

中国文化英语教程

主编 侯香浪 何明霞



An English Course of Chinese Culture



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中国文化英语教程

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编写教材说明

编写思想

随着我国经济社会的快速发展、综合国力的不断增强和国际地位的日益提高，越来越多的外国人意识到学习汉语和关注中国文化的重要性。然而，面对英语作为“世界通用语”的现实，用英语传播和表达中国文化必然是增强我国文化软实力的最有效途径。但是当前高等学校英语教育中用英语表达中国文化的“失语症”严重影响了大学生跨文化交际能力的提升，阻碍了中国文化向世界的传播。英语教育中的“中国文化失语症”不仅加剧了西方文化的强势地位，而且削弱了中国文化的整体竞争力。基于当前的形势，我们必须在英语教育中加强中国文化教学，重视培养学生用英语表达中国文化的交际能力，才能更好地弘扬中华文化。基于以上原因，我们决定编写《中国文化英语教程》，以提高中国英语学习者英语表达能力和跨文化交际能力，通过用英语介绍中国文化，让英语学习者了解中国传统文化的精髓，通过讲、读、练相结合，帮助学生提高对中英语言、文化差异的认知，进而提升学生的人文素质和民族文化修养。

主要内容

文化的内涵包罗万象，中国又是一个拥有五千多年辉煌历史的文明古国，在一本书内囊括全部中国文化绝无可能。因此，本书选取最有代表性的文化主题，试图呈现中国文化的概况。全书共分十六章，内容涉及文化渊源、语言文字、古代哲学和宗教、经典文学、书法和绘画、戏曲和曲艺、服饰、饮食、建筑、传统体育、民间习俗、传统节日、古代科技、中医和传统工艺等。每章内容由三大部分组成：课文正文、文化万花筒，以及练习部分。课文正文包含4个部分。文化万花筒包含3个相关的文化趣味介绍。课后练习丰富，题型多样。

编写理念

本教材的编写基于主题(theme-based)、内容依托(content-based)的外语教学理论，强调自主学习(autonomous learning)的任务型教学理念，培养学习者的自主学习能力。

本教材基于主题、内容依托的外语教学理论。老一辈外语专家(如许国

璋、刘润清等)强调高等教育的外语学习应该是学科英语,尤其是大学英语教材应以内容信息为主,具体说教材中应有“80%的百科信息”,否则学生会感到“智力饥荒”(转引自蔡继刚,2011)。以内容为依托的外语教学理论把语言形式所引起的焦虑降到最低,增加可理解的输入量,可以调动学生的学习兴趣和积极性。本教材每章基于中国文化的主题,把外语学习和中国文化知识有机地结合起来,让学生既学到了英语表达法,又丰富了中国文化知识,达到一箭双雕的目的,可以在很大程度上提高教学效果。

本教材强调自主学习的任务型教学理念。任务型教学理念以任务组织教学,在任务的履行过程中,以参与、体验、互动、交流、合作的学习方式,充分发挥学习者自身的认知能力,调动他们已有的目的语资源,在实践中感知、认识、应用目的语,在“干”中学,“用”中学。本教材在每个章节里设计了学生可以自主学习的练习题,尤其是“Questions for Discussion(拓展讨论)”练习题,要求学生就某一文化现象深入讨论中西文化的异同,以小组合作的模式开展学习活动,最后在班上汇报小组学习成果。另外,本教材正文的每一篇课文后设计了中国文化知识的判断正误、匹配和多项选择题以及中国文化特色词、句子和段落的翻译练习,便于学生复习巩固每章的学习内容。

区别于其他同类教材的特点:

1. 章节内容系统,编排顺序合理。本教材各章节课文按“总一分”模式展开。一般来说,各章节的第一篇课文是某一文化主题的总述,其他几篇课文是分述,最后的“文化万花筒”则是相关的文化趣文。以第六章“戏曲和曲艺”为例,第一篇文章是对中国戏曲的概述,第二篇和第三篇则分别介绍了中国戏曲的两大剧种“京剧”和“昆曲”,第四篇介绍中国的各种曲艺表演。“文化万花筒”部分则介绍了两部著名剧目《梁祝》、《白蛇传》和中国戏曲脸谱。全书章节安排也基本上以“总一分”模式展开。从文化根源到文化思想,再到反映文化思想的各具体文化现象。

