



# 用英语说中国

INTRODUCE CHINA IN ENGLISH

风 俗 民 情

Folk Customs

◎ 主编 刘 泓 浩 瀚



科学技术文献出版社



H319.4/1571

:8

2008

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## Folk Customs

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科学技术文献出版社

Scientific and Technical Documents Publishing House

北京

**图书在版编目(CIP)数据**

风俗民情/刘泓,浩瀚主编.-北京:科学技术文献出版社,2008.2

(用英语说中国)

ISBN 978-7-5023-5890-7

I. 风… II. ①刘… ②浩… III. ①英语-语言读物 ②风俗习惯-中国  
IV. H319.4:K

中国版本图书馆 CIP 数据核字(2007)第 193761 号

出 版 者 科学技术文献出版社  
地 址 北京市复兴路 15 号(中央电视台西侧)/100038  
图书编务部电话 (010)51501739  
图书发行部电话 (010)51501720,(010)51501722(传真)  
邮 购 部 电 话 (010)51501729  
网 址 <http://www.stdph.com>  
E-mail: stdph@istic.ac.cn  
策 划 编 辑 李 洁 崔 岩  
责 任 编 辑 崔 岩  
责 任 校 对 唐 炜  
责 任 出 版 王杰馨  
发 行 者 科学技术文献出版社发行 全国各地新华书店经销  
印 刷 者 富华印刷包装有限公司  
版 ( 印 ) 次 2008 年 2 月第 1 版第 1 次印刷  
开 本 880×1230 32 开  
字 数 236 千  
印 张 8.25  
印 数 1~8000 册  
定 价 13.00 元

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# 前言 Foreword

中国是一个历史悠久的文明古国,其深厚的文化内涵就基奠在广袤的风俗民情当中;同时中国又是一个多民族的大国,56个民族将其独有的文化习俗融合在一起,就形成了当今的古国文明。随着2008年的不断临近,我们有责任也有义务去学习和传播中国的风土民情,为的是让世界人民在奥运会光环的照射下能够更多地领悟到中国文化的精神并能更好地了解中国的民俗风情,这对于实现世界范围内的多元文化共享无疑具有极为深远的意义。

为此我们特别推出了《用英语说中国——风俗民情》这本书。

全书分为:习俗、中国日历、中国传统节日、中国少数民族、民间工艺、民间游艺、民间竞技、民间文艺、民间礼仪九个部分。全方位地介绍中国民俗风情,体现中国特色。

本书每个单元内容又分为:

**流畅精句:**贴切、简单实用的语句,采用英汉对照的形式,让你脱口而出。

**精彩片段:**选取典型的具有代表性文章段落,介绍详细具体,一目了然,可以让你获得英语学习和了解中国民俗风情的双重丰收。

**文化链接:**用汉语讲述相关知识背景,可以让你更深层地了解中国民俗风情。

**妙词连珠:**鲜活、亮丽词汇,为你脱口而出打下坚实基础。

用英语说中国,不仅让中国走向世界,也让世界更多地了解中国。

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# 1 习俗

*Custom*

## U 中国服饰文化

### Unit 1 The Culture of Chinese Clothing



#### Key Sentences

流畅精句

1. Dress, or adornment culture is a culture formed in the course of protecting people's bodies and beautifying their images.  
服饰文化,或称衣饰文化,是指人们在保护身体器官或美化体形的过程中所形成的风俗文化。
2. Dress culture is characterized by distinctive development stages.  
服饰文化往往具有鲜明的时代性。
3. Nowadays, the dress and adornments, even separate parts of garments, can find their prototype in ancient dress.  
人们现在的服装配饰,甚至服装的各个部件,也都能从古代的服饰中找到它的原型。
4. From the Wei dynasty to the South and North dynasty, China was in a period of ethnic merging. The dress of this period was characterized by diversified styles and obsolescence.  
魏晋南北朝是一个民族大融合的时期,这一时期的服饰文化也显得异彩纷呈,并且变化的周期越来越短。

