

高等学校本科英语教改新教材  
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总主编 史宝辉 訾 纓

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# 中国古代社会与文化 英文教程（第二版）

Society and Culture in  
Ancient China

主编 訾 纓 朱红梅



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# 中国古代社会与文化英文教程

(第二版)

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## 第二版前言

由北京市教学名师史宝辉教授担纲总主编的《高等学校本科英语教改新教材》“英语话中华”系列之《中国古代社会与文化英文教程》和《中国当代社会与文化英文教程》是一套以英语为媒介传播和弘扬中华文化的高等院校文化素质类通识课系列教材,旨在通过对中国古代和当代社会历史文化等方面的介绍以及相关英语表达方式的训练,提高学生“向世界说明中国”的能力,在跨文化交际中能够熟练运用所学中国文化知识,以规范、流畅的英文表达方式对外宣传介绍中华民族悠久的历史文化遗产,全方位、多角度展现今日中国之风采,让世界充分了解中国,增强中华文化的国际影响力。

本册为《中国古代社会与文化英文教程(第二版)》,全书共 10 个单元,建议授课学时为 30 学时左右,一学期完成;每单元分为两部分,Section A 和 Section B。通过听说读写等多种训练方式教授学生了解和介绍中华文化。Section A 包括两篇短文,通过阅读和写作训练方式使学生掌握如何介绍古代中国社会与文化的方方面面。Section B 包括一篇情景对话和一篇演讲或解说词,以听说训练的方式提高学生的英语口语表达能力和跨文化交际能力。

本教材的创新之处在于:

- 教材的编写和出版紧扣新时代主旋律,体现了党的十八大以来强调加强文化软实力建设和“让中国文化走出去”的精神;
- 契合教育部《完善中华优秀传统文化教育指导纲要》的主旨思想,以培养学生的人文素质和文化素质为己任,是新一轮大学英语教学改革的未来方向,得到了教育部大学英语教学改革办公室及大学英语教学指导委员会的一致认可,在即将下发的新版《大学英语教学要求》中融入了这一教改理念。
- 教材通过以内容为依托,使学生在语言输出实践中不仅了解西方语言与文化,同时学会如何使用流畅、得体的英语将中国社会、政治、经济、教育、文化领域的话题进行话语构建和表达,从而实现语言与文化两个层面的输出。
- 该教材融知识性和趣味性于一体,图文并茂地提供了一种展现中国社会历史文化风貌的视觉方式,凸显重要主题,课程内容生动、直观,符合 90 后大学生的认知心理。教材语篇长度、难度适中,生词采用文中注释的方式,文化背景知识注释采用脚注方式,方便学习和查找。每篇文章后均有长难句注释。
- 第 2 版对练习部分做了较大的修改,形式更加多样化,以提高学生跨文化交际能力为宗旨,以提高“写”和“说”的能力为突破口。练习的设计原则分为三个层次:第一个层次注重语言和内容的基础理解,第二个层次关注学生的思辨能力发展,第三个层次侧重语言输出能力的培养。特别增

加了汉译英和段落匹配等练习形式,以期对学生通过大学英语四、六级考试有所帮助。

- 与教材配套的课堂版教学电子课件,制作精美,信息量大,使用便捷,有助于教师的备课和授课工作。在使用过程中,效果良好,受到了任课教师和学生的欢迎。
- 本教材读者群广泛,适用性强。主要读者对象为大专院校非英语专业本科生和研究生,也可供英语专业本科生和在华的各国留学生使用。

本教材是北京林业大学外语学院参与教育部大学英语教学改革示范点项目、教育部高等学校特色专业建设点(英语专业)项目、北京市与在京高校共建项目“基于中西文化教育的大学英语教学改革”项目、北京高等学校“青年英才计划”和北京林业大学校级重点教改项目“基于文化素养教育的大学英语教学改革”项目教师合作研发的产物,特此感谢上述机构对本项目研发的资助。

