

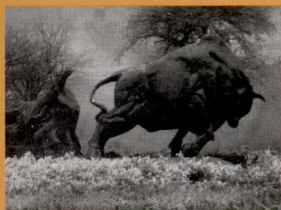
语言文化系列丛书

# *From Acupuncture to Zodiac* *— 26 Topics on Chinese Culture*

从针灸到十二生肖——中国文化的26个主题

总 主 编 李庆明

副总主编 尹丕安 贾立平



黄 勇 主编



西北工业大学出版社

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**【内容简介】** 本书选取了中国文化中的 26 个主题,按照其首字母的英文顺序排列,用英语介绍该主题,并进行知识上的扩展,最后选取了有关趣闻轶事和典籍翻译来了解翻译知识,提高阅读的趣味性。本书融知识性和趣味性为一体,着重培养学生的跨文化意识、文化素质,并提高读者对中国古典诗歌和典籍的翻译能力。通过学习这些主题,能够提高当代大学生的人文素质、拓展知识面和培养英语交流能力。

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# 总序

教育现代化飞速发展和经济全球化进程的不断加快,对教育尤其是高等教育的发展提出了更新更高的要求,社会的激烈竞争,要求当代大学生学会如何快速运用自身知识能力以期达到适应社会竞争的目的。在信息化快速发展的时代中,中西文化、政治、经济交流日益密切,提高当代大学生的核心竞争力,发挥语言在各项交流中的桥梁枢纽作用,从而适应我国经济社会的快速发展对高素质人才需求的迫切要求,是广大从事英语教育和研究的工作者不得不重视并且应加以解决的实际问题。

面对这样的挑战和要求,我们对大学英语教育进行了全方位的调研和思考,发现传统的大学英语教材由于受到传统的理念和体制的限制,存在着种种的不足和局限性,导致学生在面对实际知识应用和综合知识素养培养方面都面临着很大的困难与障碍。面对这样的现状和教育现状背景,我们编写了这套符合当代大学生实际学习情况的语言文化系列教材,以此抛砖引玉,达到尽快改善当今英语教育的不足和误区,提高大学英语教学质量的目的。

本系列教材包括《英美文化与电影》《新闻英语》《学术英语写作》《英美历史上四十个重大事件》《文化视角下的语言》《英美文化导读》《英语美文鉴赏》《现代英语口语与演讲》《多元文化范式导入》及《从针灸到十二生肖——中国文化的26个主题》。

在“拓宽视野,培养能力,提高素质”的指导方针下,本系列教材以介绍英美文化为背景,培养人文素质为宗旨,达到英语的合理应用能力的提高为目的,涵盖面广泛,内容翔实,重点突出。不仅从英语国家的历史、政治、经济、社会等诸多方面加以阐述和讲解,并且从跨文化交际的视角下与中国的传统文化和现状进行对比。同时更加注重对听、说、读、写、译等英语实际技能的培养和强调,从不同角度体现了语言应用和文化理解并重的概念,总的来看,本系列教材具有以下几个鲜明的特点。

## 涵盖面广:

本系列教材内容涵盖文化、历史、文学、语言、新闻等方方面面,方便大专院校的本专科学生、硕士生和博士生以及英语爱好者更好地了解和掌握英语语言文化知识,更有效率地进行跨文化交际。

## 选材合理:

本系列教材以教育部颁发的《大学英语课程教学要求》为指导,目的是为各个高校合理设置和规划其所开设的课程,教材难度适中、选材广泛、内容新颖、符合实际、语言灵活,非常适合在校大学生的学习。

**设计系统：**

本系列教材所包含的全部教材可视作为一个有机整合的集合体，所包含内容互为补充，相辅相成，既可作为选修课教材单独使用，也可作为参考资料互相借鉴弥补。

**实用性强：**

本系列教材的编写者都是参与实际教学多年的一线高校教师，拥有丰富的课堂教学经验，每一位编者都力求将实用性放在首位，兼顾理论和实际的结合。编写内容丰富，形式多样，以易学、易用为目的，优先考虑学生的学习主导地位，努力实现教师的讲授达到举一反三，学生达到能学会用的最佳效果。