5. Skirt-wearing was a fashion among women in the Tang Dynasty.  
唐代女子盛行穿裙子。
6. There have been different customs between men's dress and women's dress in China.  
中国男士及女士衣着习惯不同。
7. Clothes had become a distinct symbol of professions as different clothes corresponded with different careers in ancient China.  
在古代中国,不同的职业着不同的服饰,并成为各种职业的鲜明标志。
8. Originally, dress did not symbolize social status, but the situation changed after class polarization.  
服饰原来没有地位标志的特征,而是随着阶级、等级的分化而后起的。
9. People usually wore different clothes on different occasions.  
人们在不同的场合,往往要穿戴不同的服饰。
10. Ceremonial dress differs from practical dress as it only caters to the needs of social etiquette such as the mourning dress in ancient China, a purely ceremonial dress.  
礼仪型的服饰与实用、观赏型的服饰不同,它完全出于社会礼俗的需要,只重礼仪,而不重实用或观赏。如中国古代的丧服,就纯粹是礼仪型的服饰。



## Wonderful Paragraph

### 精彩片段

### Paragraph 1

## **T**he Development of Chinese Clothing

Chinese clothing saw a rapid development during the Wei, Jin, and Southern and Northern dynasties (220—589). Some time before 265, the cultures and esthetic views of the peoples in north and south China merged because of the moves initiated by frequent wars. Many philosophical

schools of thought influenced both people's lives and the conceptions of clothing design. The Tang Dynasty (618—907) wrote the most brilliant page in the history of Chinese clothing. People's clothes were more varied than before because the state was more open to the outside world and people became more cosmopolitan in their thinking. The clothes for women could be called fashionable because they changed rapidly and were showy. When a new style came out, many people took to it.

*Paragraph 2*

## **A** 关于服饰的质地 About Clothes Texture

Clothes are different not because of their style and design, but because of the cloth texture too. With the development of silk dyeing industry, silk clothing is various in color and so they are called in many ways, such as “绢(juan), 缣(jian), 素(su), 纨(wan), 纱 sha), 绡(xiao), 绸(chou), 罗(luo)”, etc. These words tell how silk are made and dyed in various ways and, at the same time, show also the class difference when people are dressed in different silk.

*Paragraph 3*

## **D** 古代服饰的不同种类 Different Kinds of Ancient Clothes

Since remote ages, people usually wore different clothes on different occasions. So far as individual clothes was concerned, there were civilian clothes, working suit, ceremonial dress. And there were different ceremonial dress on different ceremonial occasions—such as wedding dress, mourning apparel, etc. Different clothes were also worn in different weathers such as umbrella, parasols, alpine rush rain capes and bamboo hats. The dress custom defined by different occasions also restrained people's behavior in their daily life. If people wore inappropriate, they might incur blames for their inconsistency with customs. Changes occurred to the uses of this dress, such as a special rain cape and bamboo hats called suoyi and douil. The former



used to be a rainproof cape, but later as it was mainly worn by fishermen, it gradually evolved into the career symbol of fishermen. The latter used to be a heat stroke proof utensils, later it was also used for rainproof.

#### Paragraph 4

## C 服装与穿戴者的身份 Clothes and Wearer's Position

Clothing in ancient China told something about the wearer's position in their daily life. The color, fabric, and jewelry all had a meaning to the person. Also the type of jewelry a person wore showed what position they had in society. High ranking people wore the finest silk in public. Peasants wore a long, shirt like garment made of hemp fiber. Hemp is a rough fabric that is made of plant fibers. A man wore a hat in public almost always. The hat showed the man's job and status in society. Fashions for the rich changed as the years went by, but the poor still had to wear the same clothing until recently. Women's long hair had to be put in a knot type bun thing that the Chinese called a topknot that was held in place by hair pins and other fancy hair ornaments. Also the wealthiest women wore very elaborate makeup.

