



AN INTRODUCTORY
ENGLISH COURSE TO
TRADITIONAL CHINESE CULTURE

中国

传统文化

英文入门教程

崔刚
莫嘉琳

编

清华大学出版社



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内 容 简 介

本书涵盖了从先秦至明清时期中国传统思想与经典文学,内容涉及孔子、孟子、老子、荀子等诸子百家及其思想经典选读,《诗经》《离骚》的赏析,李白、杜甫、苏轼等历代著名文学家介绍。通过选取传统的有代表意义的文化亮点重点介绍,帮助学习者掌握中国文化相应的英文表达,并对中国传统文化进行归纳和反思。

每单元包括两篇阅读文章:Text A介绍文化知识,Text B为经典选文选读。文后练习训练学生在词、句、篇的层面用英语介绍中国传统文化的能力。补充练习与扩展阅读鼓励学生从当代视角审视传统文化,培养其思辨创新与研究探索能力。

本书适合作高校英语专业、对外汉语专业教材,也适合对中国传统文化感兴趣的英语爱好者学习阅读。

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前言 Foreword

本书的编写缘起于我十几年前的一点经历和感受。当时东南亚一所大学的学生来清华大学访问,在与他们交流的过程中,清华的学生感到明显受挫,因为对方能够用英语清楚地流利地介绍自己的学校、专业和本国社会的情况,而我们的学生尽管英语都过了四级、六级,但是就连用英语简单地介绍自己的学校和专业情况都有困难。仔细想来,我们学生的英语水平其实并没有那么低,造成这种状况的原因在于他们不知道如何使用已经学过的词汇去表达与自己学习、生活密切相关的或者具有中国特色和中国文化背景的内容。这反映出我国英语教学中的一个严重问题。中国人学习英语的目的何在?仅仅停留在英语读写的层面远远不够。英语教学的主要目标在于培养学生的英语交际能力。交际是双向的,通过交流,一方面要把国外的先进思想引进来,另一方面还要把中国的文化介绍出去。但是,目前大学英语教学还远未实现这一目标。由于课堂上我们只重视对英语语言及英语国家文化知识的学习,而忽视了学习如何用英语来表达和传播中国文化,致使绝大多数学生虽然通过了大学英语四级、六级考试,却不知道该如何用英语介绍诸如《大学》《中庸》等儒家经典和《西游记》《红楼梦》等中国古典文学名著的基本内容。即使是英语专业的毕业生,也未必能做到。许多中国学者在用英语与西方人交流时,难以展示来自文化大国的学者所应具有深厚文化底蕴和独立的文化人格。当西方同行与他们谈论Confucianism / Taoism (儒/道)时,我们的学者心有余而力不足,只能顾左右而言他。甚至还有人闹出把Mencius (孟子)奉为异国圣者而将其译为“门修斯”的笑话。

鉴于这种状况,我提出了要在英语教学中加强中国文化渗透的观点。所谓渗透,就是在大学英语教学中融入中国文化的内容,它既不能取代专门的中国文化课程,也不会改

变英语课程的性质，而是要服务于培养学生英语语言能力和跨文化交际能力这一目标，使学生掌握中国传统文化的英文表达，让他们能够自如地使用英语介绍与传播中国的传统文化，同时也进一步加深对传统文化的认识。因此，自2003年开始，我就陆续在《光明日报》《人民日报》《中国大学教学》等报纸和学术期刊撰文阐释自己的观点。在担任《大学英语》杂志编委期间，我从2008年3月起在该杂志主持“中国文化”（后改为“国学精粹”）专栏，每期介绍一篇我整理的中国文化的英语文章，截至2010年该栏目结束，共刊登了近40篇文章。这些文章不仅引发了许多大学生的阅读兴趣，还成为一些中学教师和中学生颇为喜爱的英语读物，令我大受鼓舞。尤其是最近几年，随着中国经济实力的不断增强，外国人对于中国文化的兴趣日益浓厚，使用英语介绍与推广中国文化的任务也日益迫切。为了更好地满足大家学习的需要，我又邀请中国人民大学外国语学院的莫嘉琳博士一起，对原来发表的文章进行了加工与整理，编写完成了这本《中国传统文化英文入门教程》。编写本书的目的在于帮助读者加深对中国传统文化的认识和理解，同时学习如何使用英语介绍中国文化。

