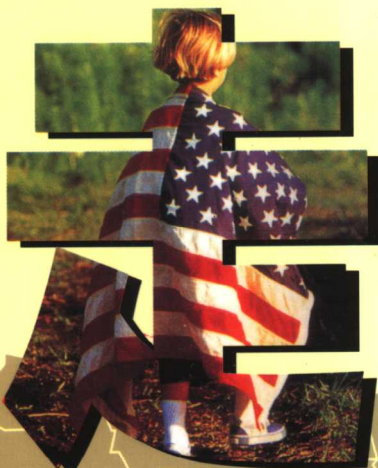




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丛书总策划—苑
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樊一昕



进美国

从节日文化开始

— 学英语不可忽略的环节



★ 脱口而出美国节日的来龙去脉

- 令美国人对你刮目相看
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走进美国,从节日文化开始

苑 涛 樊一昕 丛书总策划

思马得 主 编

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前言

想更加了解美国的文化吗？让我带你《走进美国，从节日文化开始》，领略异国风情。感恩节为什么是美国最地道、最美国式的节日？圣诞节是宗教节日还是国定节日？情人节、母亲节、父亲节里送什么样的礼物最好？美国有纪念总统的节日吗？……如果你想很好地了解美国的节日文化，就请翻开这本书，尽情地享受快乐，获取知识。

我们出这本书的目的是让读者在阅读节日文化的过程中学习英语，丰富知识。本书形式新颖，内容丰富，注解详尽。无论你是否懂英语，都可以从本书中获得您所需的信息。本书是思马得《走进美国》系列丛书的一本，这套丛书将对您深入了解美国有极大的帮助。

这本书有以下几大特点：

1、选材广泛

本书列出的节日是从美国所有节日中精心挑选出的有代表性的节日。

2、内容丰富

本书的内容、结构合理，分为宗教性节日、政治性节日、国定节日、民间节日这四大板块。每个板块中的各个节日又独立成章，使读者阅读起来十分方便。在每个节日的介绍中，既包

含了节日由来、节日故事等有共性的内容,又包含了每个节日中有个性的内容,使读者阅读起来不会觉得乏味。

3、词汇注解

我们对每个节日中重点、难点词汇给出了注解,便于各个年龄层的读者进行阅读。

4、中英文对照

中英文对照,便于读者阅读。培养中译英、英译中的能力。

5、排版方式新颖

本书的排版方式有利于读者的学习和阅读,特别是有助于改善英文薄弱者的阅读理解能力。

6、适用范围广

本书不仅适合学生和老师使用,也适合各类英语爱好者及时尚男女们的使用。

本书既可以作为茶余饭后的休闲读物,又可以作为学习英语的教材,更可以作为实用的藏书。因为本书结构的合理安排,且内容上各个节日独立成章,故使用、查寻起来非常方便。

由于编著者水平有限,书中难免有不足之处,敬请指正。

思马得图书编辑部

2003年11月



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New Year's Day

元 旦

January 1 (1月1日)

New Year's Day may be the oldest and most universal holiday along history. People in different parts of the world celebrate this day in different ways. Whatever the custom, with a new year coming, most people expect a new life, wish each other good luck and promise themselves to do better in the upcoming year.

元旦也许是历史以来最古老、最普遍的节日。不同地方的人们庆祝这一节日的方式也不一样。但不管风俗怎样,大多数人都期望新的一年有新的生活,互相祝愿对方好运,并且许诺自己要在来年做得更好。



❖ Origin of New Year's Day

Although it has been celebrated since prehistoric times, the New Year is not always celebrated at the same time, since people in different parts of the world use different calendars^①. When early cultures created their calendars, some based them on the movement of the moon, while others based them on the position of the sun. Some cultures based their calendars on both. As a result, the New Year has been welcomed on different days by people around the world. In the early times, for instance, the New Year was celebrated by many cultures on the vernal equinox^② rather than what we now consider the first of the year.

