

风采中国

中国文化概况

Highlights of Chinese Culture

主编 宋莉



哈尔滨工业大学出版社

HIGHLIGHTS OF CHINESE CULTURE

风采中国

中国文化概况

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内 容 简 介

本书为英文版共九章,包括历史纵览、哲学溯源、汉语语言与文学经典、传统艺术与园林建筑、当代中国地理风光与文化、政治制度、民族与人口、经济改革与人民生活、科学与教育、民俗民间文化等。适用于高校英语专业本科生、非英语专业本科生和研究生,以及外经外贸、外事交往、旅游、翻译、国际交流等专业的学生和工作人员或具有相当水平的英语学习者。

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前 言

《风采中国：中国文化概况》一书经过编写人员的通力合作和多方人士的大力支持，终于与广大读者见面了。我们希望借此书出版之际，同读者分享我们编写此书的一些想法，以期能够比较圆满地实现我们的目的，最大限度发挥此书的作用。

在多年的高校英语教学实践和研究中，我们发现我国高校的英语学习者有着近 10 年之久，或者更长时间的英语学习经历，而且其英语交流能力随着时代的进步和国内英语教学改革推进已有了相当程度的提高，即便如此，他们用英语描述和表达中国文化现象和中国人自身立场与观点的能力却远远没有得到培养。笔者于 2004 年底对哈尔滨市一所大学的英语专业本科生、硕士研究生和非英语专业的硕士研究生及博士研究生的中国文化现象、英语表达能力进行了测试，内容涉及用英文词语和句子表达英语国家和中国的日常生活以及一些基本的人文常识。结果显示这些较高水平的英语学习者对中国文化现象的英文表达能力和其对英语国家文化现象英语表达能力的发展极为不平衡，前者远远落后于后者。被调查学生对莎士比亚的剧作可以娓娓道来，却不能用英文写出中国的四大名著；对汉堡、牛排等英文单词了如指掌，对自己吃的一日三餐却不知如何用英语解释；被测试的学生对白宫、华盛顿等名词更是一清二楚，而对于故宫、人民大会堂的英文表达却一筹莫展。作为英语教育工作者我们不能不对这一现象进行深刻的反思。中国拥有世界上数量最多的英语学习者，英语教学在中国颇具规模。然而，我们英语教学的目的究竟是什么？我们培养的学生最终将如何使用英语？英语对中国人到底意味着什么？等等这些问题直接关系到我国英语教学的发展。

人类社会发展到今天，特别是进入 21 世纪以来，对置身全球村的人而言英语已不仅仅是一门普通的外语，而是国际通用语。对中国人而言，英语不仅仅是我们同英美等英语国家人民交往的工具，更多的时候英语是我们同非英语国家的人民交流的媒介；国际会议、商务洽谈、旅游观光、留学就业等诸多形式的跨文化交流无不依赖于英语，而互联网中 80% 以上的信息使用的是英文。英语的地位和作用在全球化的今天显然已经发生了巨大的变化，它不再专属于某几个国家或民族，而是世界人民共同的语言；英语所承载的也不仅仅是某几个国家或民族的文化，而是其使

用者多元文化的表现手段。我们的英语教学无疑应该顺应这些变化，力图使英语成为中国人与世界各国沟通的桥梁，展现中华民族风采和中国人自身文化身份的语言工具。因此，发挥英语应有的作用、服务当代中国社会是英语教师义不容辞的责任。

高等学校外语专业教学指导委员会英语组 2000 年 3 月颁布的《高等学校英语专业英语教学大纲》中明确要求“学生要对中国文化有一定的了解，熟悉中国传统文化传统，对中国文化和社会经济发展有一定的了解，提高对外介绍能力”。教学原则部分强调素质教育，指出“开设各种相关专业知识课程是培养复合型外语人才的重要环节”。中国文化概论在大纲中被列为相关专业知识系列的选修课。但是国内只有极少数外语院系开设此类课程，绝大多数英语专业学生只能在翻译或者口译课上接触到一点中国文化的内容，非英语专业学生对中国文化的英文表述则接触更少。同时大学生普遍缺乏对中国文化传统的了解也是不容忽视的事实。英语教学中的中国文化英语输入是中国英语教育界亟待解决的问题。国内学者已有此呼吁，我们调查的学生也普遍希望开设中国文化方面的英文课程。