本书共二十个单元，每个单元的基本结构为：

- 导言：总体介绍本单元的主题，引导学生进入本单元的学习。
- 课文A (Text A)：本单元的主课文。
- 注释：在课文下方以脚注形式列出文中涉及的主要文化知识，并予以解释说明，帮助学生理解课文，积累传统文化相关知识。
- 词汇与表达：对文中较难词汇标注词性和词义。
- 练习 (Exercises)：围绕课文的主题内容，设置形式多样的练习，帮助学生巩固所学内容，培养学生在词、句和语篇层面用英语介绍中国传统文化的能力。练习中加入与课文主题相关的扩展内容，使学生在扩大阅读量的同时积累相关的英语表达。具体练习形式包括：根据课文内容回答问题，选择适当词语完成句子，汉译英句子翻译，英译汉、汉译英段落翻译练习。
- 课文B (Text B)：辅助性课文，为经典选文选读，进一步扩大学生的阅读量。
- 补充练习 (Supplementary Activities) 与扩展阅读 (Further Reading)：补充练习设置开放性问题，鼓励学生从当代视角审视中国传统文化内容，引发学生思考，培养学生

思辨创新与研究探索的能力。每单元最后提供与主题相关的其他阅读文章或音频资料出处，方便学生课后自行学习。

本书所选文章均源于对国内外相关文献资料的收集、整合与加工，我们尽可能地注明有关资料的来源，在此谨向原作者表示衷心的感谢。另外还有部分零散的内容未能一一标注来源，在此我们也一并表示感谢与歉意。编写此类教材只是笔者的一个尝试，由于笔者对于中国文化的认识还不够深入，英语水平也有限，书中尚存在不少问题，恳请读者和专家提出宝贵意见，以便再版时修订。

最后，还需要指出的是，本书虽然名为《中国传统文化英文入门教程》，但是其目的并不是系统全面地介绍中国传统文化，而是通过选取有代表性的经典文学作品，辅以相关的练习，使学生掌握中国传统文化的英文表达，进而提高学生使用英语介绍与传播中国文化的能

崔刚

2015年1月于北京清华园

目 录

Contents

Unit 1	Text A: Confucius.....	2
	Text B: On Learning—Selections from <i>The Analects</i>	9
Unit 2	Text A: <i>The Analects</i> and the Thoughts of Confucius.....	14
	Text B: On the Superior Man—Selections from <i>The Analects</i>	22
Unit 3	Text A: Mencius	27
	Text B: Quotations from <i>Mencius</i>	35
Unit 4	Text A: An Introduction to <i>The Great Learning</i>	41
	Text B: Quotations from <i>The Great Learning</i>	48
Unit 5	Text A: An Introduction to <i>The Doctrine of the Mean</i>	54
	Text B: Quotations from <i>The Doctrine of the Mean</i>	61
Unit 6	Text A: Laozi	68
	Text B: <i>Tao Te Ching</i>	74
Unit 7	Text A: Zhuangzi	82
	Text B: <i>Zhuangzi</i>	89
Unit 8	Text A: Mozi	96
	Text B: <i>Mozi</i>	103
Unit 9	Text A: Xunzi.....	110
	Text B: <i>Xunzi</i>	117

Unit 10	Text A: Sunzi and <i>The Art of War</i>	124
	Text B: Selections from <i>The Art of War</i>	131
Unit 11	Text A: An Introduction to the <i>Shi Jing</i>	137
	Text B: Selections from <i>Shi Jing</i>	145
Unit 12	Text A: Qu Yuan	152
	Text B: Excerpts from <i>Li Sao</i>	158
Unit 13	Text A: Si-ma Qian	163
	Text B: <i>Hongmen Banquet</i>	169
Unit 14	Text A: An Introduction to the <i>Admonitions for the Yan Clan</i>	177
	Text B: Selections from <i>Admonitions for the Yan Clan</i>	184
Unit 15	Text A: Li Bai	190
	Text B: Selected Poems of Li Bai	198
Unit 16	Text A: Du Fu	206
	Text B: Selected Poems of Du Fu	213
Unit 17	Text A: Su Shi	219
	Text B: Selected Poems of Su Shi	226
Unit 18	Text A: Li Qingzhao.....	232
	Text B: Selected Poems of Li Qingzhao.....	239
Unit 19	Text A: An Introduction to the <i>Journey to the West</i> (I).....	246
	Text B: An Introduction to the <i>Journey to the West</i> (II)	253
Unit 20	Text A: An Introduction to <i>A Dream of Red Mansions</i> (I)	259
	Text B: An Introduction to <i>A Dream of Red Mansions</i> (II).....	265