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# 目 录

Unit 1	Creation .....	(1)
Text 1	Pan-gu Creating the World .....	(1)
Text 2	Nuwa(女娲)and the Creation of Humans .....	(4)
Text 3	Situational Dialogue: The Four Supernatural Beasts in Ancient China .....	(9)
Text 4	Lecture on Chinese Creation Myths .....	(12)
Unit 2	Philosophy .....	(24)
Text 1	Taoism and Confucianism — Major Chinese Philosophies .....	(24)
Text 2	Three Fables in <i>Zhuangzi</i> .....	(26)
Text 3	Situational Dialogue: About <i>the Book of Changes</i> ( <i>The I Ching</i> ) ...	(30)
Text 4	An Introduction to the “Hundred Schools of Thought” (诸子百家) .....	(32)
Unit 3	Language and Literature .....	(43)
Text 1	<i>Romance of the Three Kingdoms</i> .....	(43)
Text 2	Poetry of the Tang Dynasty .....	(45)
Text 3	Situational Dialogue: About <i>Journey to the West</i> .....	(48)
Text 4	Lecture: An Introduction to Traditional Chinese Literature in Part .....	(50)
Unit 4	Education in Ancient China .....	(58)
Text 1	History of Ancient Chinese Education .....	(58)
Text 2	Confucian Educational Theory .....	(61)
Text 3	Situational Dialogue: On Chinese Imperial Examination .....	(65)
Text 4	An Introduction to China Ancient Academies (书院) .....	(68)
Unit 5	Science and Technology .....	(76)
Text 1	The Four Great Inventions .....	(76)

Text 2	Shen Kuo and <i>Dream Pool Essays</i> .....	(80)
Text 3	Situational Dialogue; Xu Guangqi .....	(83)
Text 4	An Introduction to Zhaozhou Bridge .....	(85)
Unit 6	Traditional Customs .....	(94)
Text 1	Traditional Marriage Rituals .....	(94)
Text 2	Traditional Chinese Mascots (吉祥物) .....	(96)
Text 3	A Situational Dialogue on Fengshui .....	(99)
Text 4	An Introduction to Traditional Chinese Zodiac (生肖) .....	(101)
Unit 7	Beijing in History .....	(108)
Text 1	A Brief History of Beijing .....	(108)
Text 2	Walls and Gates of Beijing .....	(111)
Text 3	Situational Dialogue; About the Forbidden City .....	(114)
Text 4	A Tour guide to Beijing's Hutong and Siheyuan .....	(116)
Unit 8	Leisure .....	(126)
Text 1	Tea Culture .....	(126)
Text 2	Traditional Music .....	(128)
Text 3	Situational Dialogue; About Go(围棋) .....	(132)
Text 4	An Introduction to Chinese Calligraphy .....	(133)
Unit 9	Virtues .....	(140)
Text 1	The Five Constant Virtues .....	(140)
Text 2	Women of Ancient China .....	(142)
Text 3	Situational Dialogue; About Filial Piety in China .....	(146)
Text 4	An Introduction to Four Gentlemen in Plants .....	(148)
Unit 10	National Treasures .....	(157)
Text 1	Dunhuang Mogao Grottoes .....	(157)
Text 2	Tang Tri-Colored Glazed Pottery .....	(160)
Text 3	Situational Dialogue; Face-Changing in Sichuan Opera .....	(164)
Text 4	<i>The Qingming Festival by the Riverside</i> .....	(167)

# Creation



## 导 读

本单元旨在通过对中国古代神话及相关知识的介绍,使学生了解中国神话对人类起源的贡献,盘古如何开天辟地,女娲如何造人,何为四大神兽,中国神话故事特点等知识,并运用所学中国神话知识及相关的英语表达方式进行跨文化交流,弘扬中华文化。

### Before You Start

While you are preparing for this unit, consider what you know about the following questions:

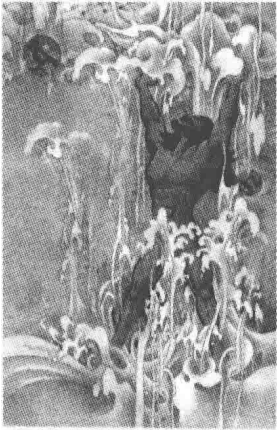
1. How much do you know about the Pan-gu and Nuwa legends?
2. What do you know about the Four Supernatural Beasts in ancient China?
3. What are the specific features of Chinese Mythology?