#### Paragraph 5

## T 佩饰的演变 The Change of Chinese Garments

Before the 1920s, women's garments remained two-piece, with little difference from Qing Dynasty garments. Shortly after the Revolution of 1911, as more Chinese students studied in Japan, the influence of Japanese women's wear on young Chinese women could be seen in a narrow, long blouse with a high collar and a long black skirt. Known as "modern garments," these clothes were accompanied by little jewelry.

In the 1920s, Chinese women started to be conscious of "the beauty of curvaceousness," and traditional straight, loose garments were replaced by close-fitting ones. Women of that period wore blouses narrow at the waistline, with small stand-up collars, sleeves reaching the elbows, and a curving

hemline. The blouses were decorated on the collar, sleeves, front and hem. The skirts, which earlier had been pleated and reached the feet, were not pleated and shorter, though the hem still fell below the knees. The skirts were also decorated along the hem, sometimes with colorful, sparkling jewelry.

**Paragraph 6**

## **C**中国的旗袍 Chinese Qipao

The general characteristics of the early QiPao were a single piece of cloth that would cover the whole body, down to the feet. Around the neck, the collar would be high to help secure outfit. The materials was loose, with slits on the side only allow for easier movement.

While the Qing Dynasty fell, the center of Chinese fashion became Shanghai, where the Western influence was the highest. It was there that the form of QiPao we see most commonly today: slender fit and shorter sleeves, with two big slits at each side of the hem, for convenient movement, but now wonderfully display the slender legs of women. Simplicity is one of its features from the collar, loop, chest, waist and hips to the lower hem. QiPao almost varies with a woman's figure. Practicality always goes with beauty. Like a Chinese woman's temperament, QiPao is elegant and gentle.



**Cultural Links**  
文化链接

### **中国旗袍**

旗袍是满族旗人的服饰,在清代时便得了旗袍的称呼。它以其优美典雅的造型,简洁合理的结构,鲜明浓郁的民族风格,广为妇女所喜爱。

近代旗袍的流行,始于20世纪20年代初,到40年代已逐渐成为妇女平常的衣着。经过数十年的发展和演变,与当年满族旗人所穿的旗袍已不



尽相同,由开始的大袖改为小袖,长袖变为短袖到无袖,宽身变为紧身。这种演变已将清代原有的旗袍形式完全抛弃,只是还保留着“旗袍”这一名称而已。

旗袍的造型优美,娴静中呈活泼之感。它不同于海外的那些袒胸露背、紧裹身体的女装,又充分体现人体的自然美,显得合体,适合不同身份、不同年龄的妇女穿着。

旗袍袖子的长短,袖口的大小,领子的高低,衣襟的斜直,下摆的上下,都可能使旗袍的形式有充分的变化余地。



### Vocabulary

#### 妙词连珠

costly dress 昂贵服装	Chinese-style jacket and trousers 短装
civilian clothes 便衣	garments; clothes; costume; dress 服装
plain/everyday clothes; informal dress 便装/便服	work clothes/rig; boiler suit 工作服
ill-fitting clothes 不合身服装	woman's gorgeous dress 红装
fitted clothes 合身的衣服	bright-colored clothes 花衣服
cloth gown 布衣	double-layered clothes 夹衣
bath gown 长浴衣	body building clothes 健美服装
mini 超短服	second-hand/oldclothes 旧衣服
ready-to-wear dress; store clothes 成衣	finery 华丽的服饰
spring clothing/clothes/outfit 春装	travel suit 旅行套装
patched dress 打补丁的衣服	terry garments 毛巾布衣服
zipper front clothes 带拉链服装	fur clothing 毛皮服装
monolayer jacket 单上衣	cotton clothing 棉布衣服
monolayer clothes 单衣	underwear; underclothes 内衣
ermine 貂皮服装	boy's clothes 男童装
clothes made-to-order 定制服装	men's fashion 男子时装
winter clothing/clothes 冬装	woollen dress 呢制服装