The Romans were the first to recognize New Year's Day on January 1. Rather than tie the day to some significant astronomical or agricultural event, in 153 BC, the Romans selected it for civil reasons. It was the day after elections on which the newly elected assumed their positions.

Years later, Julius Caesar wanted to change the date to a more logical date, but that year, January 1, 45 BC was the date of a new moon and to

❖ 元旦的由来

尽管人们早在史前时期就开始庆祝元旦这个节日了,但是,由于世界上不同地方的人使用不同的日历,因此新年不总是在同一时间庆祝。当早期文明创造各自的日历时,有的民族根据月亮的运动制定历法,有的则根据太阳的位置。还有一些民族同时参考这两者。因此,世界各地庆祝新年的日子是不同的。例如,在古代,许多民族在春分这一天庆祝新年,而不是我们今天的一年的第一天。

第一个把元旦定在1月1日的是罗马人。在公元前153年,罗马人把这一天定为新年,不是因为跟什么天文或农业大事有关,而是出于民政需要。这一天是选举后的第二天,是新选领袖就职的日子。

许多年以后,尤利乌斯·恺撒想把这一天改成一个更加符合逻辑的日子,但那一年,公元前45年,1月1日是



change it would have caused bad luck. He did, however, change the calendar system from the Egyptian solar calendar to the "Julian" calendar, named after his own name. July, the month of Caesar's birth, was also named after him to recognize him for his calendar reform.

Up to 1582, Christian Europe continued to celebrate New Years Day on March 25. Pope Gregory XIII instituted another calendar reforms, establishing the calendar system of the day. The Gregorian calendar was immediately adopted by Catholic countries, while the reformists, suspect of any papal policy, only adopted it after some time. Today most countries around the world have adopted this calendaring system.

From primitive man to today, the New Year's Day has been recognized as a day in which rites were done to abolish the past so there could be a rejuvenation for the New Year.

新月的日期,改这一天可能会带来厄运。但不管怎样,恺撒还是把历法从原来的埃及阳历改为儒略历,用他自己的名字来命名。7月——恺撒生日所在的月份——也用他的名字来命名,以认可他改革历法的成就。

直到 1582 年,信仰基督教的欧洲人还用 3 月 25 日作为元旦。罗马教皇格列高利十三世进行了另一次历法改革,建立了我们今天仍然在使用的历法体系。格列高利历很快被基督教国家采用,但改良主义者对教皇的任何政策都抱有怀疑,只是过了一段时间才采纳。如今,世界上大部分国家都使用这个历法体系。

从原始时代到今天,元旦一直被人们认为是以各种仪式除旧迎新的日子。

❖ New Year Celebration in America

New Year's Eve

In the United States, the federal holiday is January 1, but Americans be-

❖ 美国人的新年

除夕

在美国,公立假日是 1 月 1 日,但是美国人一般在 12



gin celebrating on December 31, New Year's Eve. Like many people all over the world, Americans enjoy celebrating the arrival of each New Year. Almost everyone makes an occasion of New Year's Eve to see the old year out and welcome the new one in.

Sometimes people have masquerade^③ balls, where guests dress up in costumes and cover their faces with masks. According to an old tradition, guests unmask at midnight.

At New Year's Eve parties across the United States on December 31, many guests watch television as part of the festivities. The cheerful scenes come one after another in public squares throughout the country, but not at the same moment. Because of the four time zones in the United States, the New Year comes to the Central States one hour later, to the Mountain States two hours later, and finally to the Western States three hours after the Eastern States have said goodbye to another year. So by following the radio and television broadcasts everyone can enjoy the festivities in other parts of the country as well as their own.