## Section A Reading and Writing

### Text 1 Pan-gu Creating the World

All human societies tell stories of how the world began. Such stories are almost infinitely varied in detail, but they tend to include some basic themes. Many accounts begin with earth, or with earth retrieved(取来) from water. In some of them gods and people and animals emerge from the earth (just as plants still do). ① In others the process begins when a creature, such as a crab or tortoise, dives into a primeval ocean and brings up a small piece of earth from which the universe is created. The mythology in China begins with the splitting of a cosmic (宇宙的) egg into half and Pan-gu is the creator of the universe.





*Pan-gu creating the World*

In the beginning, the heavens and earth were still one and all was chaos(混沌). The universe was like a big black egg, carrying Pan-gu inside itself. The chaos raged on and on — both *yin* and *yang* were mixed together. All the opposites were writhing(盘绕) together, male and female, cold and hot, wet and dry, dark and light. After 18 thousand years, Pan-gu woke from a long sleep. He felt suffocated and began to kick and knock around until he broke the shell and stuck out his head and upper body. He looked around and still saw nothing but darkness. So he took up a broad ax and wielded(挥) it with all his might to crack open the egg. The light, clear part of it floated up and formed the heavens, while the cold, turbid(混浊的) matter stayed below to form earth. Pan-gu stood in the middle, his head touching the sky, his feet planted on the earth. ② Fearing that the sky and the earth would come together and form the chaotic darkness again, Pan-gu decided to stay between the sky and the earth until the world became permanently separate.

The heavens and the earth then began to grow at a rate of ten feet per day, and Pan-gu grew along with them. ③ After another 18 thousand years, the sky was higher, the earth thicker, and Pan-gu stood between them like a pillar 9 million *li* in height so that they would never join again. Time rolling by, Pan-gu had grown old and tired and was too exhausted to stand and grow anymore. At last, he wanted to lie down and sleep. Then one day he suddenly dropped to the ground and fell into a sleep from which he never woke. As he died, the parts of his body became the elements of nature. His breath became the wind and clouds, his voice the rolling thunder. One eye became the sun and the other the moon. His body and limbs turned to five big mountains and his blood formed the roaring water. His veins became far-stretching roads and his muscles fertile lands. The innumerable stars in the sky came from his hair and beard, and flowers and trees from his skin and the fine hairs on his body. His marrow(骨髓) turned to jades and pearls. His sweat flowed like the good rain and sweet dew that nurtured all things on earth. His tears flowed to make rivers and the radiance of his eyes turned into thunder and lightning. One version of the legend has it that the fleas and lice(虱子) on his body became the ancestors of mankind.

The Pan-gu story has become firmly fixed in Chinese tradition. ④ There is even an idiom relating to it: “Since Pan-gu created earth and the heavens,” meaning “for a very long time.”(576 words)

(Based on <http://www.historyworld.net/wrldhis/PlainTextHistories.asp?ParagraphID=bjt>)

## Words and Expressions for Pan-gu Creating the World

## 盘古开天辟地相关英语词汇和表达方式

cosmic	adj. 宇宙的
the creator of the universe	宇宙始祖
the heavens and earth were still one and all was chaos	天地合一, 万物混沌
writhe	vt. /vi. 盘绕、扭曲、扭动
suffocate	v. 窒息、使窒息、呼吸困难
wield	vt. 使用、行使、挥舞
turbid	adj. 混浊的
his head touching the sky, his feet planted on the earth	顶天立地
a pillar 9 million <i>li</i> in height	九百万里高柱
the rolling thunder	雷霆
roaring	adj. 喧闹的、咆哮的、狂风暴雨的
innumerable	adj. 无数的、数不清的
marrow	n. 骨髓
radiance	n. 光辉、发光、容光焕发
flea	n. 跳蚤
lice	n. 虱子

## Difficult Sentences

- ① In others the process begins when a creature, such as a crab or tortoise, dives into a primeval ocean and brings up a small piece of earth from which the universe is created.  
其他关于世界起源的传说通常是诸如螃蟹或乌龟之类的动物潜入原始海洋,带出一块泥土,世界从此开始了。
- ② Fearing that the sky and the earth would come together and form the chaotic darkness again, Pan-gu decided to stay between the sky and the earth until the world became permanently separate.  
由于担心天地重新合一,万物再现混沌漆黑,盘古决定屹立于天地之间直到天地永久分开。
- ③ After another 18 thousand years, the sky was higher, the earth thicker, and Pan-gu stood between them like a pillar 9 million *li* in height so that they would never join again.  
又过了一万八千年,天空越来越高,大地越来越厚,盘古屹立于天地之间宛如一根九百万里长的擎天柱,从此天地永不相接。

- ④ There is even an idiom relating to it: "Since Pan-gu created earth and the heavens," meaning "for a very long time."