Unit 1

Text A: Confucius

Text B: On Learning —Selections from *The Analects*

In their famous book, *Sources of Chinese Tradition* Vol. 1, de Bary et al. said, “If we were to characterize in one word the Chinese way of life for the last two thousand years, the word could be ‘Confucian’. No other individual in Chinese history has so deeply influenced the life and thought of his people, as a transmitter, teacher and creative interpreter of the ancient culture and literature and as a moulder of the Chinese mind and character” (2003, p.15). Confucius is a great philosopher and educationalist in ancient China. With his tireless learning and profound teachings, he has been held in great respect by the Chinese people and considered to be “The Greatest Sage and Teacher” and a “Role Model for Teachers through the Ages”. His teachings, preserved in *The Analects*, form the foundation of much of the subsequent Chinese speculations on the education and comportment of the ideal man, on how such an individual should live his life and interact with others, and on the forms of society and government in which he should participate. Feng Youlan, one of the greatest 20th century authorities on the history of Chinese thought, compared Confucius’ influence in Chinese history with that of Socrates in the West.



Text A

Confucius¹

Confucius is China's most famous teacher, philosopher, and political theorist and the founder of Confucianism, whose ideas have influenced the civilization of East Asia and even of the whole world.

Confucius was born in the 22nd year of the **reign** of Duke Hsiang of Lu² (551 B.C.). The traditional claim that he was born on the 27th day of the eighth lunar month³ has been questioned by historians, but September 28 is still widely observed in East Asia as Confucius' birthday. It is an official holiday, Teachers' Day, in Taiwan, China.

Confucius' ancestors were probably members of the **aristocracy** who had become **virtually poverty-stricken commoners** by the time of his birth. His father died when Confucius was only three years old. Instructed first by his mother, Confucius later **distinguished himself** as a tireless learner in his teens. He recalled toward the end of his life that at age 15 he set his heart upon learning⁴. A historical account notes that, even though he was already known as an informed young scholar, he felt it appropriate to inquire about everything while visiting the Grand Temple⁵.

Confucius had served in minor government posts managing stables and keeping books for **granaries**⁶ before he married a woman of similar background when he was 19. It is not known who Confucius' teachers were, but he **made** a particular **effort** to find the right masters to teach him, among other things, ritual and

◀ **reign** *n.* 统治时期

◀ **duke** *n.* 公爵

◀ **aristocracy** *n.* 贵族

◀ **virtually** *adv.*

事实上，实际上

◀ **poverty-stricken**

commoner

贫穷的平民

◀ **distinguish oneself**

as

因……而受人关注

◀ **granary** *n.*

谷仓，粮仓

◀ **make effort to**

致力于

1 本文取自于*Encyclopedia Britannica* 2004，个别地方略有删改。

2 鲁襄公二十二年。

3 阴历八月二十七。

4 十五岁矢志笃学，这里指孔子自述“吾十有五而志于学”。

5 取自于《论语》第三篇，原文是：“子入太庙，每事问。”

6 孔子在青年时期曾在季氏门下当过乘田（管理畜牧）和委吏（管理仓库）的小官吏。

music. Confucius' mastery of the six arts⁷—ritual, music, **archery**, **charioteering**, **calligraphy**, and arithmetic—and his familiarity with the classical traditions, notably poetry and history, enabled him to start a brilliant teaching career in his 30s⁸.

Confucius is known as the first teacher in China who wanted to make education available to all men⁹ and who was instrumental in establishing the art of teaching as a **vocation**, indeed as a way of life. Before Confucius, aristocratic families had hired tutors to educate their sons in specific arts, and government officials had instructed their **subordinates** in the necessary techniques, but Confucius was the first person to **devote his whole life to** learning and teaching for the purpose of transforming and improving society. He believed that all human beings could benefit from self-**cultivation**. He **inaugurated** a humanities program for potential leaders, opened the doors of education to all, and defined learning not merely as the acquisition of knowledge but also as character building.

