和加拿大，是世界第三大国家。中国有很多的名山大川，其中最著名的要数“三山五岳”及包括长江在内的“七大水系”。

China has a vast territory with complicated geographical structure. Its land is about 9.6 million square kilometers, and it is the third largest country in the world, only next to Russia and Canada. There are many great mountains and rivers in China. The most famous ones must be “Sanshanwuyue”, and seven major rivers, including the Yangtze River.

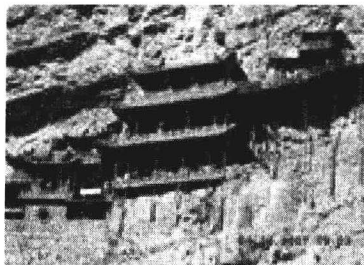


When it comes to mountains, Chinese people will mention “Sanshanwuyue”, which means three great mountains and the five sacred mountains in China. Initially, the three great mountains referred to the three mountains of immortals—Penglai, Fangzhang and Ying Chow, which were not real mountains though described as very beautiful scenery. Now the three great mountains refer to Mount Huang in Anhui province, Mount Lu in Jiangxi and

Mount Yandang in Zhejiang. The five sacred mountains are the Eastern Mountain—Mount Tai, the Western Mountain—Mount Hua, the Northern Mountain—Mount Heng in Shanxi, the Central Mountain—Mount Song, and the Southern Mountain—Mount Heng in Hunan. It is said that these mountains were all granted additional titles by many emperors in the ancient times. Although they are not the highest and the most precipitous ones, they appear particularly high and steep for they are located in plain or basin.



Mount Huang is located in the south of Anhui Province, which is famous for its pines, rocks, seas of clouds and hot springs. It is a botanical garden with a lot of flowers, ancient trees, rare birds and animals. Mount Lu is in Jiu Jiang City, Jiangxi province, and is celebrated for the tall and graceful peaks, the unpredictable sea of clouds, magical scene at the spring waterfall, as well as many historic sites. It is a world-renowned summer resort too. Mount Yandang is located in Yueqing County, Zhejiang Province. Because of the lake on the top of the peak and dense reeds where the wild geese are fond of staying during their migration, it is called Mount Yandang which means Wild Goose Mountain. There are many waterfalls there, the most famous ones are “big dragon pond”, “small dragon pond” and “Sanzhepu”.



Mount Tai is located in Shandong Province. It has many unique stones, pine trees, clouds and magnificent natural landscape. It is called “the number one mountain in China”. It is also said that in ancient times, many emperors worshiped it when they ascended the throne or during peacetime. In 1987, Mount Tai was listed as the cultural and national heritage of the world by



UNESCO.

The Western Mountain—Mount Hua is 2,200 meters above sea level and located in Shanxi Province, which is the highest mountain among the five sacred mountains and its natural landscape is peculiar and full of rocks, precipitous cliffs, deep valleys and dangerous paths. It is known as the most dangerous mountain. That is why a great number of people are attracted to climbing it every year.

The Southern Mountain—Mount Heng is located in the middle of Hunan province. Hengshan's natural scenery is very beautiful and its exuberant forest is green and full of fragrant flowers all year round. It is a sacred site of Buddhism and there are many temples, including the magnificent Nanyue Temple, which covers nearly 100 thousands square meters.

The Northern Mountain—Mount Heng in Shanxi is famous for Taoism. It is said that it is where Guolao Zhang, one of the Eight Immortals in Chinese mythology once lived. There are a lot of cultural relics and historic sites, such as the Hanging Temple, Buddha wooden pagoda, Yuanjue Temple pagoda and so on, in which the structure, shape, decoration, sculpture, and painting play an important part of Chinese architectural history.

The Central Mountain—Mount Song is in Henan province. Among the 36 peaks, Junji is the main peak, 1492 meters above sea level. It has many historical monuments and the most famous ones are Shaolin Temple, Songshan



Temple, three carved stones of the Han Dynasty, Zhong Yuemiao temple, and Huishan Temple, and so on.

The most famous Seven Rivers in China are Yangtze River, Yellow River, Huaihe River, Pearl River, Haihe River, Songhua River and Liaohe River. The Yangtze River is the longest

river in China, 6300 kilometers in length. It covers 11 provinces and