甚至产生相关习语,如“自盘古开天辟地以来”,意为“很久很久以前”。

## Text 2 Nuwa(女媧)and the Creation of Humans

- A. For many years the world was a very beautiful place but also lonely; there were no people. The half-dragon goddess Nuwa was born after Pan-gu died, from part of the mixture of *yin* and *yang* that he had separated.
- B. She decided to create humans to have some other beings to talk to and share ideas with, but mostly just to love. Nuwa went down to the edge of the Yellow River where there were vast, soft mud banks. She began forming figures out of clay. She decided that it would be much more practical for her creations to have legs instead of a dragon tail, thus her humans were not made in her image.
- C. ① No sooner had she set the first little mud man on the ground than he started to jump, and dance and sing. He began to speak. "Look at me!" Nuwa was delighted and began making more and more humans. She made hundreds and hundreds of mud humans, but soon realized that it would take centuries for her to make enough people to fill the vast earth completely. Nuwa grabbed hold of a muddy stick and flung drops of mud across the land. As the sun dried each drop, it became a new man or woman.
- D. Some say that these humans were the less intelligent ones. Those formed by Nuwa's own hands became great leaders. She told them to go and populate the earth. As they grew, she loved them and protected them, and was revered as the mother of all humans.
- E. Nuwa was not just the creator of humans, but the great protector of people. ② In ancient times, the four corners of the sky collapsed and the world with its nine regions split open. The sky could not cover all the things under it, nor could the Earth carry all the things on it. A great fire raged and would not die out; a fierce flood raced about and could not be checked. Savage beasts devoured innocent people; vicious birds preyed on the weak and old.
- F. Then Nuwa melted rocks of five colors and used them to mend the cracks in the sky. She supported the four corners of the sky with the legs she had cut off from a giant turtle. She killed the black dragon to save the people and blocked the flood with the ashes of reeds.



Nuwa creating human beings

- G. Thus the sky was mended, its four corners lifted, the flood tamed, the world pacified, and harmful birds and beasts killed, and the innocent people were able to live on the square Earth under the dome of the sky. It was a time when birds, beasts, insects and snakes no longer used their claws or teeth or poisonous stings, for they did not want to catch or eat weaker things.
- H. Nuwa's deeds benefited the heavens above and the Earth below. Her name was remembered by later generations and her light shone on every creation. ③ Now she was traveling on a thunder-chariot drawn by a two-winged dragon and two green hornless dragons, with auspicious objects in her hands and a special mattress underneath, surrounded by golden clouds, a white dragon leading the way and a flying snake following behind. ④ Floating freely over the clouds, she took ghosts and gods to the ninth heaven and had an audience with the Heavenly Emperor at Ling Men, where she rested in peace and dignity under the emperor. ⑤ She never boasted of her achievements, nor did she try to win any renown; she wanted to conceal her virtues, in line with the ways of the universe. (608 words)



Nuwa repairing the  
cracked heaven

(Based on <http://www.geocities.ws/imortakarma/stories.htm>)

## Words and Expressions for the Legend of Nuwa

### 女娲传说相关英语词汇和表达方式

half-dragon goddess	人首蛇身女神
grab hold of	抓取、紧握
be revered as the mother of all humans	被尊称为人类之母神
the creator of humans	人类始祖
the four corners of the sky	四极
the world with its nine regions	九州
collapse	v. 倒塌、瓦解
rage	vi. 大怒, 发怒
race about	乱窜、来回奔走
savage beasts	猛兽
devour	vt. 吞食、毁灭

innocent people	颀民
vicious birds	鸢鹰
prey on	捕食; 掠夺
melted rocks of five colors	五彩熔石
legs from a giant turtle	鳌足
black dragon	黑龙
blocked the flood with the ashes of reeds	积芦灰, 以止淫水
tame	vt. 驯养、制服
pacify	vt. 使平静、安慰、平定
live on the square Earth	背方州
under the dome of the sky	抱圆天
chariot	战车
a two-winged dragon	应龙
green hornless dragons	青虬
a white dragon	白螭
the ninth heaven	九天