For Confucius the primary function of education was to provide the proper way to train noblemen¹⁰ (*jun zi*), a process that involved constant self-improvement and continuous social interaction. Although he **emphatically** noted that learning was “for the sake of the self”¹¹ (the end of learning was self-knowledge and self-realization), he found public service a natural consequence of true education. Confucius confronted learned **hermits** who challenged the validity of his desire to serve the world; he resisted the temptation to “**herd with** birds and animals”¹², to live apart from the human community, and chose to try to transform the world from within. For decades Confucius **was actively involved in** politics, wishing to put his humanist ideas into practice through

◀ **archery** *n.* 箭术

◀ **charioteer** *n.*

驾驶战车的人

◀ **calligraphy** *n.* 书法

◀ **vocation** *n.* 职业

◀ **subordinate** *n.* 下属

◀ **devote one's whole life to**

全身心地致力于

◀ **cultivation** *n.*

教化, 培养

◀ **inaugurate** *v.*

开创, 创始

◀ **emphatically** *adv.*

强调地, 明显地

◀ **hermit** *n.* 隐士

◀ **herd with**

与……为伍

◀ **be involved in**

参与……之中

7 “六艺”，包括礼、乐、射、御、书、数。

8 孔子“三十而立”，正式招生办学，开始他的教育生涯。

9 指孔子“有教无类”的思想。

10 君子，又被翻译成superior man或gentleman。

11 取自于《论语》第十四篇，原文是：“古之学者为己，今之学者为人。”

12 取自于《论语》第十八篇，原文是：“夫子怃然曰：‘鸟兽不可与同群，吾非斯人之徒与而谁与？天下有道，丘不与易也。’”

◀ **magistrate** *n.*

长官，地方法官

◀ **alienate** *v.*

使疏远，离间

◀ **rectitude** *n.*

正直，清廉

◀ **not sit well with**

不受……的喜欢

◀ **in an attempt to**

尝试

◀ **feudal** *adj.* 封建的

◀ **prophetic** *adj.*

预言的，先知的

governmental channels.

In his late 40s and early 50s, Confucius served first as a **magistrate**¹³, then as an Assistant Minister of Public Works¹⁴, and eventually as Minister of Justice¹⁵ in the state of Lu. It is likely that he accompanied Duke Lu as his chief minister on one of his diplomatic missions¹⁶. Confucius' political career was, however, short-lived. His loyalty to the Duke **alienated** him from the power holders of the time, the large Chi families¹⁷, and his moral **rectitude** **did not sit well with** the Duke's inner circle. At 56, when he realized that his superiors were uninterested in his policies, Confucius left the country **in an attempt to** find another **feudal** state to which he could render his service. Despite his political frustration he was accompanied by an expanding circle of students during this self-imposed exile of almost 14 years¹⁸. His reputation as a man of vision and mission spread. A guardian of a border post once characterized him as the "wooden tongue for a bell" of the age, sounding Heaven's **prophetic** note to awaken the people¹⁹. At the age of 67 he returned home to teach and to preserve his cherished classical traditions by writing and editing²⁰. Confucius died in 479 B.C., at the age of 73. According to the *Records of the Grand Historian*, 72 of his students mastered the "six arts", and those who claimed to be his followers numbered 3,000²¹. He has been respected as the "Role Model for Teachers through the Ages".

13 地方官员，这里指孔子所担任的中都宰一职，中都在今山东汶上县西。

14 指孔子所担任的司空一职，负责管理建筑工程。

15 指孔子所担任的大司寇一职，负责管理司法事务。

16 鲁定公十年，齐鲁国君会于夹谷（今山东莱芜境内）。由于孔子相礼有备，鲁国收回被齐侵占的郚、灌、龟阴之田。

17 季氏，孔子时期鲁国的三大家族之一。

18 此处指孔子离开鲁国，周游列国，期间有众多弟子同行。

19 取自于《论语》第三篇，原文是：“仪封人请见，曰：‘君子之至于斯也，吾未尝不得见也。’从者见之。出曰：‘二三子何患于丧乎？天下之无道也久矣，天将以夫子为木铎。’”