本系列教材在编写过程中，得到了相关外语教学机构和同仁的帮助和支持，对此我们表示最衷心的感谢。

**李庆明**

2011年5月

# 前言

在当今世界,中国文化元素越来越受到全世界的瞩目和推崇。很多西方人都在学习了解中文和中国文化,但是,在目前我国的大学生教育中,大多数莘莘学子忙于学习英、美文化,缺乏机会去了解中华文化。因此,我们希望本书能帮助越来越多的大学生通过阅读,拓宽视野,掌握一套地道的文化词汇,用恰当得体的英语介绍中国的悠久文化,加深对中国文化的全面了解,从而越来越欣赏和热爱这古老的文明。

外语学习的目的之一是要提高跨文化交际能力,随着中外文化交流越来越密切,中国学生也有越来越多的机会与以英语为母语的学生交流切磋,当外国朋友对中国传统文化表示极大的兴趣并想要深入了解时,很多中国学生由于自身对传统文化缺乏了解或由于词汇和表达的限制而无法将对话继续进行下去,交际能力的提高受到限制。在这种情况下,他们往往会因为不会表达(或不了解)中国文化而感到遗憾和难堪,所以,用英语学习和表达中国文化对提高跨文化交际能力很有必要。

多年来,许多国内外的专家和学者对中国古典文化进行了大量的翻译,其中精品之作数不胜数,也是供学习者提高翻译能力的良好素材,本书在每个单元根据主题选取名家译文供读者欣赏和学习,有的材料提供了多位译者的不同翻译版本,便于对比分析两种语言的特点,提高翻译能力。

中国文化博大精深,浩如烟海,要将这么悠久而繁复的文化内容,提纲挈领地做一个简明的介绍,这几乎是一项不可能完成的任务。因此,本书按照中国文化主题的英译首字母,选取了从A到Z的26个主题加以讲解,这些主题基本涵盖了中国文化的各个方面,每个主题下有若干篇短文,围绕一个中心话题展开,由主题聚焦、文化大观、知识扩展、阅读与翻译和相关词汇等5部分构成。

本书面向喜欢英语,热爱中国文化的广大读者,为提高学习者的跨文化交际能力和翻译能力而编写。无论您是对中国文化颇感兴趣的外国友人,还是有志于了解中国文化的国内朋友,都能通过阅读本书有所收获。欢迎使用本书的教师和学生提出宝贵意见和建议,以便再版时进一步充实完善。

编者

2011年5月



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# 1. Acupuncture(针灸)

## A mysterious treatment in Traditional Chinese Medicine

### Snap Shot

*Zhenjiu*(针灸) is the combination of two parts: Acupuncture(针法) and Moxibustion(灸法), but we usually use Acupuncture to refer to the two kinds of treatments. Very basically, Acupuncture is the insertion of very fine needles on the body's surface, in order to influence physiological functioning of the body. Moxibustion is the treatment of diseases by applying heat, produced by burning specific herbs, to Acupuncture points. Acupuncture and Moxibustion are considered complimentary forms of treatment, and are commonly used together. Acupuncture and Moxibustion are very important part in Traditional Chinese Medicine.



### Cultural Panorama

Acupuncture and Moxibustion are practiced medical treatments that are over 5,000 years old. The first record of Acupuncture is found in the 4,700 year old **Huangdi Neijing** (*The Inner Canon of Huangdi*). It is said to have been written down from even earlier theories by Shen Nong, the father of Traditional Chinese Medicine.

### Theories and practice

As the basis of Acupuncture, *Shen Nung* theorized that the body had an energy force running throughout it. This energy force is known as **Qi**(气). The **Qi** consists of all essential life activities which include the spiritual, emotional, mental and the physical aspects of life. A person's health is influenced by the flow of **Qi** in the body, in combination

with the universal forces of Yin and Yang . If the flow of Qi is insufficient, unbalanced or interrupted, Yin and Yang become unbalanced, and illness may occur. Qi travels throughout the body along “Meridians” or special pathways. The Meridians, (or Channels), are the same on both sides of the body (paired). There are fourteen main meridians running vertically up and down the surface of the body. Out of these, there are twelve organ Meridians in each half of the body (remember they are in pairs). There are also two unpaired midline Meridians. There will be a diagram of Acupuncture points for treating diseases of the Meridians at the end of the digestive system paper. The acupuncture points are specific locations where the Meridians come to the surface of the skin, and are easily accessible by “needling,” Moxibustion, and Acupressure. The connections between them ensure that there is an even circulation of Qi, a balance between Yin and Yang.