### Difficult Sentences

- ① No sooner had she set the first little mud man on the ground than he started to jump, and dance and sing.  
第一个小泥人往地下一放就活了, 围着女娲又唱又跳。
- ② In ancient times, the four corners of the sky collapsed and the world with its nine regions split open.  
往古之时, 四极废, 九州裂。
- ③ Now she was traveling on a thunder-chariot drawn by a two-winged dragon and two green hornless dragons, with auspicious objects in her hands and a special mattress underneath, surrounded by golden clouds, a white dragon leading the way and a flying snake following behind.  
女娲乘雷车, 服驾应龙, 骖青虬, 援绝瑞, 席萝图, 黄云络, 前白螭, 后奔蛇。  
[该句的意思是: 女娲以雷电为车, 应龙居中驾辕, 青虬(音 qiu)配以两旁, 她手持稀奇的瑞玉, 铺上带有图案的车垫席, 上有黄色的彩云缭绕, 前面由白螭开道, 后有腾蛇簇拥追随。]
- ④ Floating freely over the clouds, she took ghosts and gods to the ninth heaven and had an audience with the Heavenly Emperor at Ling Men, where she rested in peace and dignity under the emperor.  
浮游逍遥, 道鬼神, 登九天, 朝帝于灵门, 宓穆休于太宜之下。



(该句的意思是：她悠闲遨游，鬼神为她引导，上登九天，在灵门朝见天帝，安详静穆地在大道太祖那里休息。)

- ⑤ She never boasted of her achievements, nor did she try to win any renown; she wanted to conceal her virtues, in line with the ways of the universe.

女娲不彰其功，不扬其声，隐真人之道，以从天地之固然。

(该句的意思是：女娲从来不标榜炫耀自己的功绩，从来不张扬彰显自己的名声，她隐藏起自己的真人之道，以遵从天地自然之道。)

## Exercises

### Task 1 Thinking and Judging

**Directions:** Read Text 1 and judge whether the following statements are true (T), false (F) or not given (NG).

**True** if the statement agrees with the information mentioned in the passage

**False** if the statement contradicts the information mentioned in the passage

**Not Given** if there is no information on this in the passage

- ( ) (1) Before the creation of the universe, everything was in chaos and there were no heavens and earth as well as *yin* and *yang*.
- ( ) (2) It might have taken over 18 thousand years before Pan-gu came out from the black egg where he slept.
- ( ) (3) Pan-gu came out of the egg shell naked and howling.
- ( ) (4) Pan-gu decided to stay between the sky and the earth for the reason that he could grow larger and more powerful.
- ( ) (5) After 36 years' living, Pan-gu died due to the age and exhaustion.

### Task 2 Reading and Matching

**Directions:** Read Text 1 again about the creation of elements of nature, and match the following items.

Organs of Pan-gu	Creations
A. Breath	i. Rolling thunder
B. Two Eyes	ii. The sun and the moon
C. Radiance of his eyes	iii. Jade and pearls
D. His hair and beard	iv. Rain and dew
E. His veins	v. Flowers and trees
F. His marrow	vi. Rivers
G. His body and limbs	vii. Human beings

续表

Organs of Pan-gu	Creations
H. Fleas and lice on his body	viii. Water
I. His tears	ix. Roads
J. His muscles	x. Lands
K. His blood	xi. Five big mountains
L. His voice	xii. The stars
M. His skin and the fine hairs	xiii. Thunder and lighting
N. His sweat	xiv. Wind and clouds
Answers:	

### Task 3 Reading Comprehension

**Directions:** Read Text 2 and answer the following questions by selecting one correct answer from A, B, C, or D for each question.