20 指孔子在晚年整理《诗》《书》等典籍，删修《春秋》的工作。

21 据《史记》记载，孔子有弟子三千，其中通“六艺”者七十二人。

Exercises

I. Answer the following questions.

1. Who is Confucius?
2. Why is September 28 set as Teachers' Day in Taiwan, China?
3. What do you know about Confucius' family background?
4. What did Confucius do when he was young?
5. Why is Confucius regarded as the first teacher in China?
6. What are the major points of his ideas about education?
7. What did Confucius do in his late 40s and early 50s?
8. Why did he leave his country and travel around various states?
9. What did he do in his last few years?

II. Complete the following sentences with the proper forms of the words given in the box.

follower	book-keeper	sage	return	tireless	influence	tradition
music	render	edit	state	heaven	poverty	background
arts	history	practice	ritual	noble	minister	exile

1. Feng Youlan, one of the greatest 20th century authorities on the _____ of Chinese thought, compared Confucius' _____ in Chinese history to that of Socrates in the West.
2. Confucius was born into a poor but _____ family that had fallen on hard times.
3. His father died when Confucius was three years old, and he was brought up in _____ by his mother.
4. Confucius is reported to have worked as a shepherd, cowherd, clerk, and a _____.
5. We do not know how Confucius himself was educated, but _____ has it that he studied _____ with the Taoist Master Lao Dan, _____ with Chang Hong, and the lute with Music-master Xiang.
6. At the age of fifty, Confucius' talents were recognized and he was appointed Assistant Minister of Public Works and then _____ of Justice. But Confucius apparently offended members of the Lu nobility and he was subsequently forced to leave office and go into _____.

7. In the company of his disciples, Confucius left Lu and traveled in the _____ of Wei, Song, Chen, Cai, and Chu, looking for a place where he could _____ his service but meeting instead with indifference and, occasionally, severe hardship and danger.
8. Confucius _____ to Lu in 484 B.C. and spent the remainder of his life teaching, putting in order the *Book of Songs* (《乐》), the *Book of Documents* (《书》), and other ancient classics, as well as _____ the *Spring and Autumn Annals* (《春秋》).
9. Confucius also claimed that, by the age of fifty, he had come to understand what _____ had mandated for him and for mankind.
10. Confucius was willing to teach anyone, whatever their social _____, as long as they are eager and _____. He taught his students morality, proper speech, government, and the refined _____.
11. His most popular posthumous names are "The Greatest _____ and Teacher".
12. Confucius' teachings were later turned into an elaborate set of rules and _____ by his numerous disciples and _____.

III. Translate the following expressions into English.

- | | |
|----------------|------------|
| 1. 鲁襄公二十二年 | 2. 阴历八月二十七 |
| 3. 孔子诞辰日 | 4. 有志于学 |
| 5. 太庙 | 6. "六艺" |
| 7. 礼、乐、射、御、书、数 | 8. 教育的功能 |
| 9. 与鸟兽为伍 | 10. 司空 |
| 11. 大司寇 | 12. 木铎 |
| 13. 《史记》 | 14. 万世师表 |

IV. Translate the following sentences into English.

1. 孔子是中国古代伟大的教育家、哲学家和思想家。
2. 九月二十八日是孔子的诞辰纪念日。
3. 在其年轻时，孔子曾经做过乘田（管理畜牧）和委吏（管理仓库）的小官吏。
4. 孔子在十五岁时就有志于学，并因勤奋学习而受人关注。
5. 子入太庙，每事问。
6. 孔子一生致力于学习和教学，并力图以此来变革与改良社会。
7. 孔子认为，教育的首要功能在于提供培养君子的正确方法。

8. 在数十年的时间内，孔子都积极参与政治活动，希望借助政府的渠道把自己的思想付诸实践。
9. 在其五十六岁时，孔子在弟子们的陪同下开始了周游列国的生活。
10. 据《史记》记载，孔子有弟子三千，其中通“六艺”者七十二人。

V. Translate the following two paragraphs into Chinese.

Paragraph 1

Confucius was born in 551 B.C. in the State of Lu which is known today as Qufu in Shandong Province. Confucius' name was Kong Qiu in Chinese. Kong was the family name while Qiu was his given name. This was because his parents had prayed for a son at Niqiu Hill, and "Qiu" was an appropriate token of their thanks and joy at having their prayers answered. Sadly, his father died when Confucius was very young, but despite a hard life, Confucius dedicated himself to study at the age of 15.

