

中国民俗风情双语选读 (英汉对照)

张 蕴 赵君胜 李 傲 韩 微 编著



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前 言

博大精深,具有五千年积淀的中国文化是人类文明的重要组成部分。随着中国经济的迅速发展和国际影响的不断扩大,中国与世界的跨文化交流日益频繁,学习和传播中国文化的的需求不断增加。本书从弘扬中华文化的背景出发,以英汉双语的形式,有选择地介绍了中国文化中最具特色的部分。既涵盖传统文化,也包括民俗风情。每篇短文 500 字左右,配有生词、练习和译文。文章内容翔实丰富,英文表述简单易懂。可以作为课堂教材、课外阅读材料或参考手册,为国内大学生、外国留学生以及对中国文化感兴趣的中外人士提供学习、了解和传播中国文化的素材,从而实现把中国介绍给世界,让世界更多的人了解中国的愿望。

本书作者分别来自黑龙江工程学院、东北林业大学、东北农业大学、黑龙江司法警官职业学院和山东省烟台市高新技术产业园区只楚园管委会。《中国民俗风情双语选读》的编写分工如下:张蕴执笔编著的内容为 10 万字,负责制定全书的编写纲要及体例,全书的统稿、修改和审改;赵君胜执笔编著的内容为 8 万字,负责原始素材的搜集和整理;李傲执笔编著的内容为 8 万字,负责英文内容的校对;韩微执笔编著的内容为 8 万字。

在编写过程中,我们得到了诸多关心与支持,参阅了大量文献和著作,篇幅所限,不能一一列举,谨向各位专家、学者和教师同行们致谢!

由于编著者水平有限,错误疏漏之处在所难免,希望使用者和专家学者不吝赐正。

编者
2011 年 12 月

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Chapter 1 Traditional Festivals

Section 1 Spring Festival Traditions (I)

Special Food. As one of the most important aspects of the Spring Festival, food has symbolic meanings. In Northern China, people usually eat jiaozi (dumplings) , which first appeared in China some 1 600 years ago. The Chinese pronunciation of jiaozi means “midnight” or “the end” and “the beginning of time”. Its crescent shape resembles that of ancient gold and silver ingots or a crescent moon which symbolizes the hope for a plentiful year. Sometimes, people stuff jiaozi with sugar for a “sweet” life, and others put one or two coins inside — if you happen to come across a coin-stuffed jiaozi, you will have good luck. But southerners like to eat niangao, or “New Year Cakes” — a sweet, sticky, brown cake made of rice flour and sugar. In Chinese, gao is a homonym for “high”. Niangao is a homonym for “higher each year” and symbolizes improvement in life year by year. Another important part of the Lantern Festival or Yuan Xiao Festival is eating small dumpling balls made of glutinous rice flour called yuanxiao or tangyuan. Made of sticky rice flour filled with sweet stuffing and round in shape, they symbolize family unity, completeness and happiness.

Fireworks and Firecrackers Displays. When the Chinese New Year arrives, the sky is illuminated with fireworks and strings of lights to ring out the old year and ring in the New Year. Fireworks and firecrackers, known as yanhua and baozhu, were originally made of real bamboo and were traditionally set off to frighten the legendary monster, Nian. You can hear or see fireworks and firecrackers everywhere, which usually lasts for a few hours. Some people will continue to set off fireworks periodically throughout the first half of the first lunar month.

Spring Couplets. During the Spring Festival every household will put up New Year paintings in their rooms and, on their white-paper windows, they will paste red color paper

cuts of flowers, birds, fish, insects, human, figures etc.. on the gate they will put up gate-guarding warriors and on both sides of the warriors the Spring Festival couplets. Decorations are an important feature of the celebrations for the Chinese New Year. One of the main decorations is the red couplets — Chinese good luck proverbs written on red paper. The pieces are often about happiness, wealth, longevity and a satisfactory marriage, including more children. Today couplets are written on paper. In ancient times, they were made of peach wood.