Energy constantly flows up and down these pathways. When pathways become obstructed, deficient, excessive, or just unbalanced, Yin and Yang are said to be thrown out of balance. This causes illness. Acupuncture is said to restore the balance.

Acupuncturists can use as many as nine types of Acupuncture needles, though only six are commonly used today. These needles vary in length, width of shaft, and shape of head. Today, most needles are disposable. They are used once and discarded in accordance with medical biohazard regulations and guidelines. There are a few different precise methods by which Acupuncturists insert needles. Points can be needled anywhere in the range of 15 degrees to 90 degrees relative to the skin surface, depending on the treatment called for. In most cases, a sensation, felt by the patient, is desired. This sensation, which is not pain, is called deqi. The following techniques are some which may be used by an Acupuncturist immediately following insertion: Raising and Thrusting, Twirling or Rotation, Combination of Raising/Thrusting and Rotation, Plucking, Scraping (vibrations sent through the needle), and Trembling (another vibration technique). Once again, techniques are carefully chosen based on the ailment.

Cupping is another type of treatment. This is a method of stimulating Acupuncture points by applying suction through a metal, wood or glass jar, in which a partial vacuum has been created. This technique produces blood congestion at the site, and therefore stimulates it. Cupping is used for low backache, sprains, soft tissue injuries, and helping relieve fluid from the lungs in chronic bronchitis.

One of the most popular alternatives to Acupuncture is Acupressure. This is simply Acupuncture without needles. Stimulation of the Acupuncture points is performed with the fingers or an instrument with a hard ball-shaped head. Another variation of Acupressure is

Reflexology (also called Zone Therapy). This is where the soles of the feet and the posterior-inferior regions of the ankle joints are stimulated. Many diseases of the internal organs can be treated in this manner.

There are many diseases that can be treated successfully by Acupuncture or its related treatments. There have also been clinical trials in the use of Acupuncture in treating anxiety disorders and depression. Likewise, very high success rate have been found in treating addictions to alcohol, tobacco (nicotine) and “hard” drugs. Acupuncture can rid the body of the physical dependency, but can not rid the mind of the habit (psychological dependency). For this reason, Acupuncture treatment of addictions has not been fully successful.

Scientists have no real answer to the question how Acupuncture works; as you know many of the workings of the body are still a mystery.

### History

In ancient books, the tool for Acupuncture was recorded as something made of stone. Such tool appeared about 8,000 to 4,000 years ago, which was the later part of the clan society. Primitive sharp stones were later replaced by fish bones, bamboo clips and later various shapes of needles made of metal. Today very fine hair thin needles are used. With advanced technology and precision instruments, these needles are placed at specific points of the body with little or no discomfort.

Acupuncture flourished in China until 1930s. Western medicine was brought to China and Acupuncture was banned in the cities. After the foundation of the People's Republic of China, acupuncture again was restored as the method of healing in China.



In 1972 President Nixon opened the doors to China. A *New York Times* journalist James Reston was in China at the time and had an emergency appendectomy with Acupuncture used as the anesthetic. This brought great reputation to Acupuncture and renewed interest in this form of treatment. Seeing brain surgery performed with Acupuncture drew big headlines.

## Know More

### *Traditional Chinese medicine*

Traditional Chinese medicine, also known as TCM, includes a range of traditional medicine practices originating in Asia, primarily in regions that are now part of China. TCM is a common part of medical care throughout East Asia, but is considered a complementary and alternative medical system (CAM) in much of the Western world. TCM therapy largely consists of Chinese herbal medicine (use of plants, human and animal parts, and minerals to make medicines), acupuncture, tuī-nǎ massage, and dietary therapy. It uses a scientifically incorrect “alternative anatomy”, metaphysical principles that have no correlates in science based medicine, and is primarily based on a conclusion from these principles that is inconsistent with scientific facts; that the blood is propelled by a supernatural force called Qi, whereas in science based medicine blood is propelled by the pumping of the heart. Traditional Chinese medicines play a major role in Chinese lifestyle that is substantially different than the role of medicines in the west. They are part of everyday and social life in Chinese society. Those that have been scientifically analyzed have sometimes been found to be ineffective, have sometimes been used to make discoveries in science-based pharmacology, and sometimes have been found to contain dangerous toxins.