2. 练习题型丰富,拓展助力考级。题型丰富是本教材的另一亮点。为了帮助学生及时监测学习效果,本教材共设计了七大练习题型,分别是以信息内容为主的“是非判断题”、“匹配题”和“四选一选择题”;以巩固中国文化词汇和提高翻译能力为主的“文化词汇翻译题”以及“句子翻译题”和“段落翻译题”。每章末还设计了可以开展小组活动的“拓展讨论题”。另外,为了帮助学生备考新四、六级考试,我们在每章的第三篇和第四篇课文练习中设计与课文主题相关、长度和难度不一的段落翻译题,其中第三篇文章后的翻译练习难度相当于CET四级标准:长度为140~160个汉字的短文;第四篇后的翻译难度为CET六级标准:长度为180~200个汉字的短文。

3. 文中生词注释,保证顺畅阅读。中国文化术语被翻译成英文后出现生僻词汇,本教材采用文中直接加入汉语的注释方式,帮助学生顺畅阅读课文。对于非常生僻的文化术语,教材采用了汉语详细解释的尾注方式。对于文中超纲的词汇,编者采用文内汉语注释的方式,减少由于生词给学生造成的阅读障碍。另外,本教材给所有练习题提供了参考答案,便于学生对照检查。

适用对象

英语专业和非英语专业的大学生，翻译专业硕士研究生，对中国文化感兴趣的教师和外事从业人员，同时适用于对中国文化感兴趣的外国友人。

在本书的编写过程中，我们参阅了大量相关著作和权威网站，这些在书后都一一列出。在此，我们谨对这些著作的作者和网站的所有者表示最诚挚的谢意。由于时间紧迫，编者水平有限，书中难免有疏漏之处，恳请广大读者批评指正。

编 者

2015年6月

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Chapter 1

Origin of Chinese Culture 文化渊源



1.1 An Outline of Chinese History 中国历史要略

More than a million years ago, primitive human beings lived on the land now called China. About 400,000 to 500,000 years ago, the Peking Men^①, primitive men that lived in Zhoukoudian southwest of Beijing, were able to walk with the body erect, to make and use simple tools, and use fire. Six to seven thousand years ago, people living in the Yellow River Valley supported themselves primarily with agriculture, while also raising livestock.

In China, slave society began around the 21st century BC, covering the Xia Dynasty, Shang Dynasty, the Western Zhou Dynasty, the Spring and Autumn and the Warring States Periods.

Over a span of 1,700 years, agriculture and animal husbandry(畜牧业) developed greatly and the skills of silkworm-raising and silk-weaving spread widely. Bronze smelting and casting skills reached a relatively high level, and iron smelting became increasingly sophisticated. The Chinese culture flourished, as a great number of thinkers and philosophers emerged, and the most famous one was Confucius. The teachings of Confucius developed into an ethical and philosophical system called Confucianism(儒学) which helped to build up the norms and values of Chinese people.

In 221 BC, Qin Shi Huang, the first emperor of the Qin Dynasty, established a centralized, unified, multi-ethnic feudal monarchy state. He unified the language, the measurement system and currency, set up the prefectures and counties system(郡县制), constructed the famous Great Wall and built extravagant(奢华的) palaces and mausoleums.

This period from Qin Shi Huang's unification of China to the Opium War^② in 1840 belongs to feudal society. During these 2,000 years, China's economy and culture continued to develop, leaving a rich heritage of science and technology, literature and the arts. The four great inventions of ancient China—paper-making, printing, the compass and gunpowder—have proved an enormous contribution to world civilization.

In 206 BC, after overthrowing the Qin Dynasty, Liu Bang established the Han Dynasty, after which the members of the ethnic majority in China are named, the “people of Han”. It is divided into two periods: Western Han Dynasty and Eastern Han Dynasty. The Han Dynasty was notable also for its military prowess. The empire expanded westward as far as the end of the Tarim Basin(塔里木盆地), making possible for the relatively secure “Silk Road”, which extends to the Roman Empire.