- (1) Nuwa created human beings for the reason that \_\_\_\_\_.
  - A. she was goddess.
  - B. she was Pan-gu's daughter.
  - C. she felt lonely.
  - D. she was lovable.
- (2) Which of the following about Nuwa's creating human beings is NOT true?
  - A. She made man out of yellow clays.
  - B. She made more practical legs for humans.
  - C. She formed man not in her own image.
  - D. She created human beings all by her own hands.
- (3) Which of the following has the same meaning as the underlined word "checked" in Paragraph E?
  - A. David Smith was about to have his state of health checked by his private surgeon.
  - B. Effective measures should be taken to check the spread of bird flu.
  - C. All the luggage should be checked before entering the highly secured municipal tower.
  - D. All the figures are checked carefully before they are handed in.
- (4) Nuwa fixed the collapsed sky through the following measures except \_\_\_\_\_.
  - A. cutting the legs off from a giant turtle.
  - B. melting rocks of five colors.
  - C. killing the black dragon and blocking the flood.
  - D. supporting the four corners of the sky.
- (5) Which of the following cannot be inferred from the last paragraph?
  - A. Nuwa was the wife of the Heavenly Emperor.
  - B. Nuwa was a goddess, a symbol of good omen.

- C. Nuwa was a selfless goddess.  
D. Nuwa's deeds greatly benefited later generations.

#### Task 4 Researching and Writing

**Issue Topic:** As we know, the love story of "The Cowherd and the Girl Weaver" is popular with Chinese people, who celebrate it on the seventh day in the seventh month in Chinese lunar calendar unofficially as Chinese Valentine's Day or Double Seventh. Some Chinese scholars try to advise the official government to name it as a national Valentine's day in order to protect traditional Chinese culture. Some refute that as globalization goes faster, China should follow the tradition of western Valentine's celebration on February 14th.

**Directions:** Write a 200-word response in which you discuss the extent to which you agree or disagree with the recommendation and explain your reasoning for the position you take. In developing and supporting your position, describe specific circumstances in which adopting the recommendation would or would not be advantageous and explain how these examples support your opinion.



VS



### Section B Listening and Speaking

#### Text 3 Situational Dialogue: The Four Supernatural Beasts in Ancient China

Listen to a conversation between a student and a professor discussing Chinese Astrology.

(P: Peter Cooper, a foreign student studying in Peking University; W: Professor Wang studying Chinese Astrology in Peking University.)

P: Well, Professor Wang. You just mentioned the four supernatural beasts. They are Green Loong (or Azure Dragon), White Tiger, Zhuque (or the Vermilion Bird) and Xuanwu (or the Black Tortoise), and they have boundless supernatural powers in legend in China's ancient times. What makes them special?

W: ①Interestingly, these four mythological creatures are believed to be the Four Symbols in the Chinese constellations. Each of them represents a direction and a season, and each has its own individual characteristics and origins.

P: That's amazing. Could you tell me in details about each creature?

W: Sure. Loong, the most inviolable beast, is the emperor's symbol and the representative in the East. There are many legends about Loong in China. By the way, the correct translation should be "Loong" rather than "dragon".

P: Shouldn't Chinese Loong and dragon be the same?

W: No. Absolutely not. In fact, Chinese Loong is totally different from Western dragon. Chinese Loong is a combination of several auspicious animals and it can fly without wings. In contrast, a western dragon looking like a winged dinosaur can fly with its wings and spring fire from its mouth. Besides, people believe Chinese Loong is a positive imaginary creature bringing harvest. But in the west, a dragon is thought to be a negative imaginary image, a violent evil and the embodiment of Satan. In China, people also regard those who are wise and brave as the sons of Chinese Loong, and government officials wear clothes embroidered with Chinese Loong. However, a western dragon can be referred to a person who is violent, combative or very strict.

P: I see. What about White Tiger? As far as I understand, White Tiger and Loong are a pair of best partners. Tiger is regarded as the king of all animals in China.

W: Exactly! During the Han Dynasty, people believed the tiger to be the king of all beasts. Since then, the tiger has been regarded as the King of the beasts for it has a strong appearance and can counteract evil force.' ②In the ancient times of China, White Tiger had the supernatural power that dispel evil spirits and calamity, and prayed for the bumper harvest, getting wealth, getting love etc.

P: But why is the tiger called White Tiger instead of Green Tiger?

W: According to Chinese legends, the tiger's tail would turn into white when it reached the age of 500 years. Thus the white tiger became a kind of mythological creature. It was also said that the white tiger would only appear when the emperor ruled with absolute virtue, or if there was peace throughout the world. Because the color white of the Chinese five elements also represents the west, the white tiger thus becomes a mythological guardian of the west.

P: That's interesting. Now let's talk about Zhuque. Is its direction south or north?

W: Zhuque represents south. It is also known as the Phoenix. The body of Zhuque is



*Four Supernatural Beasts*