In New York, the most favorite gathering place on December 31 is

月31日的晚上就开始庆祝。同世界各地的人们一样,美国人也喜欢庆祝新年的到来。几乎人人都把除夕作为辞旧迎新的时刻。

有时候会有化装舞会,客人们乔装打扮、戴面具。根据习俗,到了子夜,每个人都必须拿下面具。

在美国,新年派对都在12月31日举行,许多人会观看电视直播。热情欢呼的场面在美国各地的公共广场此起彼伏,这些场面不是同时发生的。因为在美国有四个时区,所以中部各州比东部各州辞旧要晚一个小时,山区各州要晚两个小时,当新年最后来到西部各州时,东部已辞旧三个小时了。通过电台和电视的传播,每个人可以和其他州的人民一起欢度新年。

12月31日,人们在纽约最喜欢聚会的地方是纽约时



Times Square. Most of the television channels show Times Square in the heart of New York City. Thousands of Americans and international tourists crowd this famous spot (at the intersection of Broadway and Seventh Avenue) and crane their necks to watch for “Happy New Year” to flash across the electronically controlled sign that moves around. When the moment arrives bedlam breaks forth. Bells ring, whistles blow, people cheer with their happy excitement.

Some people prefer to see the old year out at a church service. Although the holiday does not have religious origin, many churches hold “Watch Night” services on New Year’s Eve. Those who go to churches can solemnly renew their dedication to God for the coming year.

New Year’s Day

Many championship football games are scheduled for New Year’s Day, and there is usually an **elaborate**^④ parade before each football game. Often, much of the day is spent watching these games on television.

On January 1, Americans visit friends, relatives and neighbors. There is plenty to eat and drink when you just drop in to wish your beloved ones and

代广场。大部分的电视台会向观众直播位于纽约市中心的时代广场的场面。成千上万的美国人和国际游客拥挤在这块胜地(百老汇和第七街的交叉处)上,翘首等待来回移动的电子控制牌上闪现“新年好”的标语。当新年到来时,喧闹声骤然而起。钟声响了,汽笛响了,人们热情欢呼,沉浸在幸福激情中。

有些人喜欢在教堂里辞旧。虽然新年并不源于宗教,但许多教堂都在除夕举行守岁仪式。去教堂的人可以向上帝庄严地表达他们来年的忠诚。

元旦

新年那天安排有多场橄榄球锦标赛,赛前精心组织游行。人们常常把那一天的大部分时间花在看电视球赛上。

在1月1日,美国人通常会走亲访友,问候邻居。哪怕你只是顺便拜访一下亲朋好友,祝他们来年好运,也要吃



friends the best for the year ahead. The custom of visiting friends, relatives and neighbors is one of the popular activities on New Year's Day. This activity is called Open House. The custom of Open House was inaugurated by George Washington during his first term as President. On January 1, 1789, President Washington first opened the doors of his official residence to all who wished to come. An Open House is just what the name implies: the front door is left open. Inside the door there is a spirit of relaxed cordiality^⑤, and guests are free to arrive and leave when they like. Invitations may say simply, "Drop in after the game" or "Come drink a New Year's toast with us". On January 1, now, families hold "Open House" so that their friends can visit them throughout the day to express good wishes for the New Year.

Parades are an important part of New Year festivities. The parade was started in 1887, when a zoologist^⑥ who had seen one in France suggested to the Valley Hunt Club in Pasadena, California that they sponsor "an artistic celebration of the ripening^⑦ of the oranges" at the beginning of the year. At first the parade was a line of decorated horse-drawn pri-

喝上一顿。看望朋友、亲戚和邻居,是元旦最常见的活动之一。这种习俗叫做“门户开放”。“门户开放”的风俗是由乔治·华盛顿在第一届总统任职期间开创的。1789年的1月1日,华盛顿总统首次打开了他的官邸大门,任何想进去的人都可以进。“门户开放”,顾名思义就是:把前门打开。进门后是轻松热情的气氛,来宾们可随意来去。邀请的话语很简单,“看完球赛了请来坐坐”或者“进来跟我们喝一杯新年酒”。现在,到1月1日那一天,各家各户都“门户开放”,以便自己的朋友可以在这天随时来拜访,表达对新年的美好祝愿。