基于对我国目前英语教学状况的了解，和我们对跨文化交际学、外语教学、英语国际通用语(English as an international language)和世界英语(world Englishes)的研究与认识，我们编写了这本中国文化概况，指导思想如下：

1. 英语对中国人而言不仅仅是外语，而且是国际通用语，它是连接中国与世界上重要媒介，是中国人获取和传递信息、表达自己的思想感情和展现中国风貌的重要工具和手段。

2. 中国英语学习者应该具备用英语表达中国文化和自身民族文化身份的能力。

3. 用英语表达中国人的思想文化是中国英语教学的重要组成部分；中国英语教学不应只包括英语国家的文化内容。

4. 中国文化的英语表述既是英语学习，更是中华文化学习，是提高中国学生人文素质和民族文化修养的有效途径。

本书的宗旨是：

1. 通过英语向中国英语学习者介绍华夏文化，弘扬民族文化传统。

2. 提高中国英语学习者对中英语言文化异同的了解与认识，同时提高其对本民族语言文化的认同。

3. 提高中国英语学习者英语表达能力和跨文化交际能力，使学生学会用英文表达中国人的文化和民族身份，适应新世纪对复合型国际化人才的需要。

4. 促进中国英语学习者中英语言文化能力的平衡发展, 推动国内英语教学向更科学和更成熟的方向发展。

本书共九章包括历史纵览、哲学溯源、汉语语言与文学经典、传统绘画、艺术与园林建筑、当代中国的地理风光与文化、政治制度、民族与人口、经济改革与人民生活、科学与教育、民俗民间文化等。在编写过程中我们力求做到内容丰富、重点突出, 语言通俗易懂、简练规范, 形式新颖生动、图文并茂, 突出教材特点、学练结合, 既适合课堂操作, 又适合自学使用。

全书以英文编写, 结构上分为四部分: 1. 正文部分是文化介绍与描述; 2. 思考与回顾部分紧跟正文, 设问涉及每章节重点内容; 3. 探索与发现部分中的问题为每章节内容的扩展, 体现了当代教育理念, 以开放型、启发式问题为主, 培养和开发学生独立探索发现和研究问题的能力; 4. 附加内容部分包括补充阅读材料和中英词语对照。附加的材料为每章内容的补充, 而词语部分对中国文化特色的名词与概念附加汉语注释, 方便使用者随时查阅。

本书编写的具体分工如下: 傅利: 第四章; 贾雪睿第五章、第八章和中国传统节日与风俗部分; 刘爱华: 第七章、第九章和中华武术与健身部分; 宋莉: 第二章、第六章和中医中药部分; 张瑾: 第一章、第三章和中华传统饮食文化部分。Krista Stevenson 和 Mike Dicker 两位美籍教师负责全书的英文审阅。

用英语介绍和描述中国文化, 对编写人员是一种挑战, 更是一次宝贵的学习经历。为保证对书中所涉及内容描述的规范性, 我们参阅了很多英文资料和权威网站, 这些在书后都一一列出。在此我们谨对这些资料的作者和网站的提供者表示最诚挚的谢意。

此书的出版归功于编写组各位老师的辛勤工作, 同时也离不开多方人士和部门对我们的支持与帮助。我们要特别感谢贾玉新教授对本书编写给予的充分肯定和支持, 他的鼓励坚定了我们承担并完成本书编写的信心和决心。在本书的编写和出版过程中, 哈尔滨工业大学外语系积极支持与资助, 使本书能顺利完成。Krista Stevenson 和 Mike Dicker 两位美籍教师对本书的英文内容花费了大量的时间审阅校对, 并提出了宝贵的修改意见, 为保证本书英文行文的规范和流畅发挥了重要作用。对以上各个方面的支持与帮助, 全体编写人员表示衷心的感谢。