The Han Dynasty survived for 426 years. By 220 AD, China evolved into the Three Kingdoms Periods, in a tripartite balance(三国鼎立) of the Wei Kingdom, the Shu Kingdom and the Wu Kingdom. Following the Three Kingdoms Periods were consecutively the Jin Dynasty, the Sixteen Kingdoms, the Southern and Northern Dynasties. It was an age of civil wars and disunity for China.

China was reunified in 589 by the short-lived Sui Dynasty. The Sui Dynasty's short reign was attributed to the government's tyrannical(残暴的) demands on the people, who bore the crushing burden of taxes and compulsory labor. These resources were overstrained(过度紧张) in the completion of the Grand Canal^③, and in the undertaking of other construction projects, including the reconstruction of the Great Wall.

Chinese civilization peaked at Tang Dynasty when Tang people traded with people all over the world. This is why overseas Chinese often call themselves “Tang Ren”, or the People of Tang. Stimulated by contact with India and the Middle East, the empire saw a flowering of creativity in many fields. Buddhism, originating in India around the time of Confucius, flourished during the Tang Dynasty, becoming thoroughly assimilated and a permanent part of Chinese traditional culture. Block printing was invented, making the written word available to greater audiences. The Tang Dynasty was the golden age of literature and art.

Following the Tang Dynasty came the period of the Five Dynasties and the Ten Kingdoms. In 960 a new power, Song Dynasty reunified most of China. The Song Dynasty divides into two phases: Northern Song and Southern Song. The division was caused by the forced abandonment of north China in 1127 by the Song court, which could not push back the nomadic (游牧民族) invaders.

By the mid-thirteenth century, the Mongols (蒙古人) had subjugated (征服) north China, Korea, and the Muslim (穆斯林的) kingdoms of Central Asia and had twice penetrated Europe. With the resources of his vast empire, Kublai Khan (1215-1294) (忽必烈), a grandson of Genghis Khan (1167-1227) (成吉思汗), began his drive against the Southern Song. Even before the extinction of the Song Dynasty, Kublai Khan had established the Yuan Dynasty with Dadu (now Beijing) as the capital.

Rivalry among the Mongol imperial heirs, natural disasters, and numerous peasant uprisings led to the collapse of the Yuan Dynasty. The Ming Dynasty was founded by a Han Chinese peasant, Zhu Yuanzhang. Ming Dynasty had its capital first at Nanjing and later at Beijing. In this period, the Chinese fleet sailed the China seas and the Indian Ocean, cruising as far as the east coast of Africa.

Long wars with the Mongols, incursions (侵犯) by the Japanese into Korea, and harassment of Chinese coastal cities by the Japanese in the sixteenth century weakened Ming regime. In 1644 the Manchus (满族人) took Beijing from the north and became masters of north China, establishing the last imperial dynasty, the Qing Dynasty.

The Qing Dynasty was determined to protect itself not only from internal rebellion but also from foreign invasion. After China's land had been subjugated, the Manchus conquered Outer Mongolia (now the Mongolian People's Republic) in the late seventeenth century. In the eighteenth century they gained control of Central Asia as far as the Pamir Mountains (帕米尔高原) and established a protectorate over the area of Tibet.

The success of the Qing Dynasty in maintaining the old order proved limited when the empire was confronted with growing challenges from Western powers. In 1840, anxious to continue its opium trade in China, Britain started the Opium War against China. After the war, the big foreign powers forcibly occupied land and divided China into different spheres of influence (势力范围); China was transformed into a semi-colonial, semi-feudal society.

The Revolution of 1911 led by Sun Yat-sen abolished the feudal monarchy, and established the Republic of China.

With the introduction of Marxism and Leninism into China and under the influence of the October Revolution in Russia, the May 4th Movement broke out in 1919, and in 1921, the Communist Party of China (CPC) was founded. After the Anti-Japanese War and Liberation War, in 1949, Communist Party of China established the People's Republic of China.