Character Fu (Fortune). During the Spring Festival the Chinese character Fu, written with a Chinese writing brush on a piece of red color paper, is present almost in every corner of the household. Fu, as opposed to the Chinese character Huo (misfortune) , originally meant “Everything goes well”. Later this character in different sizes were put up on the door, the barn, the wardrobe, the cupboard, water pots, chairs and tables, as a wish for the blessings of gods, good weather and good crops in the new year. Red is not only a lucky color for the Chinese, but also wards off the mythical monster Nian who arrived at this time of year to destroy crops and homes. Many people will put up decorative posters with an upside-down Chinese character Fu on their doors. The pronunciation of “upside-down” in Chinese is the same as “come” or “arrive”, which means that fortune has arrived or spring, wealth or blessing has arrived. (560)

New words

crescent	<i>n.</i> 新月
resemble	<i>v.</i> 像, 类似
ingot	<i>n.</i> 铸铁
homonym	<i>n.</i> 同音异义词
firecracker	<i>n.</i> 爆竹
legendary	<i>adj.</i> 传说的
periodically	<i>adj.</i> 周期性的, 定时性的
ward off	<i>v.</i> 避开, 挡住
suppress	<i>v.</i> 镇压, 抑制
spectacular	<i>adj.</i> 引人入胜的, 壮观的
eyelid	<i>n.</i> 眼皮
gong	<i>n.</i> 铜锣
intoxicate	<i>v.</i> 使陶醉

re-live

v. 重温,再体验

kinship

n. 家庭关系; 亲密关系

glutinous rice

糯米

Exercises

I. Fill in the blanks with the correct words from the table, change the form where necessary.

illuminate	tradition	string	continue	last
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When the Chinese New Year arrives, the sky is 1 with fireworks and 2 of lights to ring out the old year and ring in the New Year. Fireworks and firecrackers, known as yanhua and baozhu, were originally made of real bamboo and were 3 set off to frighten the legendary monster, Nian. You can hear or see fireworks and firecrackers everywhere, which usually 4 for a few hours. Some people will 5 to set off fireworks periodically throughout the first half of the first lunar month.

II. Translate the following sentences into Chinese.

1. As one of the most important aspects of the Spring Festival, food has symbolic meanings.
2. Niangao is a homonym for “higher each year” and symbolizes improvement in life, year by year.
3. When the Chinese New Year arrives, the sky is illuminated with fireworks and strings of lights to ring out the old year and ring in the New Year.
4. The couplets are often Chinese good luck proverbs about happiness, wealth, longevity and a satisfactory marriage, including more children.
5. Fu, as opposed to the Chinese character Huo (misfortune), originally meant “Everything goes well”.

Section 2 Spring Festival Traditions (II)

Hongbao. At home, if you are the younger generation of the family, the first thing you will do in the first morning of the New Year is to greet your parents or grandparents, wishing them good health and longevity. In return, parents or grand parents will give you some money wrapped up in red paper as a gift. Giving hongbao (red packets or red

envelopes) during the Chinese New Year is another famous tradition. Red packets are every child's dream during the Chinese New Year. A red packet is simply a red envelope with money inside to symbolize luck and wealth. Red packets are symbolically handed out to younger generations by parents, grandparents, relatives, close neighbors and friends. The practice represents a desire for good fortune and wealth in the coming year. The money is also called yasuiqian. This comes from the belief that everyone becomes one year older on New Year's Day. Red is a lucky color and will bring good luck to the person receiving the present.