本书内容涵盖广、跨度大, 传统与现代相结合, 实用性较强, 既可做教材, 又可做课外读物和中国文化英语描述的参考工具书; 既可用于中国文化课程的教学, 也可用作其他英语课程的辅助材料。

本书适用于高校英语专业本科生、非英语专业本科生和研究生,以及外经外贸、外事交往、旅游、翻译、国际交流等专业的学生和工作人员以及具有相当水平的英语学习者。

我们希望广大读者通过本书领略中国文化的绚丽风采,提高用英语描述中国文化的能 力,成为驾驭英语的中国人。同时我们也欢迎读者为本书提出宝贵的意见,以便改进和完善我们的工作。

宋 莉

二〇〇五年七月
于哈尔滨工业大学

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CHAPTER 1

A GREAT ORIENTAL NATION

伟大的东方民族

Overview of Chinese History

Great Historical Events

Great Historical Figures

... reflection of mirror correct your dressing, reflection of history tell you boom-and-bust, reflection of criticism correct your mistake.

……以铜为镜可以正衣冠，以古为镜可以知兴替，以人为镜可以明得失。

Li Shimin 李世民

*C*hina has a recorded history of nearly 4 000 years. Modern archaeological studies provide evidence of still more ancient origins in a culture that flourished between 2500 and 2000 B.C. in what is now central China and the lower Yellow River Valley in north China. Centuries of migration, merging, and development brought about a distinctive system of writing, philosophy, art, and political organization that came to be recognizable as Chinese civilization. What makes the civilization unique in world history is its continuity through over 5 000 years to the present century.

Overview of Chinese History 历史纵览

Chinese history can be divided into three periods: the legendary period, the ancient period (2070 B.C.~A.D.1840) and the modern period (1840~present). The Chinese pattern of dynasties can be described as a cycle of ascent, achievement, decay and rebirth under a new family.

Legendary Period 传说时期

Chinese civilization, as described in mythology, began with Pangu (盘古), the creator of the universe, and a succession of legendary sage-emperors and heroes who taught the ancient Chinese to communicate and to find sustenance, clothing, and shelter. The most important ones are the Three Wise Kings and Five August Emperors (三皇五帝).

A Chronology of Chinese History

Three Wise Kings and Five August Emperors (三皇五帝)		30th century B.C. ~ 21th century B.C.	
Xia Dynasty (夏朝)		2070 B.C. ~ 1600 B.C.	
Shang Dynasty (商朝)		1600 B.C. ~ 1046 B.C.	
Zhou Dynasty (周朝)	Western Zhou Dynasty (西周)	1046 B.C. ~ 771 B.C.	
	Eastern Zhou Dynasty (东周)	770 B.C. ~ 256 B.C.	
Qin Dynasty (秦朝)		221 B.C. ~ 206 B.C.	
Han Dynasty (汉朝)	Western Han Dynasty (西汉)	206 B.C. ~ A.D. 25	
	Eastern Han Dynasty (东汉)	25 ~ 220	
Three Kingdoms (三国)	Wei (魏)	220 ~ 265	
	Shu Han (蜀汉)	221 ~ 263	
	Wu (吴)	222 ~ 280	
Jin Dynasty (晋朝)	Western Jin Dynasty (西晋)	265 ~ 317	
	Eastern Jin Dynasty (东晋)	317 ~ 420	
Northern and Southern Dynasties (南北朝)	Southern Dynasty (南朝)	Song (宋)	420 ~ 479
		Qi (齐)	479 ~ 502
		Liang (梁)	502 ~ 557
		Chen (陈)	557 ~ 589
	Northern Dynasty (北朝)	Northern Wei (北魏)	386 ~ 534
		Eastern Wei (东魏)	534 ~ 550
		Northern Qi (北齐)	550 ~ 577
		Western Wei (西魏)	535 ~ 556
		Northern Zhou (北周)	557 ~ 581
Sui Dynasty (隋朝)		581 ~ 618	
Tang Dynasty (唐朝)		618 ~ 907	
Five Dynasties (五代)	Later Liang (后梁)	907 ~ 923	
	Later Tang (后唐)	923 ~ 936	
	Later Jin (后晋)	936 ~ 947	
	Later Han (后汉)	947 ~ 950	
	Later Zhou (后周)	951 ~ 960	
Song Dynasty (宋朝)	Northern Song Dynasty (北宋)	960 ~ 1127	
	Southern Song Dynasty (南宋)	1127 ~ 1279	
Liao Dynasty (辽)		907 ~ 1125	
Jin Dynasty (金)		1115 ~ 1234	
Yuan Dynasty (元朝)		1206 ~ 1368	
Ming Dynasty (明朝)		1368 ~ 1644	
Qing Dynasty (清朝)		1616 ~ 1911	
Republic of China (中华民国)		1912 ~ 1949	
People's Republic of China (中华人民共和国)		1949 ~	