cowboy suit 牛仔装	slip-on 套穿服装
leather clothing 皮革衣服	suit 套装
outlandish clothes; fantastic garb 奇装异服	extra large-size garments 特大号服装
everyday clothes/wear; ordinary clothes 平日服装	large-size garments 大号服装
creased dress 起皱服装	medium-size garments 中号服装
teenagers' clothes 青少年服装	outsize garments 特号服装
light-weight clothes 轻便服装	children's clothes 童装
autumn clothing/clothes 秋装	maxiskirt 长大衣
easycare clothes 日常便服	jacket; clothes; outfit 外衣
walking dress/suit 散步服	summer clothing/wear/clothes 夏装
upper outer garments; jacket 上衣	school uniform 校服
rich dress; splendid attire 盛装	new clothes 新装
fashionable dress; latest fashion 时装	embroidered clothing 绣花衣服
hand-sewed clothes 手工缝制的衣服	school uniform 学生服
night attire/clothes/dress 睡服	babies' wear; infant outfit 婴儿服装
pyjama bottom 睡裤	bath robe; bathing suit 浴衣
pyjama tops/jacket 睡衣	sports wear 运动服装
pyjamas; pajamas 睡衣裤	longuette 中长服
all-season clothes 四季服装	traditional Chinese clothing; Chinese style clothes 中山装



## U 姓氏文化 Unit 2 The Name Culture



### Key Sentences

#### 流畅精句

1. In China, most people's names have two parts, the family names and the given names.  
在中国,大多数人的名字都包括两部分:姓和名字。
2. In ancient China, however, naming was very complicated and involved a lot of things, such as the name of the tribe and the place where a person lived.  
在古代中国,名字非常复杂,而且包含了很多内容,诸如部族的名称、居住的名称等。
3. The purpose of adopting xing was to clarify one's race, ancestry and to determine whether it was appropriate for one person to marry another.  
采用姓氏的目的是为了区分种、宗族,以及男女双方婚配是否合适。
4. Ancient Chinese people knew very well that marriage between close relatives might breed unhealthy and less intelligent offsprings.  
古时人们就早已清楚近亲结婚会生出不健康或者智力低下的后代。
5. Baijia Xing (One Hundred Surnames), a book compiled in the North Song Dynasty, listed 472 surnames, beginning with Zhao, Qian, Sun and Li.  
成书于北宋时期的《百家姓》一书,列出了472个姓,前四个是赵、钱、孙、李。
6. There were 19 most popular Han surnames, and people with the 19 surnames accounted for 55.6% of China's total population.



在姓氏当中,有 19 个是最为常用的,并且这 19 个姓氏占到了中国总人口数量的 55.6%。

7. In ancient China, ming and zi were different from each other.

在古代中国,名与字是不同的。

8. It is said that the original purpose of giving each person a name was for convenience.

据说,最初起名字的原因是为了方便称呼。

9. The purpose of having zi is to get respect from other people.

有“字”的原因是为了得到别人的尊敬。

10. Ancient Chinese people's ming and zi were often related and they complemented each other.

古人的名和字往往有关联,并且互为补充。

11. Hao was a person's complimentary address or honorific title, which is similar to today's pseudonym.

号是除一个人名、字以外的称谓,是一个人的美称,或是对某人的尊称,和现今的笔名差不多。

12. The practice of having hao did not become popular until after the Tang Dynasty.

文人取别号的习惯,一直到唐代以后才开始广为盛行。

13. People got their hao either from themselves or from other people.

号的命取,主要有两条途径:一是自取别号,二是他人赠号。

14. After the Song Dynasty, it became popular for scholars to address each other with their hao, while their names were seldom used.

宋代以后,文人之间喜欢以号相称,而真实名字反而不太常用。

15. The three most common family names are Zhang, Wang and Li.

张、王、李这三个姓氏是三个最普通的姓氏。

16. As given names, all Chinese traditionally received a "milk name" at birth, and a "formal name" upon entering school.

在起名时,传统意义上讲都会在刚出生时取一个“乳名”,入学后会有一个“大名”。