Dragon Dance and Lion Dance. The most spectacular events of the Chinese New Year festivities are the Dragon Dance and Lion Dance, which takes place throughout the first few days of the festival and brings good luck to households or businesses. The Dragon Dance, which originated in the Han Dynasty, is performed by a group of "dancers", usually about ten or more performers according to the length of the dragon. The Lion Dance, which has its roots in the Northern and Southern Dynasties, is performed by two dancers — one at the head and one at the tail of the lion. To enhance the lion's liveliness, its eyelids, mouth and ears are all moveable. The dances are accompanied by loud music played with large drums, gongs and cymbals. The use of firecrackers, drums, gongs and cymbals is related to the role of the lion in dispelling evil and bringing good luck — evil fears loud noise. It is a very popular activity among the masses as a form of physical exercise.

Weilu. Chinese New Year's Eve and New Year's Day are celebrated as a family affair, a time of reunion and thanksgiving. Members of the family engaged in study or business away from home will come back to join the family for the reunion. They will change into new clothes and sit around the stove, intoxicated in drinking and eating, reliving the kinship. The celebration was traditionally highlighted with a religious ceremony given in honor of Heaven and Earth, the gods of the household and the family ancestors. The sacrifice to the ancestors, the most vital of all the rituals, united the living members with those who had passed away. Departed relatives are remembered with great respect because they were responsible for laying the foundations for the fortune and glory of the family. The presence of the ancestors is acknowledged on New Year's Eve with a dinner arranged for them at the family banquet table. The spirits of the ancestors, together with the living, celebrate the onset of the New Year as one great community. The communal feast called "surrounding the stove" or weilu. It symbolizes family unity and honors the past and present generations. (543)

New words

suppress	<i>v.</i> 镇压, 抑制
spectacular	<i>adj.</i> 引人入胜的, 壮观的
eyelid	<i>n.</i> 眼皮
gong	<i>n.</i> 铜锣
cymbal	<i>n.</i> 钹
dispel	<i>v.</i> 驱除
reunion	<i>n.</i> 团聚
thanksgiving	<i>n.</i> 感恩
intoxicate	<i>v.</i> 使陶醉
relive	<i>v.</i> 重温, 再体验
kinship	<i>n.</i> 家庭关系; 亲密关系

Exercises

I. Fill in the blanks with the correct words from the table, change the form where necessary.

dispel	cymbal	physical	activity	accompany
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The dances are 1 by loud music played with large drums, gongs and 2. The use of firecrackers, drums, gongs and cymbals is related to the role of the lion in 3 evil and bringing good luck — evil fears loud noise. It is a very popular 4 among the masses as a form of 5 exercise.

II. Translate the following sentences into Chinese.

- At home, if you are the younger generation of the family, the first thing you will do in the first morning of the New Year is to greet your parents or grandparents, wishing them good health and longevity.
- The most spectacular event of the Chinese New Year festivities is the Lion Dance and Dragon Dance.
- Lion Dance is a very popular activity among the masses as a form of physical exercise.
- Chinese New Year's Eve and New Year's Day are celebrated as a family affair, a time of reunion and thanksgiving.
- The celebration was traditionally highlighted with a religious ceremony given in honor of

Heaven and Earth, the gods of the household and the family ancestors.

Section 3 The Lantern Festival

The Chinese New Year starts with the new moon on the first day of the New Year and ends on the full moon 15 days later. The 15th day of the New Year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade.

Some people believe that the first Lantern Festival was celebrated during the West Han Dynasty. They say on the 15th day of the first lunar month Emperor Wen succeeded in putting down the rebellion staged by the Lu clan. Since then, every year that night Emperor Wen would arrange a trip outside his palace to share his pleasure with the folks. And it then became a festival. Other people say Emperor Wu of Han worshiped God Taiyi and he issued a decree that on the 15th day of the first lunar month lanterns be lighted as a sacrificial ritual. At that time night curfew was imposed, but on this day the curfew was lifted and the folks could go out and play. And then that day became a festival. There is still another story about the festival. Emperor Ming of the East Han Dynasty believed in Buddhism and on the 15th day of the first lunar month he would go to the temple to worship Buddha with lanterns lighted. Following suit, the people would light up lanterns that night and then it became a festival.

