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前言

“自古彭城列九州，龙争虎斗几千秋”

徐州是国家级历史文化名城，古称“彭城”，曾是上古养生学家彭祖的封地，也是汉代开国皇帝刘邦的故里，更是西楚霸王项羽的故都，楚风汉韵滋养下的徐州是一个藏龙卧虎人杰地灵的宝地。

据学者考证，历史上徐州籍的开国皇帝就有 11 人，这些皇帝共传位 67 帝，影响中国历史近千年，几乎占中国封建历史的一半，这是历史上极为罕见的地域文化现象。

打开徐州的漫长历史，贯穿其间的主要脉络是那些远去了的刀光剑影和侠气烟尘，数千年的战争硝烟和拼搏厮杀，足以让徐州这块兵家必争之地产生一种英雄之气、强悍之风，这也是孕育徐州地域文化的重要元素之一。

江苏汉文化的三绝——汉墓、汉画像石、汉兵马俑，都出在徐州。作为全世界最大民族的汉族，其族名正是来源于汉朝，而传统的汉家礼仪、民俗多也起源于汉代，成为承载华夏几千年强盛历史的文化基石。汉文化、汉族、汉语、汉字等诸多称谓皆因汉王朝的建立而得以确立，可见汉代对整个中华民族影响之巨大和深远。徐州，是汉文化的发祥地、孕育地，有着丰盈的两汉遗存。



徐州是黄河的“养子”和“弃儿”。历史上的黄河是条桀骜不驯的大河，经常越出河槽，在中原大地上随性而至，肆意横流。从1194年到1855年，滚滚黄河水长期侵汴、侵泗、侵淮，流经徐州大地长达661年，徐州被迫成为黄河的“养子”。而150年前，夺汴、夺泗、夺淮的黄河北徙，徐州即成为“黄河母亲”的“弃儿”。故黄河是历史上黄河长期侵汴、侵泗、侵淮遗留下来的河道，又称黄河故道。黄河屡屡决口，常常泛滥，给徐州人民以刻骨铭心的记忆。曾数次遭灭顶之灾的古城徐州，却在千百年后的今天演变出一个非常珍贵的历史文化现象——地下城奇观。

彭祖是历史人物，又是一个传奇人物。他是公认的厨师祖师爷。历代史籍对彭祖和彭祖养生文化多有记载。彭祖经过长期实践，悟得养生真谛，创立了烹饪饮食养生术、按摩导引养生术和房中养生术，成为我国养生文化的始祖。彭祖文化具有4600多年历史，是中华民族优秀文化的一朵奇葩。发祥于徐州，泽被中华，远播海外。彭祖不仅是中国烹饪的始祖，还是道家学派的先驱和奠基人之一。他以善养生而长寿。他的重生与服食、吐纳、守静、导引、房中术等养生理论，对道家、道教及中国传统文化，产生了深远的影响。

了解唐代文学的人都知道有个名伎关盼盼，知道徐州还有个关盼盼曾经住过的燕子楼。这可是个自古以来即为文人墨客流连忘返的地方。就这么一个关盼盼，在中国文学史上就留下了许多凄美的诗篇。白居易、苏东



坡、钱谦益、周邦彦、文天祥、秦少游、陈师道、萨都刺……都有咏怀燕子楼的佳作。明朝冯梦龙的《警世通言》第十卷《钱舍人题诗燕子楼》，写的就是燕子楼的典故和传奇。这样的好景致，又怎能让它“燕去楼空，空锁楼中燕”？

在徐州这块热土上，有以鲜为主、五味兼蓄的饮食，有崇文尚武的民俗风情，有饱含地域风味的文化艺术，有一长串历史名人的足迹，有丰富的文化遗存。名胜古迹、人文景观遍布境徐州角角落落。刘邦歌风台、项羽戏马台、吕布射戟台与黄河故道、苏轼黄楼交相辉映，显示着徐州昨天和今天雄浑的历史内涵。

徐州——中国优秀旅游城市，山水壮美，风景秀丽，大气雄风，荡人襟怀。走进徐州，登山临水，给人以智慧的启迪，心灵的净化，胸添灵秀之气，浩然之气。

看一看徐州吧，这一片土地不会让你失望；到徐州来吧，这里的山水会给你一种别样的情怀！



PREFACE

An old verse says, "Being ranked in the 9 important cities since ancient times, there had been fiercely combating on Peng's Land, among the most outstanding people for thousands of years" The original name of Xuzhou is Pengcheng because of Pengzu, an expert at preserving health in the ancients. It is also the birth place of Liu Bang, the founding emperor of Han Dynasty and the onetime capital of Xiang Yu, the Overlord of Xichu. Nourished by customs and charms of both Chu and Han, Xuzhou becomes a treasure place and gives birth to a great many talents.