Abridged and revised from

http://polaris.gseis.ucla.edu/yanglu/ECC_HISTORY_SUMMARY.htm



Notes:

- ① Peking Men: 北京人, 又称北京猿人, 是生活在旧石器时代的直立人。化石遗存于 1927 年在中国北京市西南的周口店龙骨山发现。
- ② Opium War: 鸦片战争, 这里指第一次鸦片战争(1840 年 6 月至 1842 年 8 月 29 日), 是满清和英国就英国向清朝走私鸦片引发的一场战争, 战争的导火线是英国商人在中国广东海域走私鸦片二十多年, 林则徐于 1839 年在广东强行销烟, 中英矛盾逐次升级, 而战争以中国失败并赔款割地告终。
- ③ Grand Canal: 大运河, 这里指隋唐大运河, 以洛阳为中心, 北到涿州, 南到杭州, 途经现在的河南、安徽、江苏、浙江、山东、河北诸省。大运河对中国经济的繁荣和稳定起到了重要作用, 时至今日仍对区域的交流起着促进作用。



Exercises:

I. Decide whether the following statements are true or false. Write T if the statement is true and F if it is false.

1. _____ Ancient Chinese learned to farm and raise livestock in the Xia Dynasty, the first dynasty of the slave society.
2. _____ Qin Shi Huang founded a centralized, unified, multi-ethnic feudal monarchy state. He unified the language, set up the prefectures and counties system, constructed the famous Grand Canal and built great palaces.
3. _____ Chinese society entered the feudal society after the establishment of the Tang Dynasty in 618 AD.
4. _____ Ming Dynasty's first capital was Nanjing, and then they moved their capital north to present Beijing.
5. _____ Sun Yat-sen's overthrow of the last Qing emperor and founding of the Republic of China mark the beginning of the modern Chinese history.

II. Match the founders of Chinese dynasties in Column A with dynasties in Column B.

Column A

1. Liu Bang
2. Zhu Yuanzhang
3. Kublai Khan
4. Qin Shi Huang

Column B

- A. Ming Dynasty
- B. Qin Dynasty
- C. Han Dynasty
- D. Yuan Dynasty

III. Find out the English expressions of the following Chinese terms from the passage.

1. 马克思主义
2. 抗日战争
3. 孙中山

4. 农民起义
5. 海外华人

IV. Translate the following sentences into English.

1. 北京人是生活在 40 万至 50 万年前的原始人，他们可以直立行走，制造和使用简单的工具，并会使用火。
2. 秦始皇统一六国后，又统一了文字、度量衡和货币，建立了郡县制。
3. 金人 (Jurchens) 于公元 1127 年入侵北宋，金兵掳走徽、钦二帝及宗室、官人，北宋至此灭亡。此事史称“靖康之耻”。
4. 唐朝在中国封建社会空前繁荣，声誉远及海外，与南亚、西亚和欧洲国家均有往来。后世海外多称中国人为“唐人”。
5. 因马克思列宁主义在中国的传播和俄国十月革命的影响，中国于 1919 年爆发了“五四运动”，1921 年成立了中国共产党。

1.2 Chinese Ancient Mythology 中国远古神话

Chinese mythology is a collection of history, folktales (民间传说) and cultures that have been passed down by generations in oral or written form. Within the Chinese society, there are many stories about creation. Back in the beginning, China was not a single country, but a scattering of different groups (tribes) across Asia. Because of this, there are many different stories of how the world came to be. Some people believe these stories are factual recordings of the Chinese history. Historians have found that Chinese mythology began in 12th century BC. These myths have been passed down over thousands of years, before being written down in early books such as *Commentary on the Waterways Classic* (*Shui Jing Zhu*^①) and *Classic of Mountains and Seas* (*Shan Hai Jing*^②).

A striking feature of Chinese mythical stories, either those created by the primitive people or those written by later scholars, are full of human feelings. Chinese inventors of myths describe gods the way they describe man, or treat them as if they were human, and endow them with human nature. There are also stories that try to illustrate fatalism (宿命论), reincarnation (转世说), and all sorts of feudal ethical principles. This is only natural, because literary works inevitably reflect the beliefs of the age in which they are produced. Chinese myths are greatly influenced by religious beliefs, particularly Taoism, Confucianism, and Buddhism. The following are two generally accepted Chinese creation stories.

Pangu and the Creation of the World

In the beginning there was darkness everywhere, and chaos ruled. Within the darkness there formed an egg, and inside the egg the giant Pangu came into being. For many years, safely inside the egg, Pangu slept and grew. When he had grown to gigantic size he stretched his huge limbs and in so doing broke the egg. The lighter parts of the egg floated upwards to form the heavens