Traditional Chinese medicine theory is based on ancient Daoist philosophical and religious conceptions of balance and opposites (*yin and yang*), and other metaphysical belief systems. In evidence based medicine, disproved theories are “continually being replaced with new ones”, but in traditional Chinese medicine little has changed since antiquity and “the most current medical knowledge always had roots centuries old”. Chinese knowledge of the human body was based not on anatomical studies using dissection, but on an “alternative anatomy” based on astrological calculations and “complex associations with gods”. Ill health is believed to result from an imbalance between what are believed to be interconnected organ systems, with one organ system believed to weaken or overexcite others. TCM practitioners believe that plant and animal products, and minerals can be used to stimulate or calm particular systems and bring them into balance. It is believed that insertion of needles in points of the body (acupuncture) and burning points of the body (moxibustion) stimulates the systems directly along what TCM believes are metaphysical flow lines of Qi “energy”, and that these can also be stimulated by practices such as a special kind of massage and exercise. Astrological influences are also believed to affect Qi flow in the body, e. g., the alignment of homes with the planets and stars, and the year, month, day, and hour of

birth.

### ***Die-da or Tieh Ta***

*Die-da or Tieh Ta* (跌打) is usually practiced by martial artists who know aspects of Chinese medicine that apply to the treatment of trauma and injuries such as bone fractures, sprains, and bruises. Some of these specialists may also use or recommend other disciplines of Chinese medical therapies (or Western medicine in modern times) if serious injury is involved. Such practice of bone-setting (正骨) is not common in the West.

### ***Gua Sha***

Gua Sha (“to lift up for cholera”, or “to scrape for cholera”) is abrading the skin until red spots then bruising cover the area to which it is done. It is believed that this treatment is for almost any ailment including cholera. The red spots and bruising take 3 to 10 days to heal. It is believed that most people can tolerate the pain of treatment, but there is often some soreness in the area that has been treated.

### ***Physical Qigong exercises***

Physical Qigong exercises such as Tai chi chuan, Standing Meditation (站桩功), Brocade Ba Duan Jin(八段锦) exercises and other Chinese martial arts.

### ***Breathing and meditation exercise***

Qigong and related breathing and meditation exercise.

### ***Massage***

Tui na (推拿) massage; a form of massage akin to acupressure (from which shiatsu evolved). Oriental massage is typically administered with the patient fully clothed, without the application of grease or oils. Choreography often involves thumb presses, rubbing, percussion, and stretches.

### ***Diagnostics: Tongue and pulse diagnosis***

Examination of the tongue and the pulse are among the principal diagnostic methods in traditional Chinese medicine. The surface of the tongue is believed to contain a map of the entire body, and is used to determine acupuncture points to manipulate. For example, teeth marks on one part of the tongue might indicate a problem with the heart, while teeth marks on another part of the tongue might indicate a problem with the liver. The pulse-reading component of the touching examination is so important that Chinese patients may refer to going to the doctor as “Going to have my pulse felt.”

There are four types of TCM diagnostic methods: observe (望), hear and smell (闻),

ask about background (问) and touching (切). Acupuncture practitioners believe it can be used to treat infertility, and “both pregnancy and the sex of a child can be diagnosed from the pulses by a skilled practitioner”, as part of an overall reproductive technology.

### **Three famous classics :**

In the history of Traditional Chinese medicine, there are three famous classics: *Huangdi Neijing* (《黄帝内经》), *Shennong Bencaojing* (《神农本草经》) and *Shang Han Za Bing Lun* (《伤寒杂病论》).

***Huangdi Neijing***, also known as ***The Inner Canon of Huangdi or Yellow Emperor's Inner Canon***, is an ancient Chinese medical text that is the earliest book on the theories of Traditional Chinese medicine and has been treated as the fundamental doctrinal source for TCM for more than two millennia and until today. It is comparable in importance to the ***Hippocratic Corpus*** (《希波克拉底文集》) in Greek medicine or the works of Galen in Islamic and medieval European medicine. The work is composed of two texts each of eighty-one chapters or treatises in a question-and-answer format between the mythical Huangdi (Yellow Emperor or more correctly Yellow Thearchy) and six of his equally legendary ministers.