According to research, in history, there were total 11 founding emperors, whose native places are Xuzhou. Their thrones had been inherited respectively by 67 descendents in total. These 78 emperors played important roles in almost 1000 years in history, which took almost half of the Feudal Society of China. It is quite a rare phenomenon of regional cultures in history.

Looking back on the history of Xuzhou, the main stream across it is the fierce wars which had already gone for long. Thousand-of-year wars and battles would absolutely result in a hot contested spot with valiant atmosphere, and eventually become important factors in producing the distinct regional culture of Xuzhou.

There are three treasures of Han Culture: Tombs, Stone Sculptures and Terracotta Warriors and Horses, all are unearthed in Xuzhou. Han nationality has the biggest population among all the nationalities in world. Its name "Han", is just coming of "Han



Dynasty". Most traditional rituals and folk customs were formed in Han Dynasty too. They are the cultural foundation of the thousand-of-year puissant history of China. The appellations such as Han Culture, Han Nationality, Chinese and Chinese Characters are also established with the foundation of Han Dynasty. It's obvious that Han Dynasty had imposed quite a great impact on the whole of Chinese history. And Xuzhou is just the cradle and gestation place of Han Culture. Here there are wondrously abundant heritages of both the East and West Han Dynasty.

Xuzhou was ever the fosterling and the foundling of the Yellow River. The Yellow River, which was quite obstinate and unruly, sprang its riverway frequently. It flew wantonly and uncontrollably on the vast land of Center Plain. From 1194 to 1885, the surging river trenched on the River of Bian, Huai, Si for a long period, and flew over Xuzhou for as long as 661 years. However, 150 years ago, the Yellow River changed its route northwards, and Xuzhou became the foundling since then. The Old Yellow River was the riverway left behind the trenching on the River Bian, Huai and Si by the Yellow River in history, thus it was called the Old Riverway of the Yellow River too. Historically, the Yellow River bursted and overflowed frequently, which gradually became the memory remembered into the live's end by the Xuzhou people. However, it brings a very precious historical culture phenomenon today—the underground city, which is formed in the old city Xuzhou. The underground city is caused just by those several catastrophes that almost destroyed the city thoroughly hundreds or thousands of years ago.



Pengzu is a storied and legendary man, who is the recognized forefather of kitchener. Pengzu and his health-preserving culture were recorded in many history books. After long-period practices, finally he found the truth in health-preserving. He created the cuisine and dietetic method, the kneading and inducing method and the sexual method in health-preserving. Therefore he became the father of Chinese health-preserving culture. Pengzu culture has a history of 4600 years, which is a great achievement in Chinese excellent cultures. It was born in Xuzhou. It brought benefits all over China. And it was spread abroad at last.

Pengzu is not only the father of cuisine, but also the pioneer and founder of the Taoism. His longevity is just because of his specializing in health-preserving. He laid great emphasize on life and living method and his health-preserving theory such as ingestion, breathing out and inhaling, calm-keeping, inducing method and sexual method had brought deep influences to Taoists, Taoism and Chinese traditional cultures.

People who know about Tang literature must know Miss Guan Panpan and the Swallow Mansion in Xuzhou which Guan Panpan once lived in. This was really an on-the-scoop place for those bookmen and poets. How many poems have been composed just for Guan Panpan in Chinese literature history! Bai Juyi, Su Dongpo, Qian Qianyi, Zhou Bangyan, Wen Tianxiang, Qin Shaoyou, Chen Shidao, Sa Dula……, each of them had excellent works to praise the Swallow Mansion. Feng Menglong of Ming Dynasty once wrote a book called "Ordinary Words to Warn the World", and there was such a chapter named "Young aristocrat Qian inscribing poems on



the Swallow Mansion" in Volume 10, which was just the literary quotation and legend of the tower. What a marvelous story it is! Would you really like it to be as "with Guan's gone, how lonely the empty mansion feels! "?

Xuzhou has abundant cultural heritages, with Historic sites and places of interest, cultural landscape locating everywhere. "Old to the Wind" Terrace of Liu Bang, Horse-training Platform of Xiang Yu, Halberd-shooting Terrace of Lv Bu, the Old Riverway of the Yellow River and the Yellow Tower, all those are shining on each other, and illustrating Xuzhou's vigorous history essence.

On the cuisine, Xuzhou gives priority to the fresh flavor, thus it also takes others into consider. On the folk customs, Xuzhou imposes great importance on both civilization and martial art. Its cultures and arts are characterized by local colors and full of them. Here there are many historical celebrities too.

Xuzhou is a city with magnificent mountains and rivers, beautiful scenes, its grand manner always moves people deeply. Coming into Xuzhou, climbing the mountains and walking by the river, you will inevitably be edified and spiritualized. You will inevitably have the inspired, beautiful feeling in your mind. And here you'll find how vast the land is.

Come to Xuzhou! You'll not be disappointed here; You will harvest a special feeling which you never experienced before!



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