


龙毛忠 贾爱兵 颜静兰 ◎主编  
A Bird's-Eye View of Chinese Culture

英汉  
对照

# 中国文化概览

 华东理工大学出版社



华东理工大学出版社

龙毛忠 贾爱兵 颜静兰 ◎主编  
A Bird's-Eye View of Chinese Culture

# 中国文化概览

英汉  
对照





**图书在版编目(CIP)数据**

中国文化概览(英汉对照)/龙毛忠,贾爱兵,颜静兰主编. —上海:华东理工大学出版社,  
2009.5

ISBN 978-7-5628-2538-8

I. 中... II. ①龙...②贾...③颜... III. ①英语-汉语-对照读物②传统文化-  
概况-中国 IV. H319.4;G

中国版本图书馆 CIP 数据核字(2009)第 055058 号

**中国文化概览(英汉对照)**

主 编 / 龙毛忠 贾爱兵 颜静兰

责任编辑 / 李清奇

责任校对 / 金慧娟

封面设计 / 陆丽君

出版发行 / 华东理工大学出版社

地 址: 上海市梅陇路 130 号, 200237

电 话: (021)64250306(营销部)

(021)64252710(编辑室)

传 真: (021)64252707

网 址: [www.hdlgpress.com.cn](http://www.hdlgpress.com.cn)

印 刷 / 常熟华顺印刷有限公司

开 本 / 710mm×1000mm 1/16

印 张 / 20

字 数 / 585 千字

版 次 / 2009 年 5 月第 1 版

印 次 / 2009 年 5 月第 1 次

印 数 / 1-5000 册

书 号 / ISBN 978-7-5628-2538-8/H·827

定 价 / 35.00 元

(本书如有印装质量问题,请到出版社营销部调换。)



- ① 1-1 China
- ② 1-2 giant panda
- ③ 1-3 red-crowned crane
- ④ 1-4 Yangtze River dolphin
- ⑤ 1-5 Zhuang nationality
- ⑥ 1-6 Uyghur nationality
- ⑦ 1-7 Miao nationality
- ⑧ 2-1 writings on tortoise shell
- ⑨ 2-2 Qin Shihuang
- ⑩ 2-3 terra cotta
- ⑪ 2-4 the Grand Canal
- ⑫ 3-2 the national emblem of PRC
- ⑬ 3-1 the national flag of PRC
- ⑭ 3-3 the capital of PRC



- ① 5-1 Confucius
- ② 5-2 Mencius
- ③ 5-3 Laozi
- ④ 11-1 Yixing teapot
- ⑤ 13-1 plum blossom
- ⑥ 13-2 peony
- ⑦ 13-3 chrysanthemum
- ⑧ 13-4 orchid
- ⑨ 13-5 chinese rose
- ⑩ 13-6 azalea
- ⑪ 13-7 camellia
- ⑫ 13-8 lotus
- ⑬ 13-9 the sweet-scented osmanthus
- ⑭ 13-10 narcissus
- ⑮ 13-11 bamboo





①



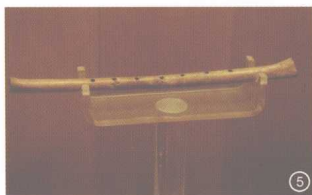
②



③



④



⑤



⑥



⑦



⑧



⑨



⑩



⑪

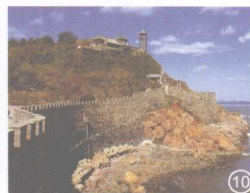


⑫



⑬

- ① 14-1 bride in red silk veil
- ② 14-2 sedan chair
- ③ 15-1 walking on stilts
- ④ 15-2 waist-drum dance
- ⑤ 20-2 bone flute
- ⑥ 20-1 Zeng Houyi bells
- ⑦ 20-3 liuqin
- ⑧ 20-4 qing
- ⑨ 20-5 erhu
- ⑩ 20-6 guqin
- ⑪ 20-7 konghou
- ⑫ 20-8 pipa
- ⑬ 20-9 xun
- ⑭ 20-10 yangqin