Three Wise Kings and Five August Emperors 三皇五帝

The Three Wise Kings and Five August Emperors were mythological rulers of China during the period from 2500 B.C. to 2205 B.C., which is the time preceding the Xia Dynasty.

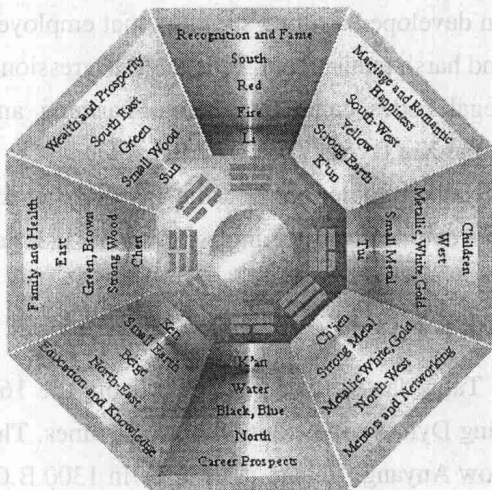
The Three Wise Kings, sometimes known as the Three Sovereigns, were said to be god-kings or demigods who used their magical powers to improve the lives of their people. They are identified as Fuxi (伏羲), Shennong (神农) and Huangdi (黄帝). Fuxi was considered the first real ruler. He taught people how to devise tools, kindle fire and cook food, how to domesticate animals and tend flocks. He instituted



Huangdi

marriage and devised the mysterious Eight Trigrams (八卦) which were used for divination. Shennong was the god who invented farming and was the first to use herbs for medical use. He won the name of "The Prince of Cereals" by farmers. Huangdi was

known as the ancestor of the Chinese nation. He was the most famous tribe chieftain in ancient China, who invented the wheel and carts drawn by oxen and discovered the art of making pottery. He improved communication by building roads, bridges and ships. Under his administration, precious stones, gold and copper were introduced to serve as money.



Eight Trigrams

The Five August Emperors in the legendary period are Shaohao (少昊), Zhuanxu (颛顼), Gaoxin (高辛), Yao (尧) and Shun (舜). Shaohao was the

renowned leader among the Yi (夷) people in East China. The Yi people had officials for both industry and agriculture. Zhuanxu was a very wise and intelligent person. He respected the gods and taught his people. He appointed one official responsible for offering sacrifices for the gods in the heaven and one official in charge of the civil affairs.

Highlights of Chinese Culture

Gaoxin was said to be a descendant of Huangdi. He enjoyed a high reputation among his tribal people and they were obedient to his administration. Yao made great contributions to the lunar calendar. Shun was physically and mentally gifted and he was a man with great virtues. He was selected by Yao as his successor.

Ancient Period 古代时期

Xia Dynasty 夏朝 (2070 B.C.~1600 B.C.)

The Xia Dynasty is the first dynasty to be described in Chinese historical records. Traditionally, it is supposed to have begun with the reign of Yu the Great (大禹) and ended with the fall of Jie (桀). The Xia period marked an evolutionary stage between the late neolithic cultures and the typical Chinese urban civilization of the Shang Dynasty. It was in this period that the institution of slavery (奴隶制) began developing.