The Lantern Festival is a traditional festival in China. The way of making lanterns differs according to the natural environment. Lanterns are different in the north and the south. In Northern Shanxi Province, women in the countryside use sorghum stalks to make lantern frames, then they paste red paper on the frames. In this way, they make all sorts of lanterns, such as pumpkin lanterns, persimmon lanterns and sheep lanterns. They also cut potatoes into a bowl shape. Then they put oil into the bowl-shaped potatoes and place lamp wicks in them and cover the potatoes with red paper lampshades. People hang red lanterns over the gates of their cave dwellings. Willow trees are also decorated with colored paper. Red lanterns are hung here and there on willow trees. The trees are called lantern trees or spark trees.

Lanterns come in different shapes, such as bird, animal, flower and fish. Some lanterns are shaped like fruit, such as oranges, litchis, pineapples and others. Some are very modern like rocket and satellite lanterns. Fragrant smells waft in the breeze from the lanterns. Sandalwood incense is burnt in octagonal palace lanterns.

Many places have unique local customs. On the second day of the first lunar month, newly-married couples bring New Year's gifts to the woman's parents. When the couple returns home, the parents give them two lotus lanterns, one white and the other red. On the night of the Lantern Festival, the young couples hang them beside their bed, and then they light candles in the two lanterns. After that they wait and see which candle burns out first. If the candle in the white one burns out first, it means they will have a baby boy; if the candle in the red one burns out first, it means they will have a baby girl. (541)

New words

parade	<i>n.</i> 游行,炫耀
clan	<i>n.</i> 氏族,宗族
decree	<i>n.</i> 法令,政令
sacrificial	<i>adj.</i> 牺牲的,献祭的
ritual	<i>n.</i> 仪式
curfew	<i>n.</i> 宵禁(时间);宵禁令
sorghum	<i>n.</i> 高粱
stalk	<i>n.</i> 杆,茎
frame	<i>n.</i> 结构,构架
persimmon	<i>n.</i> 柿子
wick	<i>n.</i> 灯芯
cave dwelling	<i>n.</i> 窑洞
willow	<i>n.</i> 柳树
follow suit	跟着做,照着做

Exercises

I. Fill in the blanks with the correct words from the table.

boy	unique	red	lotus	beside
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Many places have 1 local customs. On the second day of the first lunar month, newly-married couples bring New Year's gifts to the woman's parents. When the couple returns home, the parents give them two 2 lanterns, one white and the other red. On the night of the Lantern Festival, the young couple hang them 3 their bed, and then they light candles in the two lanterns. After that they wait and see which candle burns out

first. If the candle in the white one burns out first, it means they will have a baby 4 ; if the candle in the 5 one burns out first, it means they will have a baby girl.

II. Translate the following sentences into Chinese.

1. The Chinese New Year starts with the New Moon on the first day of the New Year and ends on the full moon 15 days later. The 15th day of the New Year is called the Lantern Festival,
2. Following suit, the people would light up lanterns that night and then it became a festival.
3. The way of making lanterns differs according to the natural environment. Lanterns are different in the north and the south.
4. Lanterns come in different shapes, such as bird, animal, flower and fish.
5. Many places have unique local customs.

Section 4 The Qingming (Pure Brightness) Festival

The Qingming (Pure Brightness) Festival is one of the 24 seasonal division points in China, falling on April 4 to April 6 each year. After the festival, the temperature will rise up and rainfall increases. It is the high time for spring plowing and sowing. But the Qingming Festival is not only a seasonal point to guide farm work, it is more a festival of commemoration. This is the most important day of sacrifice. Both the Han and minority ethnic groups at this time offer sacrifices to their ancestors and sweep the tombs of the diseased.