- ① 22-1 papercutting of Chinese character
- ② 22-2 Chinese knot
- ③ 22-3 Su embroidery
- ④ 22-4 Xiang embroidery
- ⑤ 22-5 Shu embroidery
- ⑥ 22-6 Yue embroidery
- ⑦ 24-1 Yueyang Tower
- ⑧ 24-2 the Yellow Crane Tower
- ⑨ 24-3 the Tengwang Pavilion
- ⑩ 24-4 the Penglai Pavilion

## 本书编委会

主 编 龙毛忠 贾爱兵 颜静兰

副主编 胡 平 贾静静 赵 蕾



# Preface

## 前言

自改革开放以来,中国向世界敞开了大门。外面的东西不断涌进中国。介绍外国文化的书籍、影片、电视节目等充斥我们的文化阵地。有关外国的人文学科也相继在各大专院校陆续开设,其目的非常明确:让学生接触、了解他们所学目的语的文化,培养跨文化交际交流意识,以保证他们在今后的国际竞争中能够灵活处理文化差异,掌握交际的主动权,从而立于不败之地。

但应该看到外国(主要是英美)文化的潜移默化作用。这种单向吸收导致很多年轻学生言必称英美、唯英美马首是瞻、对西方的文明极其钦羡向往,而对自己祖国的文化或一无所知,或了解也不知如何用外语对外介绍,如此便形成了不均衡的交流态势。

我们认为任何交流都应是双向的。我们的学生在对目的语国家的文化予以关注的同时(这是学好外语的必要条件),也应该对自己国家悠久的历史、灿烂的文化、优秀的文学传统了如指掌并且由衷地感到自豪,应该能担当起向世界介绍我们国家的历史发展轨迹和政治、经济、文化、教育等情况以及风土人情、风俗习惯等一般人文知识的职责(这是学习外语的主要目的之一)。中国文学是世界文学宝库中的奇葩,汉语语言瑰丽多采;中国的风俗习惯多姿多彩,源远流长;中国的音乐悠扬动听,美妙绝伦;中国传统工艺异彩纷呈,美轮美奂;中国智慧更是无所不包,令人叹为观止;中国的宗教哲学博大精深,其影响不仅透入中华民族的骨髓,而且在全世界也产生了积极作用(连美国前总统克林顿都曾经引用过老子的名言:“治大国若烹小鲜。”)。

通过实施教学,使学生对中国文化有一定了解,接触中国文化的方方面面,由衷地产生对祖国及其文化的自豪和热爱,扩展文化视野,丰富文化内涵,学会随时能用英语流利地介绍中国文化和中国人民。这样就可以避免在与外国人交往时出现“蹊脚现象”,即谈起英美滔滔不绝,眉飞色舞,如数家珍;提到自己国家的文化时却嗫嗫嚅嚅,抓耳挠腮,词不达意。



2008年北京第29届奥运会的成功举办,让全世界的目光聚焦中国,更在全世界掀起空前的“中国热”。要让中国文化传播得更远,让更多的人了解它,我们这些炎黄子孙责无旁贷。

为此,我们选编了这本《中国文化概览(英汉对照)》,以供英语学习者、有心对外介绍中国灿烂文化的人士、志在成为中西文化交流大使的外国留学生以及外交领域的有识之士使用。我们不仅在书中简要介绍了人们感兴趣的中国文化诸多元素,而且将会与书的出版同步在华东理工大学出版社的网站([www.hdlgpress.com.cn](http://www.hdlgpress.com.cn))上提供思考题和测验题,并均附有参考答案,这样不仅有利于教学,而且方便自学。

四年前的立项经过编写团队的共同努力,今天终于可以付梓成书了。本书的编写与出版得到了华东理工大学教务处教材立项经费资助和华东理工大学出版社的大力支持,在此编者表示诚挚的感谢!在编写本书的过程中,我们参考借鉴了不少作者的著作和观点,在此谨表由衷谢意。囿于编者的学识和水平,书中定有可商榷之处,恳请专家和读者指正。