***The Divine Farmer's Herb-Root Classic***, which is attributed to Shen Nong, first compiled some time during the end of the Western Han Dynasty, several thousand years after Shen Nong existed — which lists the various medical herbs such as lingzhi which were discovered by Shen Nong and given grade and rarity ratings. This work is considered to be the earliest Chinese pharmacopoeia. It includes 365 medicines derived from minerals, plants, and animals. Shen Nong is credited with identifying hundreds of medical (and poisonous) herbs by personally testing their properties, which was crucial to the development of Traditional Chinese medicine. Legend has it that Shen Nong had a transparent body and thus could see the effects of different plants and herbs on himself. Tea, which acts as an antidote against the poisonous effects of some seventy herbs, is also said to be his discovery. This discovery is in 2737 B. C. , according to which Shen Nong first tasted tea from tea leaves on burning tea twigs, which were carried up from the fire by the hot air, and landed in his cauldron of boiling water. Shen Nong is venerated as the Father of Chinese medicine. He is also believed to have introduced the technique of acupuncture.

***Shang Han Lun***, or ***Shang Han Za Bing Lun*** (***On Cold Damage or Treatise on Cold Injury***), is a medical treatise by Zhang Zhongjing that was published sometime before the year 220. It is the oldest complete clinical textbook in the world, and one of the four most important canonical medical classics that students must study in Traditional Chinese medical education.

## Reading and Translation

### Section A

余闻上古之人,春秋皆度百岁,而动作不衰;今时之人,年半百而动作皆衰者,时世异耶?人将失之耶?(黄帝内经)

I have heard that in ancient times the people lived to be over one hundred years, and yet they remained active and did not become decrepit in their activities. But nowadays people reach only half of that age and yet become decrepit and failing. Is it because the world changes from generation to generation? Or is it that mankind is becoming negligent? (by Ilza Veith)

### Section B

上古之人,其知道者,法于阴阳,和于术数。饮食有节,起居有常,不妄作劳,故能形与神俱,而尽终其天年,度百岁乃去。今时之人不然也,以酒为浆,以妄为常,醉以入房,以欲竭其精,以耗散其真,不知持满,不时御神,务快其心,逆于生乐,起居无节,故半百而衰也。(黄帝内经)

In ancient times those who understand Tao (the way of self cultivation) patterned themselves upon the Yin and the Yang (the two principals in nature) and they lived in harmony with the arts of divination.

There was temperance in eating and drinking. Their hours of rising and retiring were regular and not disorderly and wild. By these means the ancients kept their bodies united with their souls so as to fulfill their allotted span completely, measuring unto a hundred years before they passed away.

Nowadays people are not like this; they use wine as beverage and they adopt recklessness as usual behavior. They enter the chamber of love in an intoxicated condition; their passions exhaust their vital forces; their cravings dissipate their true essence; they do not know how to find contentment within themselves; they are not skilled in the control of their spirits. They devote all their attention to the amusement of their minds, thus cutting themselves off from the joys of ling life. Their rising and retiring is without regularity. For these reasons they reach only one half of the hundred years and then they degenerate. (by Ilza Veith)

### Words Bank

1. physiological *adj.* 生理学的

2. acupuncture point *n.* 穴位

3. meridians *n.* 经络
4. biohazard *n.* (尤指带有微生物的生物工作所引起的)生物危害
5. ailment *n.* 疾病(尤指慢性病), 不适, 轻病, 小恙
6. cupping *n.* 拔火罐
7. congestion *n.* 充血
8. chronic bronchi *n.* 慢性支气管炎
9. acupressure *n.* 穴位按摩, 穴位指压疗法
10. reflexology *n.* 足底反射疗法
11. appendectomy *n.* 阑尾切除术
12. anesthetic *n.* (使局部或全身失去知觉的) 麻醉剂, 麻醉药
13. anatomy *n.* 解剖, 解剖学
14. metaphysical *adj.* 形而上学的, 纯粹哲学的, 超自然的
15. pharmacology *n.* 药理学, 药理学
16. toxin *n.* 毒素, 毒质
17. astrological *adj.* 占星的, 占星术的
18. trauma *n.* 外伤, 损伤
19. cholera *n.* 霍乱
20. shiatsu *n.* 〈日〉指压, 指压按摩疗法
21. infertility *n.* 不孕症
22. pharmacopoeia *n.* 药典
23. antidote *n.* 解药, 解毒剂