游行是新年庆祝活动的一个重要部分。元旦游行这个传统始于1887年,一位曾在法国看过类似活动的动物学家向加利福尼亚州帕萨迪那市的山谷打猎俱乐部提出建议,建议他们在新年开始之际举办一个庆祝“橘子成熟”的艺术庆典活动。最初的游



vate carriages, and in the evening, the most beautiful floats were announced in a grand ball. From year to year, the parade of floats grew longer and longer, and flower decorations grew more and more elaborate.

Many families watch ball games or other athletic events on TV at home together friends and relatives. In warmer regions all around the country there are games whose names are **characteristic**[®] of the state. For instance, people watch the Orange Bowl game in Florida, the Cotton Bowl in Texas, and the Sugar Bowl in Louisiana.

In most cultures, people promise to better themselves in the following year. Americans have inherited the tradition and even write down their New Year's resolutions. Whatever the resolution, most of them are broken or forgotten by February! Anyway, New Year Resolutions is simply another way to wish away the past in exchange for hope of the future. It is where the phrase "turning over a new leaf" originated.

❖ New Year Traditions around the World

Chinese New Year

The Chinese New Year is a Lunar[®]

行是由装饰好了的私人马车列队进行的,晚上举行盛大舞会,宣布当天最漂亮的彩车的名单。一年又一年的积累,彩车游行的队伍越来越长,花的装饰也变得越来越讲究。

很多家庭在家里和亲朋好友一起看电视转播的球赛或其他体育活动。在美国的一些气候温暖的地方,有许多比赛的名称具有各州的特点。例如,佛罗里达人观看“橘子”滚球比赛,德州人看“棉花”滚球比赛,而路易斯安那州的人看“糖”滚球比赛。

在大多数文化传统中,人们都许诺来年做得更好。美国人继承这一传统,甚至写下他们新年的决心。但不管决心是什么,大部分人到了2月份就已经忘得一干二净或者违背了诺言。但不管怎样,新年决心只不过是人们告别过去,展望未来的另一种表达方式。“翻开新的一页”这个短语就来自于此。

❖ 世界各地的新年传统

中国新年

中国的新年是个阴历节



holiday that begins with the arrival of the second new moon following the **winter solstice**^⑩. It usually starts between mid January and mid February (date varies), and lasts for fifteen days. As the New Year approaches, people clean their home to escape bad luck in the upcoming year. Families gather for a feast on New Year's Eve, and stay up late, believing that it will prolong the lives of their elders. The Chinese people believe that evil spirits come around at New Year, so they let off firecrackers to frighten them away. People often seal their windows and doors with paper to keep the evil spirits out as well.

On New Year's Day, people dress in their best clothes and present one another with small gifts. Chinese people all over the world celebrate the first full moon with a colorful street procession. People fill the streets carrying **lanterns**^⑪ and join a great parade led by an **enormous**^⑫ dragon. The Festival of Lanterns is believed to light the way for the New Year.

Hindu New Year

Celebration of the Hindu New Year varies based on geographic location. Most Hindus live in India, but many have different traditions. For example, the

日,在**冬至**后第二轮新月出现的时候就是新年的开始。通常春节从1月份的中旬到2月份的中旬(日期不固定),持续15天。当新年来临,人们打扫房子,驱除来年的坏运。除夕之夜,家人聚在一起进餐、守夜,人们相信这会延长年长者的寿命。中国人认为新年有很多恶魔,因此人们放焰火驱赶恶魔。此外,人们经常用纸来密封窗户和门,以此驱赶恶魔。

新年,人们穿上他们最好的衣服,并且互赠小礼物。全世界的中国人用一种丰富多彩的街道游行方式来庆祝第一个满月。人们提着**灯笼**,加入到由一条巨龙领头的游行队伍中。人们相信元宵节会给新年带来光明。