The Xia Dynasty resumed hereditary monarchy from the legendary Huangdi times, and began the period of a family or a clan controlling everything in the nation. It was also during this period that the Chinese civilization developed a ruling structure that employed both a benign civilian government (文治) and harsh punishment for legal transgressions. From this the earliest forms of Chinese legal codes came into being. Farming and stockbreeding were already well developed in the Xia Dynasty.

Towards the end of the Xia Dynasty, social contradictions became sharper. Jie, the last ruler, was said to be a corrupt king. He was overthrown by Tang (汤), the leader of the Shang people from the east.

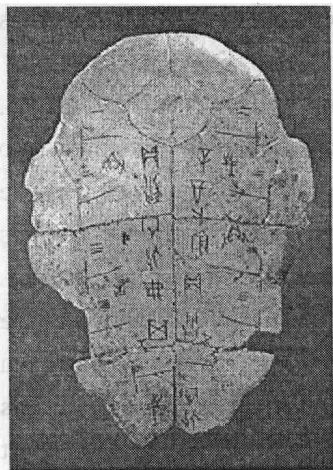
Shang Dynasty 商朝 (1600 B.C.~1046 B.C.)

The Shang Dynasty, founded by Shang Tang, lasted over 500 years, from the 16th century B.C. to the 11th century B.C. The Shang Dynasty moved its capital six times. The final and most important move to Yin (殷) (now Anyang, Henan 河南安阳) in 1300 B.C. led to the golden age of the dynasty. The term Yin Dynasty has been synonymous with the Shang Dynasty in history, specifically in reference to the latter half of the Shang.

A line of hereditary Shang kings ruled over much of northern China, and Shang troops frequently fought with their neighboring settlements and nomadic herdsmen from the inner Asian steppes. The capitals, particularly in Yin, were centers of glittering court

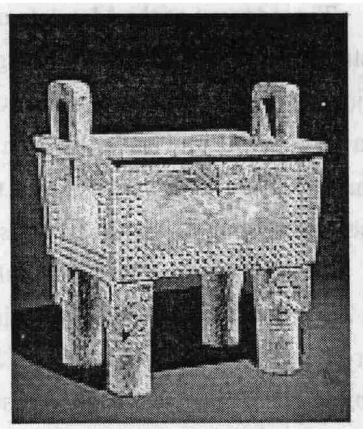
life. Regular religious rites were popular among the Shang nobles. They worshipped the supreme gods as well as their sacred ancestors.

Shang's civilization was based on agriculture,



Inscriptions on the Oracle Bones

hunting and animal husbandry. During the Shang Dynasty, the technology of smelting bronze was invented and some iron tools were known to be



Grand Si Muwu Quadripod

in use already. A number of ceremonial bronze vessels with inscriptions dated from this period. The ceramic industry already existed then, and silk reeling and weaving was fairly advanced, bringing forth the initiative jacquard weaving technique into the world.

The Shang Dynasty has the earliest recorded written history, because a writing system was developed, as revealed on tortoise shells and flat cattle bones. The current Chinese language has developed from the inscriptions on the oracle bones (甲骨文) .

Zhou Dynasty 周朝 (1046 B.C.~256 B.C.)

The Zhou Dynasty lasted longer than any other in Chinese history. The Zhou Dynasty marked the beginning of the feudal phase of Chinese history, a period which extended to the fall of the Qing Dynasty in 1911.

The Zhou Dynasty was founded by the Ji(姬)family and had its capital at Hao (镐), near the present-day city of Xi'an. Sharing the language and culture of the Shang (Yin) , the early Zhou rulers, gradually extended Shang(Yin)culture through much of the Central Plains (中原地区) to the north of the Yangtze River (长江) . The city-states in the Zhou Dynasty were progressively centralized and established increasingly impersonal political and economic institutions. These developments were manifested in greater central control over local governments and a more routinized agricultural taxation.