Qing Ming is popularly associated with Jie Zhitui, who lived in Shanxi province in 600 B.C.. Legend has it that Jie saved his starving lord's life by serving a piece of his own leg. When the lord succeeded in becoming the ruler of a small principality, he invited his faithful follower to join him. However, Jie declined his invitation, preferring to lead a hermit's life with his mother in the mountains. Believing that he could force Jie out by burning the mountain, the lord ordered his men to set the forest on fire. To his consternation, Jie chose to remain where he was and was burnt to death. To commemorate Jie, the lord ordered all fires in every home to be put out on the anniversary of Jie's death. Thus began the "cold food feast", a day when no food could be cooked since no fire could be lit. The "cold food" festival occurs on the eve of Qing Ming and is often considered as part of the Qing Ming festival. As time passes, the Qing Ming festival replaced the "cold

food” festival. Whatever practice is observed, the basic observation of Qing Ming is to remember one’s elders by making a special effort to visit their graves, ashes or ancestral tablets.

On each Qingming Festival, all cemeteries are crowded with people who came to sweep tombs and offer sacrifices. Traffic on the way to the cemeteries becomes extremely jammed. The customs have been greatly simplified today. After slightly sweeping the tombs, people offer food, flowers and favorites of the dead, then burn incense and paper money and bow before the memorial tablet.

In contrast to the sadness of the tomb sweepers, people also enjoy hope of Spring on this day. The Qingming Festival is a time when the sun shines brightly, the trees and grass become green and nature is again lively. Since ancient times, people have followed the custom of Spring outings. At this time tourists are everywhere.

People love to fly kites during the Qingming Festival. Kite flying is actually not limited to the Qingming Festival. Its uniqueness lies in that people fly kites not during the day, but also at night. A string of little lanterns tied onto the kite or the thread look like shining stars, and therefore, are called “god’s lanterns”.

The Qingming Festival is also a time to plant trees, for the survival rate of saplings is high and trees grow fast later. Since 1979, “Arbor Day” was settled as March 12 according to the Gregorian calendar. (520)

New words

commemoration	<i>n.</i> 纪念
sacrifice	<i>n.</i> 祭祀
ancestor	<i>n.</i> 祖宗, 祖先
principality	<i>n.</i> 侯国; 封邑; 首长的职位(或权力)
hermit	<i>n.</i> 隐士
consternation	<i>n.</i> 惊愕, 惊恐
ancestral	<i>adj.</i> 祖先的; 祖传的
tablet	<i>n.</i> 碑
cemetery	<i>n.</i> 公墓, 墓地
incense	<i>n.</i> 香
sapling	<i>n.</i> 幼树
spring plowing	春耕

minority ethnic groups	少数民族
the diseased	逝者
The Hanshi (Cold Food) Festival	寒食节
Arbor Day	植树节
the Gregorian calendar	阳历

Exercises

I . Fill in the blanks with the correct words from the table , change the form where necessary.

Jam	cemetery	sacrifice	simplify	sweep
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On each Qingming Festival, all 1 are crowded with people who came to sweep tombs and offer 2 . Traffic on the way to the cemeteries becomes extremely 3 . The customs have been greatly 4 today. After slightly 5 the tombs, people offer food, flowers and favorites of the dead, then burn incense and paper money and bow before the memorial tablet.

II . Translate the following sentences into Chinese.

1. The Qingming (Pure Brightness) Festival is one of the 24 seasonal division points in China, falling on April 4 to April 6 each year.
2. The “cold food” festival occurs on the eve of Qing Ming and is often considered as part of the Qing Ming festival. As time passes, the Qing Ming festival replaced the “cold food” festival.
3. On each Qingming Festival, all cemeteries are crowded with people who came to sweep tombs and offer sacrifices. Traffic on the way to the cemeteries becomes extremely jammed.
4. The Qingming Festival is a time when the Sun shines brightly, the trees and grass become green and nature is again lively.
5. Since 1979, “Arbor Day” was settled as March 12 according to the Gregorian calendar.

Section 5 Duanwu Jie

The fifth day of the fifth month of the lunar year is an important day for the Chinese