印度新年

印度人庆祝新年的方式因地方不同而有所不同。大部分印度人住在印度,但是许多人有着不同的传统习俗。



Hindus in western India celebrate the New Year at the end of October, at the same time as the Indian festival of Diwali. For the Diwali celebration, small oil lights are lit all along the rooftops. In northern India, people wear flowers to celebrate the New Year, commonly in pink, red, purple, or white hues¹⁹. Hindus in central India display orange flags, flying them from the top of buildings. In southern India, mothers put food, flowers, and small gifts on a special tray. On New Year's morning, children must keep their eyes shut until they have been led to the tray.

Japanese New Year

Celebration of the Japanese New Year occurs on January 1, as with Western nations. However, the Japanese people also observe some beliefs from their religion, called Shinto. For happiness and good luck, Japanese people hang a rope of straw across the front of their homes. They believe it keeps the evil spirits away. Japanese people begin to laugh the moment the New Year begins, so they will have good luck the whole year.

Jewish New Year

The Jewish New Year is called

比如:在印度西部的印度人,在10月底庆祝新年,跟排灯节同一时间。排灯节的人们沿屋顶点放小油灯以示庆祝。在印度的北部,人们戴花来庆祝新年,通常花的颜色是粉红色、红色、紫色和白色。在印度中部的印度人展示橙色的旗帜,并让旗帜在建筑物上飘扬。在印度的南部,母亲们把食物、花和小礼物放在特别的托盘里。在新年的早晨,孩子们直到被带到托盘前才允许睁开眼睛。

日本新年

日本的新年是1月1日庆祝的,和西方国家一样。然而,日本人也遵行他们自己的宗教信仰:神道教。为了幸福和好运,日本人在房子的正面横挂一根稻草绳。他们认为这能驱赶恶魔。日本人在新年开始的时刻大笑,这样他们将会有整年的好运。

犹太新年

犹太人的新年被为岁首



Rosh Hashanah, and falls in the seventh month, or Tishri, of the Jewish calendar (September-October). Rosh Hashanah is a holy time when people reflect on the things they have done wrong in the past, so they can improve in the future. Celebration of the New Year begins at sunset the day before, and religious services are held at **synagogues**⁶⁵ in observation. An instrument called a Shofar, made from a **ram's**⁶⁶ horn, is traditionally played and children are given new clothes to celebrate the New Year. In addition, New Year loaves are baked and fruit is eaten to remind people of harvest time.

Vietnamese New Year

The Vietnamese New Year is called Tet Nguyen Dan, or Tet for short. The exact date changes from year to year, but it usually falls between January 21 and February 19. A common Vietnamese belief is that the first person to enter a house on the New Year's Day will bring either good or bad luck. The Vietnamese also believe that there is a god in every home who travels to heaven at the New Year, who will reveal in heaven how good or bad each member of the family has been in the past year. Thus, the New Year is a time to reflect on the past

节,时间是犹太教历的7月,印提市黎月(9月与10月之间)。岁首节是一个神圣的时刻,人们在这个时候反省他们过去做错的事情,以便在以后改进。新年的庆祝开始于前一天的日落,宗教仪式在**犹太人教堂**举行。人们通常吹奏一种用**公羊角**做的叫“绍法”的乐器。孩子们会得到新衣服来庆祝新年。此外,烤新年面包、吃水果会让人们想起丰收的时节。

越南新年

越南人的新年被称为“Tet Nguyen Dan”,或者简写为“Tet”。每年实际的日期不同,但一般是1月21日和2月19日之间。越南人都认为第一个在新年走进房子里的人会带来好运或者恶运。越南人还认为每个房子里都有一个神,神会在新年这一天到天上去。在天堂,神会说每个家庭成员在过去一年里的表现是好是坏。因而,新年是一个反省过去、改善未来的日子。传统上,越南人认为,神