龙毛忠

于华理苑

# Contents

## 目 录

<b>Chapter 1</b>	<b>A General Outline of China .....</b>	<b>1</b>
	中国概况	
<b>Chapter 2</b>	<b>A Brief History of China .....</b>	<b>12</b>
	中国历史简介	
<b>Chapter 3</b>	<b>Chinese Politics and Institutions .....</b>	<b>27</b>
	中国政体	
<b>Chapter 4</b>	<b>National Minorities Policy and Its Practice .....</b>	<b>42</b>
	中国少数民族政策及实施	
<b>Chapter 5</b>	<b>Ancient Chinese Philosophy and Religion .....</b>	<b>58</b>
	中国古代哲学和宗教	
<b>Chapter 6</b>	<b>Ancient Chinese Education .....</b>	<b>71</b>
	中国古代教育	
<b>Chapter 7</b>	<b>Chinese Names .....</b>	<b>81</b>
	中国姓名	
<b>Chapter 8</b>	<b>Chinese Language and Characters .....</b>	<b>90</b>
	中国语言文字	
<b>Chapter 9</b>	<b>Chinese Idioms and Fables .....</b>	<b>99</b>
	中国成语和寓言故事	
<b>Chapter 10</b>	<b>Chinese Food Culture .....</b>	<b>112</b>
	中国饮食文化	
<b>Chapter 11</b>	<b>China's Tea Culture .....</b>	<b>123</b>
	中国茶文化	
<b>Chapter 12</b>	<b>Chinese Traditional Ethnic Clothing .....</b>	<b>131</b>
	中国少数民族服饰	



<b>Chapter 13</b>	<b>Chinese Plants and Their Cultural Connotations .....</b>	<b>139</b>
	中国植物文化意象	
<b>Chapter 14</b>	<b>Wedding Traditions in China .....</b>	<b>149</b>
	中国传统婚俗	
<b>Chapter 15</b>	<b>Chinese Traditional Folk Entertainments .....</b>	<b>158</b>
	中国传统民间游艺	
<b>Chapter 16</b>	<b>Ancient Chinese Martial Arts .....</b>	<b>172</b>
	中国古代武术	
<b>Chapter 17</b>	<b>Chinese Calligraphy and Painting .....</b>	<b>182</b>
	中国书画艺术	
<b>Chapter 18</b>	<b>Chinese Carving .....</b>	<b>196</b>
	中国雕刻	
<b>Chapter 19</b>	<b>Chinese Farmers' Painting .....</b>	<b>205</b>
	中国农民画	
<b>Chapter 20</b>	<b>Chinese Folk Musical Instruments .....</b>	<b>216</b>
	中国民族乐器	
<b>Chapter 21</b>	<b>Appreciation of Chinese Folk Music .....</b>	<b>227</b>
	中国民族音乐	
<b>Chapter 22</b>	<b>Chinese Folk Art and Handicraft .....</b>	<b>239</b>
	中国传统民间工艺	
<b>Chapter 23</b>	<b>China Wisdom .....</b>	<b>250</b>
	中国智慧	
<b>Chapter 24</b>	<b>Famous Ancient Towers in China .....</b>	<b>261</b>
	中国古代名楼	

<b>Chapter 25</b>	<b>Chinese Ancient Gardens</b> .....	272
	中国古代园林	
<b>Chapter 26</b>	<b>The Silk Road</b> .....	283
	丝绸之路	
<b>Appendix I</b>	<b>Chinese Culture Words</b> .....	293
	中国文化词汇	
<b>Appendix II</b>	<b>Famous People in Chinese History</b> .....	296
	中国历史名人	
<b>Appendix III</b>	<b>A Brief Chinese Chronology</b> .....	299
	中国大事年简表	
<b>Appendix IV</b>	<b>China's Top Ten</b> .....	305
	中国之最	
<b>Appendix V</b>	<b>Directory of World Cultural and Natural Heritage in China</b> .....	307
	中国世界自然文化遗产名录	
<b>Bibliography</b>	<b>参考文献</b> .....	310

# Chapter 1

## *A General Outline of China*

### 中国概况

China, whose full name is the People's Republic of China, has a vast land with boundless natural resources, a long history, spectacular landscapes, colorful cultural heritage and varied national customs. The Chinese nation created a glorious civilization in the early stage of mankind's history. The compass, gunpowder, the art of paper-making and movable type printing invented by the ancient Chinese have contributed tremendously to the progress of mankind in the world. The Great Wall, the Grand Canal and other projects built by the Chinese people are regarded as engineering feats on the globe.