Paragraph 2

Confucius is said to have risen to the position of Minister of Justice in Lu at the age of 53. According to the *Records of the Grand Historian*, the neighboring state of Qi was worried that Lu was becoming too powerful. Qi decided to sabotage Lu's reforms by sending 100 good horses and 80 beautiful dancing girls to the Duke of Lu. The Duke indulged himself in pleasure and did not attend to official duties for three days. Confucius was deeply disappointed and resolved to leave Lu and seek better opportunities, yet to leave at once would expose the misbehavior of the Duke and therefore bring public humiliation to the ruler Confucius was serving, so Confucius waited for the Duke to make a lesser mistake. Soon after, the Duke neglected to send to Confucius a portion of the sacrificial meat that was his due according to the custom, and Confucius seized this pretext to leave both his post and the state of Lu.

(Selected from <http://en.wikipedia.org/wiki/Confucius>)

VI. Translate the following passage into English.

孔子，姓孔名丘，于鲁襄公二十二年（公元前551年）农历八月二十七出生于鲁国，即现在的山东曲阜。他是我国古代伟大的思想家、教育家和政治理论家，儒家学派的创始人。相传曾修《诗》《书》，订《礼》《乐》，序《周易》，作《春秋》。被中国人尊称为“至圣先师，万世师表”。

孔子幼时家贫，三岁丧父，由其母亲抚养长大。年轻时曾做过“委吏”（管理仓库）与“乘田”（管理畜牧）。虽然生活贫苦，孔子十五岁即“志于学”。他善于取法他人，曾说：“三人行，必有吾师焉。择其善者而从之，其不善者而改之。”孔子“三十而立”，并开始授徒讲学。他主张“有教无类”，任何一个渴求知识、不知疲倦的人都可以成为他的弟子。鲁定公九年（公元前501年）孔子被任命为中都宰，是年孔子五十一岁。一年后由中都宰迁司空，再升为大司寇。但是，不久他就意识到他的上司对自己的政策并不感兴趣，于是就在弟子的陪同下离开鲁国，开始了长达十四年的周游列国的生活。在其六十七岁时，孔子回到鲁国。孔子晚年致力于整理文献，继续从事教育。鲁哀公十六年（公元前479年），孔子逝世，终年七十三岁。

Text B

On Learning —Selections from *The Analects*¹

1. The Master said, "To study, and then in a **timely** fashion to practice what you have learned—is this not satisfying? To have companions arrive from **afar**—is this not a joy?"

子曰：“学而时习之，不亦说乎？有朋自远方来，不亦乐乎？”

2. The Master said, "Having in the morning learned the Way, one could die that evening **without regret**."

子曰：“朝闻道，夕死可矣。”

3. The Master said, "In ancient times scholars worked for their own improvement; nowadays they seek only to win the approval of others."

子曰：“古之学者为己，今之学者为人。”

4. The Master said, "A true teacher is one who, keeping the past alive, is also able to understand the present."

子曰：“温故而知新，可以为师矣。”

5. The Master said, "To learn without thinking will lead to confusion. To think without learning, however, will lead to fruitless **exhaustion**."

子曰：“学而不思则罔，思而不学则殆。”

6. The Master said, "I once engaged in thought for an entire day without eating and an entire night without sleeping, but it did no good. It would have been better for me to have spent that time in study."

◀ **timely** *adj.*

及时的，适时的

◀ **afar** *adv.* 遥远地

◀ **without regret**

没有遗憾地

◀ **exhaustion** *n.*

疲惫，耗尽

1 本部分英语译文及注释主要取自：Ivanhoe, P. J., & Nordan, B. (2001). *Readings in classical Chinese philosophy*. New York: Seven Bridges Press. 和 Gardner, D. K. (2003). *Zhu Xi's reading of the Analects: Canon, commentary, and the classical tradition*. New York: Columbia University Press. 汉语部分主要参照：许秀英，麦晓颖. 2001. 论语. 广州：广州出版社.