

CHINESE-ENGLISH

汉 英 对 照

ONE HUNDRED APHORISMS ON
CHINESE TRADITIONAL VIRTUES

中華傳統美德壹百句

Compiled by Counselors' Office of the State Council and
Central Research Institute of Culture and History

国务院参事室 中央文史研究馆 编

Translated by Li Zhishen

李芝荣 译

人 民 大 学 出 版 社



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前 言



中华传统美德是中华民族在长期生产生活实践中形成和发展起来的，是中华优秀传统文化之精髓。它具有跨越时空的永恒魅力，对培育和弘扬社会主义核心价值观具有不可替代的作用。数千年来，中华民族形成了“修身、齐家、治国、平天下”的完整思想道德文化体系。而修身，即个人的道德修养和人格养成，则带有基础性和本源性。因此，弘扬中华传统美德，必须注重个人品德的养成，增强做中国人的骨气和底气。

本书精选了上自先秦下迄晚清，涵盖文、史、哲、政等多个领域的经典名句，按照自强、诚信、仁义、智勇、正气、孝慈、廉耻、礼敬、勤俭、中和十个修身德目分类。我们坚持古为今用的方针，针对社会主义精神文明建设的现实需求，取其精华，去其糟粕，力求简明扼要、易于传播，不囿于通常的学术分类和编纂体例。本书所选的 100 条经

典名句，邀请著名文史专家作注释和解读，请当代著名书法家以书法、篆刻等艺术形式予以表现，配以若干幅兼具思想性和艺术性的古典名画作插图。

中国共产党是中华传统美德的传承者和弘扬者。在新民主主义革命和社会主义建设时期，毛泽东等老一辈革命家和无数革命先烈与先进模范人物，在这方面均有许多思想深邃、脍炙人口的经典名言。它们同历代先贤的论述是一脉相承的，我们将陆续整理、选编出版。

国务院参事室 中央文史研究馆

2014年8月1日



Preface



The Chinese traditional virtues, as the essence of Chinese traditional cultures, have developed from and through the long-term practical experience of life and production of the Chinese nation. Endowed with a charm that will never fade, they are essential in cultivating and promoting socialist core values. For thousands of years, a complete cultural and moral system of Chinese nation as “people self-perfected, family well-regulated, the state rightly-governed, and the kingdom steadily-maintained” has gradually come in shape. Particularly, the “people self-perfected”, i.e. to cultivate a person’s morality and personality, is a fundamental norm in the system. So as to say, the promotion of Chinese traditional virtues has to be closely attached to the cultivation of people’s morality, and the character and the sense of being a Chinese will thus be enhanced.

The book is a selection of quotations from classics dating from the Qin Dynasty to the Qing Dynasty, covering fields of literature, history,

philosophy and politics. They are classified into 10 different categories, i.e. self-perfection, integrity, righteousness, wisdom and fortitude, uprightness, filial piety and kindness, sense of shame, ritual, frugality, and equilibrium and harmony. Adhering to the principle of “learning from the past and serving for the present”, we select the essence of the ancient wisdoms and try to make them simple and comprehensible so that they can be used to serve the socialist spiritual construction, and that is what distinguishes this book from other traditional academic categorizing and editing styles. We have invited prestigious experts in fields of literature and history to interpret all the quotations and famous calligraphers to represent them in forms of calligraphy and seal cutting along with artistically classic illustrations.

The Chinese Communist is the successor and promoter of Chinese traditional virtues. During the period of the New Democracy and Socialist Construction, many words of wisdom, which are largely in line with those from ancient wise men, are handed down by revolutionary pioneers and martyrs, like Chairman Mao Zedong. We will later proceed with the compilation and publishing of this part.

Counselors' Office of the State Council
Central Research Institute of Culture and History
August 1, 2014

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(ranked by age)



北宋范宽
立轴
溪山行旅图



溪山行旅图

[宋] 范宽 绢本水墨
206.3cm × 103.3cm
台北“故宫博物院”藏

北宋初期范宽的名作《溪山行旅图》，描绘了高山大川与山间驮运的人骑，着意显现巍峨高山“远望不离座外”的雄伟崇高之感，突出表现了对大自然的由衷敬畏，同时也展现了人类作为自然一部分在其中的自强生息及其与自然的和谐相处。作品体现了早期山水画“以形媚道”的传统。

Travelers among Mountains and Streams

[Song Dynasty] Fan Kuan ink and color on silk
206.3cm × 103.3cm
collected by National Palace Museum, Taipei

The painting portrays people and their pack-horses are travelling among great mountains and rivers, showing the magnificence of mountains and man's awe toward the nature. It also suggests that man, as a part of nature, shall stand on his own feet and live harmoniously with nature.

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第一章

自强

Chapter I

Self-perfection



韩天衡 篆刻

Seal Cut by Han Tianheng

天行健君子以
自彊不息

摘自周易乾象

甲午之夏 进入高温 上海市文史研究馆馆员 顾

振乐之七年百歲

顾振乐 书
Calligraphy by Gu Zhenle

天行健^①，君子以^②自强不息^③。

(《周易·乾·象》)

【注释】

①天行健：乾卦象征天象，乾有刚健之义。②以：因此，像这样。

③自强不息：自我图强，永不止息。

【解读】

天象的运行刚健不息，君子应当效仿天象，奋发图强，永不停息。

The Heaven's movement is vigorous and a superior man should follow the Heaven and ceaselessly strive along.

(quoted from *the Image of the Qian Hexagram, the Book of Changes*)

天得降大任於斯人也必先苦其
心志勞其筋骨餓其體膚空乏
其身行拂亂其所為所以動心忍
性曾益其所不能

孟子語錄 甲午秋福州趙玉林書時年九十八



趙玉林 書
Calligraphy by Zhao Yulin

天将降大任于斯^①人也，必先苦其心志，劳其筋骨，饿其体肤，空乏其身，行拂^②乱其所为，所以动心忍性，曾^③益其所不能。

（战国孟子语，《孟子·告子下》）

【注释】

①斯：这个。有些版本作“是”。 ②拂：违背、违逆。 ③曾（zēng）：同“增”，增加。

【解读】

上天要将重大的责任赋予这个人，必然让他心志困苦，筋骨劳累，身体饥饿，备受穷困，使他的志行受到磨炼；通过这些，激发他的意志，坚定他的品性，增加他原本不具备的才能。

When Heaven is about to confer a great responsibility on a man, it must first exercise his mind with suffering, and his sinews and bones with toil. It must expose his body to hunger, and subject him to extreme poverty. By all these methods, the Heaven stimulates his mind, hardens his nature, and supplies his incompetencies.

(by Mencius of the Warring States Period; quoted from *Gao Zi vol.2, the Works of Mencius*)

能勝強敵者先自勝者也

孙其峰 书
Calligraphy by Sun Qifeng