#### **1. Location and Territory**

##### **1) Location**

China is located in eastern Asia, on the west coast of the Pacific Ocean, surrounded by the East China Sea, Korea Bay, Yellow Sea, and South China Sea. The total land area of China is 9,600,000 square kilometers, slightly smaller than that of Europe, and it is the largest country in Asia and the third largest country in the world next only to Russia and Canada. (see picture 1-1)

##### **2) Territory**

From east to west, the territory of China extends from the confluence of the Heilong River and Wusuli River to the Pamirs, which covers a distance of about 5,200 kilometers; from north to south, China stretches from the center of the Heilong River north of the town of Mohe to the Zengmu Reef at the southernmost tip of the Nansha Islands, covering a distance of about 5,500 kilometers.

China shares a boundary of some 22,800 kilometers, bordered by North Korea to the east; Mongolia to the north; Russia to the northeast; Kazakhstan, Kyrgyzstan and Tajikistan to the northwest; Afghanistan, Pakistan, India, Nepal and Bhutan to the west and southwest; and Myanmar, Laos and Vietnam to the south. Across the seas to the east and southeast are the South Korea, Japan, the Philippines, Brunei, Malaysia and Indonesia.

##### **3) Territorial Waters and Island**

The Chinese mainland is flanked to the east and south by the Bohai Sea as China's continental sea, Yellow Sea, East China Sea and South China Sea as marginal seas of



the Pacific Ocean. The coastline of China's mainland is about 18,000 kilometers, with a flat topography and many excellent ice-free docks and harbors.

China's territorial waters are 4.73 million square kilometers. There are about 5,400 islands lying offshore of China, the largest of which are Taiwan Island with an area of about 36,000 square kilometers, and Hainan Island with an area of 34,000 square kilometers. There are a lot of archipelagoes such as the Zhoushan Islands and the islands in the East and South China Seas. There are a number of peninsulas along the coast; the largest ones are the Shandong Peninsula, Liaodong Peninsula and Leizhou Peninsula.

## 2. Topography

The topography of China is characterized by high west part and low east part, gradually descending in elevation from the west towards the east to form three steps. The highest step is the Qinghai-Tibet Plateau with the elevation being generally more than 4,500 meters above sea level, hence known as "the roof of the world". To the east of the Qinghai-Tibetan Plateau is the second step with much lower elevations, ranging between 1,000 meters and 2,000 meters and alternating with huge basins. The third step stretches from the line in the west composed of the Greater Hinggan Mountains, Taihang Mountain, Wu Mountain and the eastern rim of the Yunnan-Guizhou Plateau to the coast in the east, and embraces alternating hills and plains, and there are large areas of low mountains and hills at elevations of less than 500 meters above sea level with only a few peaks being at 2,000 meters, and the elevation of plains is all less than 200 meters.

The plains are the important industrial and agricultural bases and economic centers of China. They are distributed in the north to south direction, including Northeast Plain, North China Plain, Middle to Lower Yangtze Plain and Pearl River Delta Plain. According to the types of topography, mountains in China account for 33.3% of the national land area, plateaus 26.0%, basins 18.8%, hills 9.9% and plains 12.0%.

Most rivers in China flow west to east into the Pacific Ocean except a few in the Southwest that flow to the South. The Yangtze River, 6,300 kilometers long, is the largest river in China, which originates from the Tanggula Mountain on the Qinghai-Tibet Plateau and flows to the East China Sea. It is the third longest river after the Nile and the Amazon. The Yellow River is 5,500 kilometers long, the second longest river in China, flowing to the Bohai Sea. Both rivers are the birthplaces of ancient Chinese civilization with a wealth of historical sites and relics.

## 3. Climate

China is a country with diverse climates. From the south to the north, the country

is divided into tropical, subtropical, temperate and frigid climate zones. The climate in China varies greatly. For instance, Hainan Island in the south has long, hot summers and no winters, while the winter temperature drops to below 30°C in Heilongjiang, Jilin and Liaoning provinces in the northeastern part of China.

Most of China lies in the North Temperate Zone, characterized by a warm climate and distinctive seasons, a climate well suited for habitation. Most parts of China are subject to strong monsoon climate. From September to April the following year, the dry and cold winter monsoons blow from Siberia and the Mongolian Plateau, resulting in cold and dry winters and great differences between the temperatures of north and south China. From April to September, warm and humid summer monsoons blow from the seas in the east and south, resulting in overall high temperatures and plentiful rainfall, and little temperature difference between north and south China.

Precipitation gradually declines from the southeastern to the northwestern inland area, and the average annual precipitation varies greatly from place to place and from season to season. The average annual precipitation in China is 648 mm, or 19% less than the world average 800 mm on land. The annual precipitation in the southeastern coastal areas and parts of the southwestern areas is more than 2,000 mm, but that in the northwestern China is usually less than 200 mm, and 50 mm in the Tarim and Turpan basins in Xinjiang and Chaidamu Basin in Qinghai, etc., even less than 25 mm at centers of those basins.

#### 4. Natural Resources

##### 1) Cultivated Land, Forest and Grassland

China's cultivated lands, forests and grasslands are among the world's largest in terms of sheer area. However, due to China's large population, the per-capita areas of cultivated land, forest and grassland are small, especially in the case of cultivated land — only one third of the world's average.

In China, 130.04 million hectares of land are cultivated, mainly on the Northeast Plain, the North China Plain, the Middle-Lower Yangtze Plain, the Pearl River Delta and the Sichuan Basin. The fertile black soil of the Northeast Plain, the largest plain in China with an area of more than 350,000 square kilometers, abounds in wheat, corn, sorghum, soybeans, flax and sugar beet. The deep brown topsoil of the North China Plain is planted with wheat, corn, millet and cotton. The Middle-Lower Yangtze Plain's flat terrain and many lakes and rivers make it particularly suitable for paddy rice and freshwater fish; therefore, it is called "a land of fish and rice." This area also produces large quantities of tea and silkworms. The purplish soil of the warm and humid Sichuan Basin is green with crops in all four seasons, including paddy rice, rapeseed and sugarcane. The Pearl River Delta abounds with paddy rice, harvested

2-3 times every year.

Forests cover about 175 million hectares of China. The Greater Hinggan Mountains, the Lesser Hinggan Mountains and Changbai Mountain Ranges in the northeast are China's largest natural forest areas. Major tree species found here include conifers, such as Korean pine, larch and Korean larch, and coniferous-broadleaf trees such as white birch, oak, willow, elm and Northeast China ash. Major tree species in the southwest include the dragon spruce, fir and Yunnan pine, as well as teak, red sandalwood, camphor, nanmu and so on. Xishuangbanna, often called a kingdom of plants, in the south of Yunnan Province, is a rare tropical broadleaf forest area in China, playing host to more than 5,000 plant species.

Grasslands in China cover an area of 400 million hectares, stretching more than 3,000 kilometers from the northeast to the southwest. They are the centers of animal husbandry. The Inner Mongolian Prairie is China's largest natural pastureland, and home to the famous Sanhe horses, Sanhe cattle and Mongolian sheep. The important natural pasturelands in north and south of the Tianshan Mountains in Xinjiang are ideal for stockbreeding, where the famous Ili horses and Xinjiang fine-wool sheep are raised.

## 2) Mineral Resources

China has deposits of almost all the minerals known in the world. Minerals of 151 different kinds have been verified, which lead the world in the reserves of tungsten, antimony, rare earth, molybdenum, vanadium and titanium. Other deposits which are among the largest in the world are coal, iron, lead-zinc, copper, silver, mercury, tin, nickel, phosphorus and asbestos.

China's basic coal reserves total 334.2 billion tons, mainly distributed in north, northwest, northeast and southwest China with Xinjiang Uygur Autonomous Region, Shanxi Province and the Inner Mongolia Autonomous Region heading the field. China's 21.24 billion tons of the basic iron ore reserves are distributed mainly in northeast, north and southwest China such as Liaoning Province, eastern Hebei and western Sichuan provinces. Tungsten reserves are concentrated in southeastern Hunan, southern Jiangxi, and northern Guangdong, western Fujian and eastern Guangxi, though they are found in 19 provinces and autonomous regions across China.

China also abounds in petroleum, natural gas, oil shale, phosphorus and sulfur. Petroleum reserves are mainly found in northwest, northeast and north China, as well as in the continental shelves of east China.

## 3) Water Resources

Freshwater in China mainly comes from rivers and lakes. China's territory includes numerous lakes, most of which are found on the Middle-Lower Yangtze Plain and the Qinghai-Tibet Plateau. Freshwater lakes such as Poyang Lake, Dongting